



**Mental Health
Ireland**

mentalhealthireland.ie

Annual Report 2020

**Promoting Positive Mental Health,
Wellbeing and Recovery**



Annual Report 2020

**Promoting Positive Mental Health,
Wellbeing and Recovery**



**Mental Health
Ireland**



Mental Health
Ireland



Once again, we are delighted to feature and celebrate a selection of the finalists from our Art and Photography Competition throughout this year's Annual Report.



INTRODUCTION 4

Chairperson's Address	4
CEO's Statement	5
Organisational Information	7
About Mental Health Ireland	8
How We Work	10

PROJECTS, CAMPAIGNS & COLLABORATION 13

National Campaigns, Events & Projects	14
Community Development Work	19

TRAINING 30

Adjusting to Covid	31
New Training Developments	32
New Staff	33

EDUCATION 34

Tony Leahy Scholarship Programme	35
Year One of the Postgraduate Certificate in Mental Health Promotion	35
QOI Accreditation in Training Delivery & Evaluation (Level 6)	35

RECOVERY 36

Recovery Education	37
Recruitment	37
European Empowerment Webinar	38

E-MENTAL HEALTH 39

COVID-19 Resources	40
New Webpages	41
Online Campaigns	41
Webinars	42

COMMUNICATIONS 45

Digital Reach	46
Online Engagement	46
Media	47

FUNDRAISING 49

GOVERNANCE AND ACCOUNTABILITY 51

LOOKING FORWARD TO 2021 53

Strategic Plan	54
Growing our Team	54
Co-production and Collaboration	54

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS 55

Chairperson's Address



2020 was an extraordinary year, and one that we will remember throughout our lifetimes.

In February we began to become aware of a new disease, Covid-19, one which quickly engulfed the World and brought with it great fear, illness, sadness and loss. The arrival of the pandemic and the protective public health restrictions placed a huge stress on us all as individuals and upon the mental health of our communities.

But it also brought out a new awareness of the importance of community and the vital role it plays in protecting our health and sense of wellbeing. Maybe we took this for granted before, but in 2020 we fully understood its importance. We fully recognised the need for community bonds and connection. The commitment of front line staff within our health services, Gardaí, public services and essential retailers. Our Volunteers stepped forward too, checking-in on people living in isolation, making sure that no-one was left behind and that human connection was not lost.

At Mental Health Ireland our Team was challenged to find new ways of delivering our growing range of services. We continued to promote positive mental health and wellbeing, while supporting people in recovery and adopting new and novel technologies to deliver our suite of mental health training programmes. We also had to develop a whole new range of materials to respond to the mental health concerns relating to Covid-19. We had the opportunity to link with international colleagues and academic partners as we developed and co-produced new posters, podcasts, protocols, webinars, video clips and indeed our hugely popular Advent Calendar.

At our AGM in May 2020, I had the great honour of being appointed as Chairperson of MHI and fully recognise the responsibilities that go with this role. I would like to acknowledge my fellow Board Members, some of whom ended their term during 2020 after many years of great service. All of our Board are Volunteers and bring that perspective and energy to their work with Mental Health Ireland.

In the brief interlude between periods of lockdown, I had an opportunity to meet with many MHA Volunteers in a series of socially-distanced visits and I was delighted and amazed to see the quality work that is being done to promote positive mental health and to support people in recovery throughout Ireland. This is gentle work, done with great dignity, discretion and respect and I would like to thank each and every Volunteer who commits their time and talents to our shared mission. You are making a huge difference.

Despite the challenges faced in 2020, much work was done to progress our strategy 'Empowerment – from Ideas to Action' which will be refreshed during 2021 to reflect the developments achieved and to compliment the new 'Sharing the Vision' National Mental Health policy.

I believe that Mental Health Ireland and Mental Health Associations can play a central role in realising many of the recommendations included in the new strategy which aims to foster mental health for everyone living within our community. This sentiment echo the values of Mental Health Ireland and I am confident that we can bring an added impetus to this work.

I would like to thank all of our Team at Mental Health Ireland for their hard work and commitment during a difficult year, their response has been exemplary and an inspiration. I would also like to extend a special welcome to over 60 new staff members who joined our Team right across Ireland during 2020. We are on an adventure together and we can look forward with great confidence.

Hugh Kane
Chairperson
Board of Directors, Mental Health Ireland

CEO's Statement



No one could have imagined the Global upheaval that 2020 and the Coronavirus would bring. All aspects of our lives were changed and for many Irish families, 2020 was a year of loss, illness and uncertainty. The whole world went on pause, took a step back and had to find new ways to work, stay safe and to stay connected. We rediscovered the importance of working together, social cohesion and recognised that mental health is not a solo pursuit, it is much more about interdependence, collective action and supporting one another.

Volunteers working in local Mental Health Associations found that many of their activities and fundraising events had to be postponed as the country entered two protracted periods of lockdown. Zoom licenses were acquired to successfully maintain contact and links, but we noted that many programmes could not easily transfer to this virtual connection. To protect essential programmes and to support innovation at a local level, Mental Health Ireland developed a grant scheme for member MHAs and allocated €150,000 to a broad range of local initiatives and projects. This made a very real difference to many people who use mental health services and were feeling the extended isolation of lockdown.

For Mental Health Ireland, 2020 marked the mid-point of our 3-year strategy 'Empowerment from Ideas to Action 2019-2021' and so we decided to conduct an independent midterm review. Baker Tilly Belfast were commissioned to meet with Board and staff members both Nationally and Regionally and to prepare a report. It found that great progress had been made under many of the key objectives, but that some of these achievements were more obvious and better illustrated than others.

It also noted the significant growth that MHI had shown in recent years and suggested that the management structures would need to be adapted to reflect the new scale and complexity of the organisation. When the Covid restrictions permitted in August 2020, MHI Chairperson, Hugh Kane and I had an opportunity to meet with a number of MHAs and Volunteers in Wexford, Dublin, Kerry, Limerick, Clare, Westmeath, Cavan, Mayo and Sligo and these meetings will help us shape our next steps and to create a plan for the future.

2020 was a year of great change. In September we moved to a new office at Marina House, recruited many new Team members in collaboration with the HSE's National Office for Mental Health Engagement and Recovery and we also saw a number of staff changes. Anyone who has ever had contact with Mental Health Ireland will know Barbara Davis. Barbara retired after 42 years of service with MHI where she developed extraordinary knowledge and respect for the work of Volunteers. We also saw changes in our Development Officer Team, Communications and Fundraising and Governance. As CEO, I would like to thank all of our staff for their work and commitment to promoting positive mental health, wellbeing and recovery down through the years.

Despite the challenges associated with Covid-19, great progress was made with the first graduates in the NUIG/ MHI Mental Health Promotion Course in Galway, huge growth in the number of Recovery Educators joining our team and our ability to respond to the extraordinary demand for Training on Mental Health & Wellbeing. By working in co-production we were able to develop a wide range of inclusive new resources with spectacular graphics that we were able to share across our social media platforms. We saw our web and internet based traffic double during 2020. We also saw a surge in generosity by people who wanted to help within their own local communities and through online donations which achieved new heights during 2020. These contributions allow us to provide grants to MHA, fund our Tony Leahy Scholarships and to develop new resources and programmes. We are greatly encouraged and appreciate this support.

In June 2020 the Government published the new national mental health policy 'Sharing the Vision'. At Mental Health Ireland we can see many areas where we can actively contribute to progressing key recommendations in public awareness, mental health promotion, recovery education and community connection. As a voluntary organisation we can be nimble and we are able to advance innovative ideas, piloting best practice and adopting new and emerging responses to changed circumstances. As always, we will remain focused on supporting communities to promote positive mental health, wellbeing and person centred recovery.

At Mental Health Ireland we work very closely in partnership with the Health Service Executive through formal Service Arrangements with most CHO areas. We also have project partnerships with a diverse range of agencies in the statutory and voluntary sector and we are networked with academic and international colleagues. In July 2020 we hosted Mental Health Europe's national conference 'Let's Talk - Empowering Recovery in Europe'. This was one of a number of extraordinary webinars we hosted which were co-produced and featured, music, art, video clips and were centred upon lived experience. All of this material is available on our website so that everyone can participate.

Covid-19 has presented many real challenges but our staff and Volunteers took on this challenge to create new and hopeful solutions. Irish people have shown remarkable resilience and during 2020, many have made great sacrifices to support their neighbours and friends. By pulling together we can get through this. At Mental Health Ireland we will continue to support this work and can now be confident that there are better days ahead.

Martin Rogan
Chief Executive Officer
Mental Health Ireland

Organisational Information

Mental Health Ireland

Chairperson Hugh Kane

Chairperson of Finance Committee Alma O'Brien (appointed 16 May 2020)

Directors Pat Bracken
Denis Creedon
Hugh Kane (appointed 20 March 2020)
Eilish Kerrisk
Colm Murphy
Ruairi Mulrean (appointed 26 June 2020)
Colman Noctor
Robert O'Connell
Anthony O'Boyle
Alma O'Brien

Company Secretary Alma O'Brien (appointed 16 May 2020)

Auditors JPA Brenson Lawlor,
Brenson Lawlor House,
Argyle Square,
Morehampton Road,
Dublin 4.

Bankers Bank of Ireland,
Smithfield,
Dublin 7.

Solicitors Partners at Law,
Dun Laoghaire,
Co. Dublin.

Business address / Registered Office Marina House
11-13 Clarence Street
Dun Laoghaire
Co Dublin

About Mental Health Ireland

At Mental Health Ireland, our aim is to promote positive mental health and wellbeing for all individuals and communities and to support people with lived experience of mental health challenges in their recovery, bringing practical expression to national policy objectives.

Mental Health Ireland was founded in 1966 on the recommendation of the Commission on Mental Illness. Today, we are a leading provider of mental health promotion in the voluntary sector.

Mental Health Ireland has been an innovator in the promotion of mental health, wellbeing and recovery in Ireland for more than half a century.

We are now at the point of refocusing our mission and regenerating our activity to support our vision; for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation.

Mental Health Ireland will lead the way in informing Irish society's understanding of mental health and fostering a culture where people with mental health challenges are respected and supported.

Our network of Mental Health Associations promote positive mental health and support people with mental health challenges within their own communities.

About Mental Health Ireland

MISSION, VISION AND VALUES

Mission



The **mission** of Mental Health Ireland is as follows:

- Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities, and through our network of Mental Health Associations, we support people who experience mental health difficulties on their journey of recovery.

Vision



Our **vision** is:

- Mental Health Ireland's vision is for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation. Mental Health Ireland will lead the way in informing Irish society's understanding of mental health and fostering a culture where people with mental health difficulties are respected and supported.

Values and Beliefs



Our **values and beliefs** underpin everything we do:

- We believe that everyone is entitled to inclusion in society and opportunity for personal fulfilment;
- We believe in the right of everyone to be treated with dignity, respect and equality;
- We believe in the right of those experiencing mental health difficulties to be supported in their recovery;
- We are committed to transparency in our work and compliance with the highest ethical standards.

How We Work

HEAD OFFICE

Our Headquarters staff hold a range of professional competencies and skillsets that are an invaluable part of ensuring our organisation and services run effectively and in line with best practice. These include Finance, Mental Health Promotion, Training and Education, e-Mental Health, HR, Operations and Administration, Communications and Fundraising. We continue to invest in our staff and grow our team to deliver on our objectives and respond to the needs of those we support and serve in Ireland. By investing in our skills and systems, we can safeguard those engaged with services as well as our volunteers and retain public confidence. In 2020, we bid farewell to Barbara Davis after more than four decades of dedicated service to Mental Health Ireland, and welcomed new staff members Chief Operations Officer Ray Mooney, Education, Training & e-Mental Health Administrator Amy Gibney.



MENTAL HEALTH ASSOCIATIONS

Across the country Mental Health Ireland works with a network of Mental Health Associations. The membership of the local volunteer led Mental Health Associations reflect volunteers who have a particular interest in mental health including;

- People from the local community.
- People with lived experience of mental health challenges.
- Family members /carers and professionals working in the mental health area.

Having this representation in the MHA allows the development and implementation of a range of projects and initiatives that are reflective of their local community.

Activities and developments in line with the organisations National Strategy – Empowerment – From Ideas to Action 2019-2021 range from:

- Supporting and promoting mental health awareness in communities to working alongside their local Development Officer in the delivery of MHI Workshops on Mental Health & Wellbeing.
- Involvement in Recovery initiatives such as peer-led day services, Recovery Colleges, Recovery Fairs.
- Fundraising and accessing grants to support new initiatives.

DEVELOPMENT OFFICERS (DOs)

Mental Health Ireland has eight Development Officers who work across the CHO (Community Healthcare Organisation) service areas in Ireland. DOs work closely with the National MHI team, the HSE, and in partnership with stakeholders in the voluntary and community sector to coproduce projects, campaigns and initiatives to promote positive mental health and support recovery. In 2020, we welcomed Gina Delaney to our DO team.

The work of our Development Officers includes:

- Providing guidance and support to the Mental Health Associations in developing their strategies.
- Supporting them with governance and the efficient use of their budgets and resources.
- Supporting communities in the coordination, coproduction, promotion of mental health, wellbeing and recovery.
- Delivering awareness raising initiatives, targeted education and training on a variety of mental health issues.
- Working in partnership with statutory and voluntary organisations to coproduce mental health promotion and recovery education initiatives locally.
- Actively support HSE's Office of Mental Health Engagement & Recovery through their work with Recovery Colleges and Recovery Education services across the country.
- Work with the Regional Suicide Prevention Officers in the delivery of actions of the Connecting for Life Strategy in particular the delivery of many accredited training programmes including SafeTalk and ASIST.

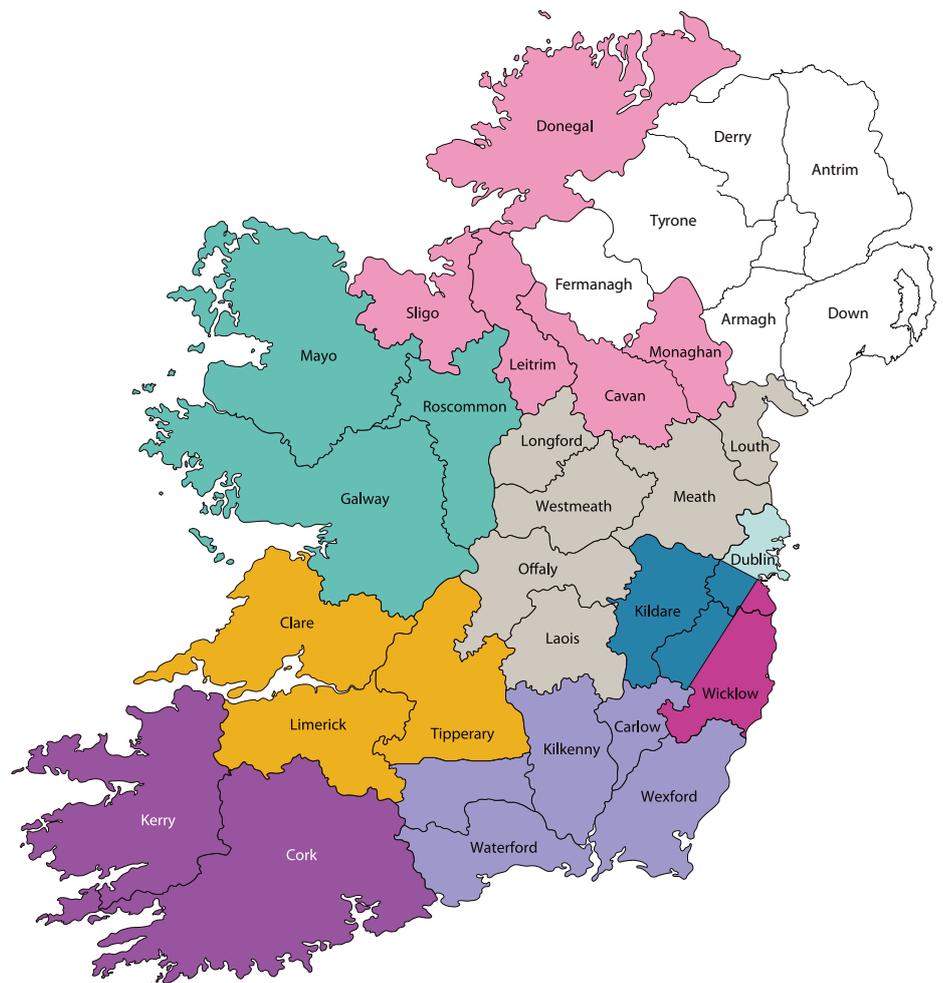
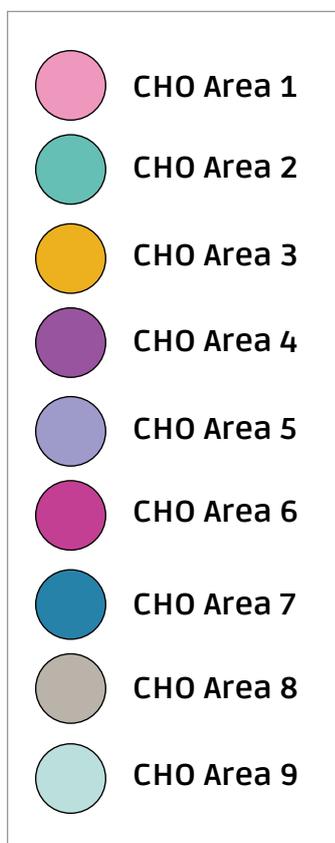


Gina Delaney

How We Work

DEVELOPMENT OFFICERS (In 2020)

CH01	Donegal, Sligo & Leitrim, Cavan & Monaghan	Rachel Reilly, Bill Vaughan and Miffy Hoad
CH02	Mayo, Roscommon & Galway	Teresa Keane and Nicola Morley
CH03	Clare, Nth Tipperary and Limerick	John McElhinney
CH04	Kerry & Cork	No DO currently in this area
CH05	Waterford, Wexford, Sth Tipperary, Carlow, Kilkenny	Gina Delaney
CH06	Wicklow, Dun Laoghaire, Dublin South East	No DO currently in this area
CH07	Kildare, West Wicklow, Dublin West, South City & South West	No DO currently in this area
CH08	Offaly, Laois, Longford, Westmeath, Louth & Meath	Finola Colgan
CH09	Dublin North, North Central & North West	No DO currently in this area



How We Work

Board of Directors

Mental Health Ireland’s voluntary Board of Directors is dedicated to the Governance of Mental Health Ireland and supporting the CEO and wider team in managing the organisation in delivering upon our Strategy and objectives. In 2020 three Board Members completed their term – Neil Hughes, Fiona Ross, and Seamus McNulty.

In 2020, three new members were appointed to the Mental Health Ireland Board of Directors. Chairperson of the Sharing the Vision Oversight Group Hugh Kane was elected as Chairperson of MHI and Robert O’Connell was elected as Vice Chairperson for MHI. Fiona Ross completed her three-year term as Chairperson having made an enormous contribution to the growth and development of MHI.

Alma O’Brien (appointed 16 May 2020)

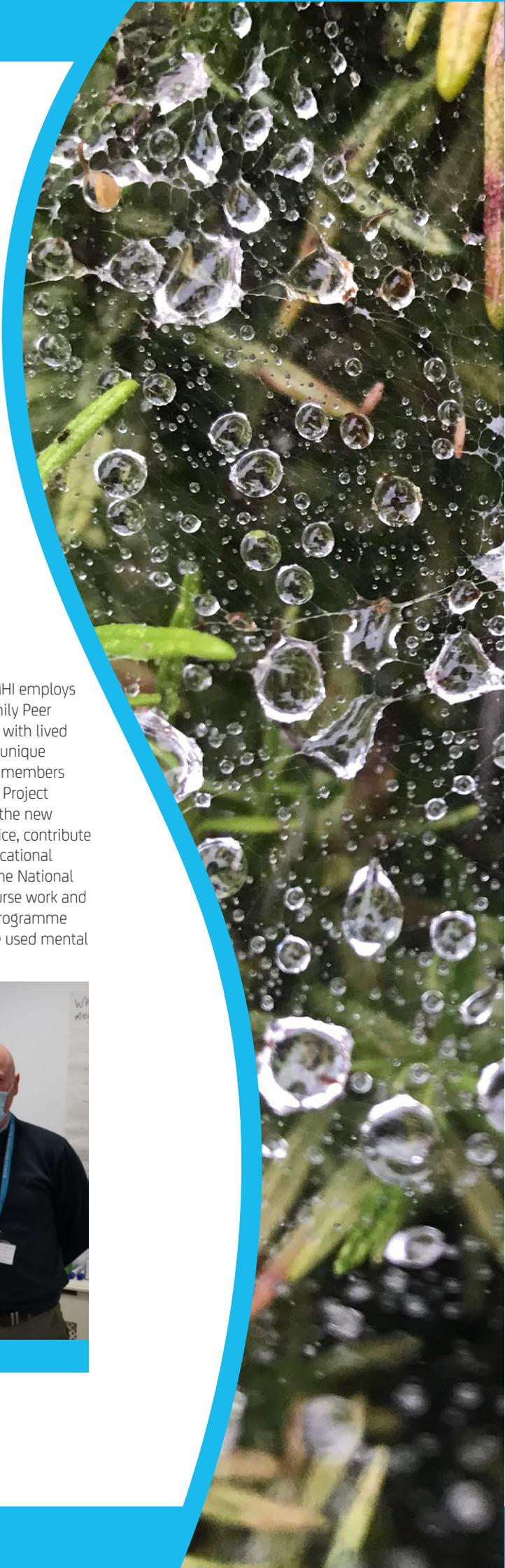
Hugh Kane (appointed 20 March 2020)

Ruairi Mulrean (appointed 26 June 2020)

Without the skilful, expert, and voluntary efforts of Board Members, MHI would be unable to fulfil its mission. Board members, depending on their skillsets are assigned to MHI’s Strategy Project Groups and/or to the Finance & Audit Committee or the Governance Committee.

Recovery Team

Working in collaboration with the HSE’s Office for Mental Health and Engagement, MHI employs the Recovery Educators, Recovery Co-ordinators, Recovery Education Facilitators, Family Peer Support Workers, Peer Connectors and Service Improvement Project Workers. People with lived experience of significant mental health challenges and family members can bring a unique insight and an immediate authenticity to their work. During 2020, over 60 new staff members joined our team. We also employ Family Peer Support Workers, Peer Connectors and Project Workers across a network of Recovery Colleges, Service Improvement initiatives and the new Community Café innovation in Galway city. The new staff provide an invaluable service, contribute to service development co-production and facilitate a broad syllabus of recovery educational inputs. Recovery Colleges in Mayo, Roscommon, Galway, ARIES, the South East and the National Forensic Mental Health Service work together to co-produce and share materials, course work and learnings. We also support the Gateway Project in Rathmines in Dublin, a Peer-Led programme instilling confidence, independence and autonomy amongst people who use or have used mental health services.



PROJECTS, CAMPAIGNS & COLLABORATION

NATIONAL CAMPAIGNS, EVENTS & PROJECTS

Art and Photography Competition

The Mental Health Ireland Art and Photography Competition invites young people to explore and express their creative talents while encouraging students, teachers and parents to open up the mental health dialogue and encourage mental health championing.

2020 was turbulent time for many of our young people. They have faced new challenges and continued to grow up in a reality very different to the one they were prepared for at the start of the year.

With this in mind, the theme of our 2020/21 Art and Photography competition was 'Reflecting on How I've Grown' – in the face of the uncertainties and challenges of the year. In 2020, we welcomed entries from nearly 1,000 students from Post Primary School, Special Educations and Youth-reach.

The National Winners in each category received a One4All voucher, and the winning pieces were showcased in a virtual exhibition. The winning pieces and the Judges' Choice winners appeared in Mental Health Ireland's 2021 calendar.



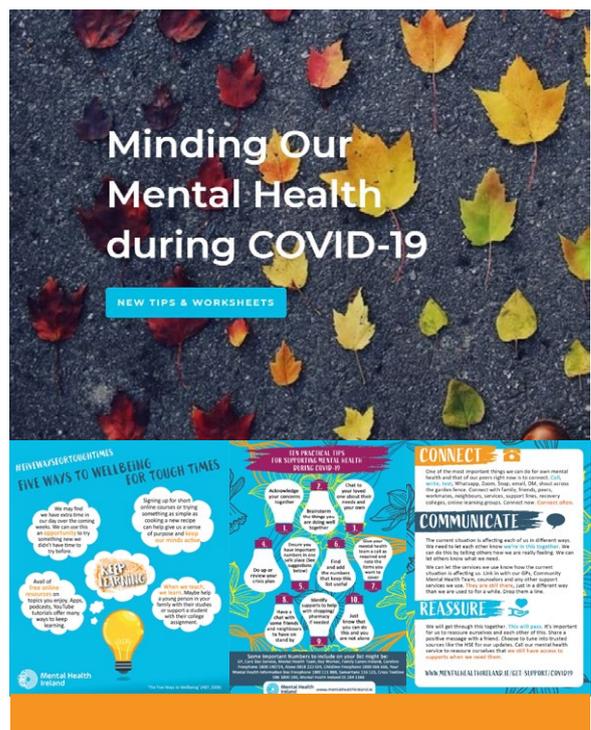
Minding our Mental Health during Covid-19

In the Spring of 2020, we started our journey into a very new and uncertain landscape as the Covid-19 pandemic swept across the world. The pandemic has had a huge impact on all aspects of life. Family support, social bonds, educational and employment routines were disrupted and many of the health sustaining life habits that support people's wellbeing. The need for information, support and guidance grew rapidly and the demand for our online resources and training programmes escalated. Working in co-production, people with lived experience, family members, community partners and mental health professionals developed an array of new resources which were enhanced by high design and production value. A number of new bespoke, Covid-related resources were co-produced for Families, Farmers, Members of the Travelling Community, Gardaí, Older Persons and Volunteers. This material was shared via our Training Courses, through social media, in the media and on MHI's website.



World Mental Health Day

To mark World Mental Health Day 2020 (October 10th), we invited the nation to reflect on their growth during recent tough times and their hopes for their own wellbeing, and of those around them. We shared wildflower seeds across the country to encourage people to take a moment to reflect on their growth during recent tough times and their hopes for the future. In addition, and to promote the pathways and power of growth and recovery, we have created Community Tree Information posters, signposting local supports and services that can be displayed in classrooms, workplaces, and community spaces across Ireland. Finally, to highlight the importance of greater investment and greater access to services, we hosted a webinar on the 9th of October that explored the new mental health policy Sharing the Vision. Read more about the webinar in our e-Mental Health Section.



PROJECTS, CAMPAIGNS & COLLABORATION



NATURE MOVES

The Nature Moves social media campaign in partnership with Sport Ireland, GOGREEN (UL) and Mental Health Ireland aimed to highlight the importance of physical activity and taking notice in nature.

The campaign aimed to bring together many people across Ireland who have embraced the positive effects that keeping active and taking notice of the nature around us can have on our mood, wellbeing and health. The beauty and benefits of nature can be enjoyed by everyone, regardless of age, or circumstances.

CEO of Mental Health Ireland Martin Rogan said, "We have found that it's often simple tools which can be the most powerful when restoring a sense of calm and clarity, whether it's throwing open the window while doing the housework, strolling in your local park, or listening to the birds sing while gardening.

We don't even have to venture from our homes to feel the mental health benefits of moving in nature such as improved mood, better sleep patterns, and reduced levels of stress and anxiety. By working in partnership with Sport Ireland and University of Limerick, Mental Health Ireland has been able to bring this positive mental health and wellbeing message to a new audience that's inclusive of everyone."

The campaign saw people share hundreds of their #Nature-Moves pictures across social media from their own little corners of the country – from lakesides to woodlands, gardens to sea dips.



Notice. Active. Time. Understanding. Revisit. Energise.

NATURE

Physical activity & nature makes you feel positive and full of vitality

Get everyone involved & submit your favourite nature images & tag: @Sport Ireland @HRI_UL @MentalHealthIrl

#NatureMoves

N **Notice**
See nature around you - focus on the colours, the sounds you hear, the different smells, the feeling of the plants and grass. Use your different senses.

A **Active**
Physical activity in green or blue space helps you feel good and connect with others. When you get a chance to go outside, take a photo or video so you can revisit when you need to.

T **Time in nature**
Spending time close to or immersed in nature can help you reflect and restore your energy levels by clearing your mind.

U **Understand**
The lessons that nature has to teach us are never ending, just stepping out your back door can be the start of an outdoor adventure.

R **Revisit**
Think about times when you were in nature. This could have been a recent experience or even a childhood experience. Viewing photos of nature makes you feel positive.

E **Energise**
Using digital nature can facilitate short micro-breaks (2 min.) and will re-energise you, for example, looking at pictures of nature or listening to nature sounds.



Visit <http://gov.ie/together> for advice and support for your physical and mental wellbeing.

PROJECTS, CAMPAIGNS & COLLABORATION

National Walking Day

On September 27th, we teamed up with Get Ireland Walking as part of European Week of Sport, working with Ireland’s network of Local Sports Partnerships to encourage people to step out for National Walking Day. We celebrated our 5,000 Steps to Wellbeing campaign on the day, sending out t-shirts and wellbeing packs across Ireland and asking people to lace up and get outside to #WalkYourTown, #WalkYourArea and find #HiddenGems.

MindOut Programme

Mayo Mental Health Association, Mindspace Mayo, NUI, Galway and HSE Health and Wellbeing, alongside MHI have entered a partnership to establish the supports required to implement the MindOut programme in nine post primary schools in Mayo. The MindOut programme was first developed in 2004 with the aim of supporting the social, emotional, and mental wellbeing of young people aged 15–18 years in post-primary schools. The programme was based on national and international evidence and best practice and was developed to be delivered within the context of the Social Personal and Health Education (SPHE) curriculum. In conjunction with NUI, Galway and the Health Promotion Research Centre a detailed case study will be carried out to evaluate the project, led by Professor Margaret Barry and Katherine Dowling. The programme delivery will run through the academic year with a final report due midway through 2021.



Season’s Greetings Virtual Advent Calendar

Our virtual Advent Calendar arrived on mentalhealthireland.ie on December 1st and every day till Christmas Day, we shared games, activities, mental health and wellbeing supports and messages from some very familiar faces including chef Derry Clarke and his wife Sallyanne, rugby legend Alan Quinlan, Minister for Mental Health Mary Butler and even some special friends at Dublin Zoo. Each day hosted its own wellbeing theme – from nutrition to creativity, grieving at Christmas to nature.



PROJECTS, CAMPAIGNS & COLLABORATION

Traveller Mental Health Coproduction Group

In early 2020, Mental Health Ireland began working with the Traveller Mental Health Services in CHO 9 to coproduce mental health and wellbeing training with the Traveller community. When COVID 19 happened, the training development was paused, and a National online group was established to coproduce initiatives to support the mental health and wellbeing of Travellers. Members of Traveller Projects and Groups from across the country joined the group to work on projects together.

At the end of 2020 the group decided to kick off with a Traveller Christmas Creativity Competition. The project celebrated Traveller talents, crafts and culture and aimed to focus on what we can do to support our mental health during tough times. The response was fantastic with artwork sent in by members of the Traveller community, from ages 8 to 80. Poetry, drawing, painting, baking, paper flowers, tin-smithery, beady pockets, playwriting, photography, knitting, make-up and beauty, hair design, and more were sent in. A prizegiving event was held online via Facebook Live with over 1,000 people watching the prizegiving. We were delighted to have Michael Collins, Fr. Richard Gibbons from Knock Shrine, and Santa himself make special appearances.



Jamie Anthony Maughan, Aged 10, Co Mayo



Bridget Mongon, Aged 87, Co Galway

Traveller Christmas Creativity Competition Prizegiving Event
Friday 18th December at 4pm online

You can watch via **Facebook Live** on Mental Health Ireland's facebook page **@Mental.Health.Ireland**
or on **Zoom** with this link: <https://us02web.zoom.us/j/88398329449>
or email competition@mentalhealthireland.ie to get the link sent to you
or **WhatsApp** 085 2346384 and we will send you the link

At the Event:

- Prizewinners announced by Michael Collins
- Christmas Blessing by Fr. Richard Gibbons
- A Special Message from Santa
- A Display of all the Beautiful Work

Mental Health Ireland **extern** **MAYO TRAVELLERS SUPPORT GROUP** **TRAVELLER HEALTH**

DTP



PROJECTS, CAMPAIGNS & COLLABORATION

Woodlands for Health

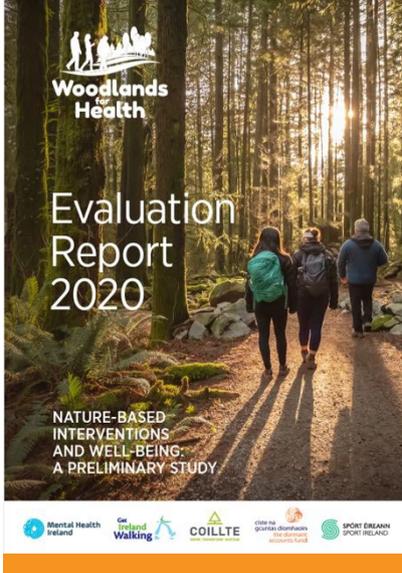
In February 2020, we hosted a national 'Sharing and Learning event' for all Woodlands for Health programme sites to come together and share their experiences, learn from what has worked and address challenges for future delivery.

The day was attended by over 100 participants including representatives from Local Sports Partnerships, MHI Development officers, Get Ireland Walking, Coillte, Waterways Ireland and programme participants.

Our Woodlands for Health programme ceased delivery during Level 5 public health restrictions in 2020. However, some sites did manage to deliver part of the programme or a condensed version of the programme across the year.

Our Mental Health Promotion Manager on behalf of the national steering group developed additional guidance on delivery of the programme under social distance measures and hosted online training for all local Sports Partnerships on guidance for delivering the programme during Covid restrictions.

One site moved their 'walk' online to support over 50% of their participants. The zoom sessions include mindfulness, exploring the woods virtually and discussing local parks/walks within the 5km radius of each participant. Participants were able to continue the programme to maintain the social support and connection despite the physical walk being postponed.



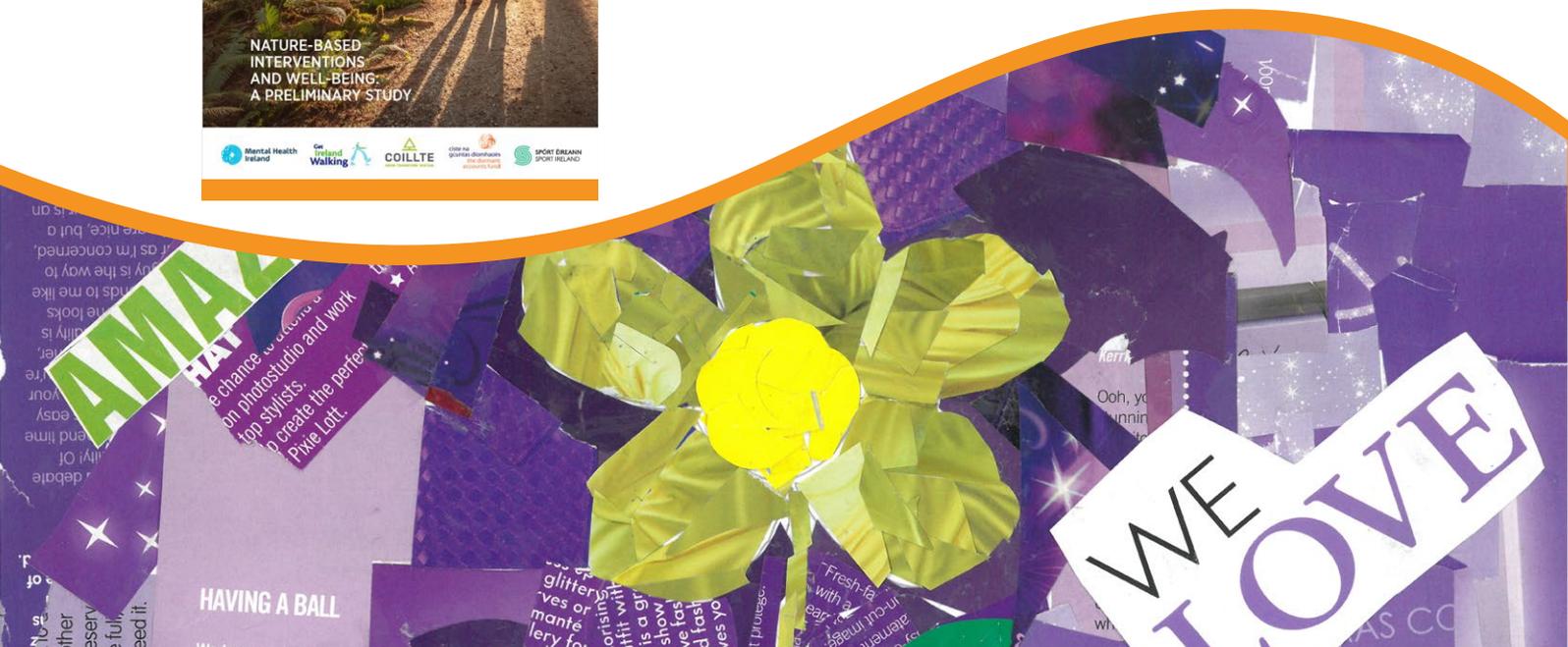
Oireachtas Special Committee

In July, our CEO Martin Rogan represented Mental Health Ireland at the Oireachtas Special Committee on Covid-19 Response to examine the impact of Covid-19 on the demand and delivery of mental health services in Leinster House.

He was joined by Jigsaw, The National Centre for Youth Mental Health, Chief Executive Officer (CEO) Dr Joseph Duffy, Senior Policy and Research Officer for Mental Health Reform Kate Mitchell and CEO of the Mental Health Commission Mr John Farrelly.

The committee discussed the impact the pandemic has had on mental health services and heard that demand for help had increased by 200%.

In a statement, Mr Rogan said that "fundamental constraint" needed to be addressed before considering how additional demands associated with Covid-19 could be met.



COMMUNITY DEVELOPMENT WORK

Our Development Officer team and Mental Health Associations worked creatively and tirelessly throughout 2020 to support their communities in the coordination, coproduction and promotion of mental health, wellbeing and recovery along with invaluable contribution to national campaigns, training and partnerships. Our Development Officers are continuously upskilling and learning to enhance their own input and impact in the community.

It's not possible to capture the scale of our DO and MHA's work and commitment in a few pages, however, here's some of the highlights of 2020.

COMMUNITY DEVELOPMENT WORK

Partnerships and Projects

CH01 – DONEGAL, SLIGO & LEITRIM, CAVAN & MONAGHAN: Bill Vaughan, Rachel Reilly, Miffy Hoad.

Letterkenny Institute of Technology's DICE Academy is a project to encourage 100 Transition Year students to create a product, service or experience that can be sold. Bill gave a talk on wellbeing to the students and was on judging panel.



Bill sits on the Steering Committee of the Woodland for Wellness project with Donegal Sports Partnership.

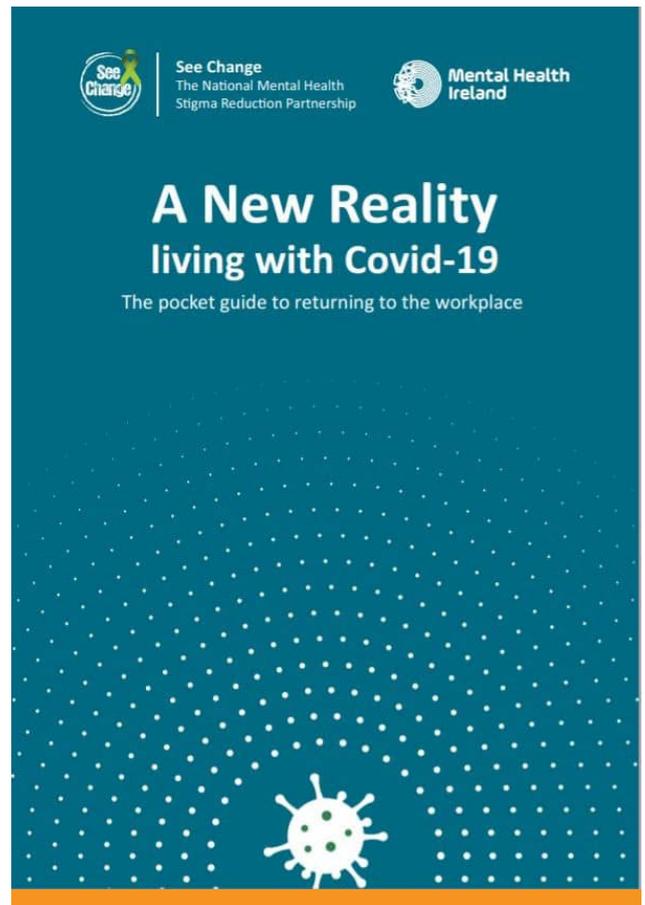
Connect Mental Health is a community mental health organisation promoting positive mental health in Donegal through an annual programme of events, online workshops and supports delivered directly to young people and adults in the local community. Bill sits on the steering group of CMH.

Rachel has led the pilot development programme for new mothers with partnerships made with Family Resource Centres, local Doula Associations and new mums to co-produce a programme incorporating the Five Ways to Wellbeing, with the aim of reducing feelings of isolation and loneliness among new mothers.

Rachel is a member of the co-production group for the establishment of social and community integration of residents living in the Supervised Residential Units in Ballymote and Cliffoey as a key priority in the Action Learning Sets hosted by the CH01 Service Reform Fund. The short-term objective of the co-production group was to identify local opportunities for socialisation. The long-term objective was for residents to attend the new proposed wellness hub in Sligo once established by year end 2020.

In Monaghan, Miffy was involved in the co-produced formation, management and collaboration of the Peer Support Group for Community Based Workers, the Connecting for Life Cavan Monaghan Steering group and the ARI committee and subgroups.

In 2020, Miffy was part of the coproduction team for the creation of the Returning to the Workplace Pocket Guide 'A New Reality - Living with Covid-19' with See Change: supporting the development of survey for community-based workers; supporting the collation of the survey responses; developing content and tips in response to people's expressed concerns; and creative design and editing.



Miffy is a member of the newly formed Cross Border Forum hosted by iRecovery. Miffy's contributions include the coproduction of new innovative courses for the iRecovery Project, including self-directed learning modules to reach people who can't attend live daytime sessions; Advocating for sustainability of the recovery college in the area when the project ends; Advocating recovery principles and language within the forum. Miffy is the Project Lead on the Five Ways Community Installation Project, supported by Development Officers Gina Delaney and Finola Colgan. Units will be installed in Peace Link; Teach Oscail FRC Cavan & FOCUS FRC Killeshandra with the delivery of Five Ways workshops online to support the installation of the units.

COMMUNITY DEVELOPMENT WORK



Partnerships and Projects

CH05 - WATERFORD, WEXFORD, STH TIPPERARY, CARLOW, KILKENNY: GINA DELANEY

In CH05, our Development Officer Gina Delaney is a Member and Secretary of the Kilkenny local forum and Area Forum. The group aims to increase engagement, communications and knowledge of recovery-oriented service improvement.

Gina is a Member on the Steering Committee of the Recovery College South East and as a facilitator with the college, Gina supports with the development, delivery and evaluation of recovery education workshops. This moved online to adapt to new methods of supporting individuals during Covid-19. Gina supported the coproduction and delivery of Family CHIME and Communication in the Family. She also assists the development of the South East Recovery Times newsletter and delivers Mindfulness exercises for the Recovery College South Facebook page.



In 2020, Gina established the South East Peer Support Network with support from the Regional Suicide Resource Office, where Connecting for Life colleagues and many other service providers attend such as Healthy Ireland, Traveller Coordinators, NGO, HSE and community leaders.

Gina is the Co-Chairperson of the Family Recovery Advisory Group with lived experience of personal and family recovery herself, and moderates the Family Recovery: Care Alliance Partnership Facebook Support Page.

Gina is a Member of the national working group to support the development of resources and capacity for the intercultural community, bringing her experience of working with the Twilight Community Group to the coproduction process.

COMMUNITY DEVELOPMENT WORK

Why Focus on Smoking, Mental Health and Recovery?

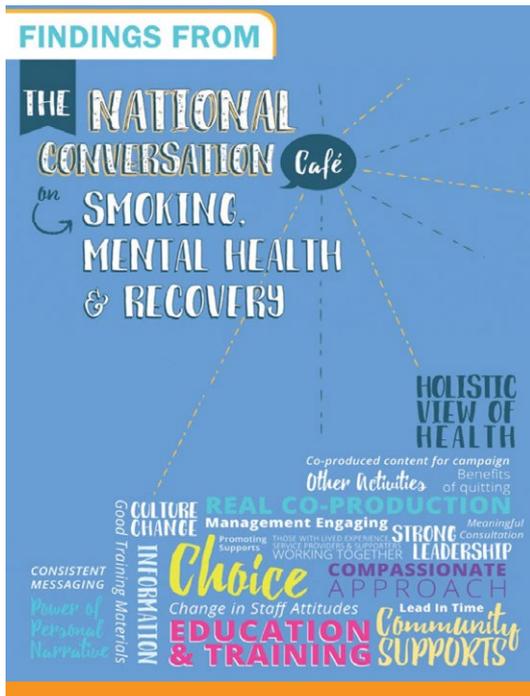
- 17% - Population rate of smoking (HI-2019)
- People with Lived Experience (PWLE) of Mental Health Challenges:
 - Rate: 30%-40%
 - Smoke more heavily
 - Increased nicotine dependency
 - 1/3 of all tobacco consumption
- Growing health inequality
- PWLE as motivated to Quit
- Smoking Intervention gap – Why?



CHO 2 - MAYO, ROSCOMMON & GALWAY: TERESA KEANE AND NICOLA MORLEY

In 2020, our Development Officer Nicola Morley supported the finalising of the Smoking, Mental Health and Recovery Conversation Café report which included co-ordinating the qualitative data analysis of the feedback from the Smoking, Mental Health and Recovery Conversation Café event that took place in July 2019. The report was published and circulated throughout the country.

In 2020, Nicola led the Health and Wellbeing Information Board Project. This project involves creating a Health and Wellbeing Information Board with a list of local and national services and support, that is displayed in Salthill- Knocknacarra GAA Club. Nicola reconvened the working group of the Health and Wellbeing Information Board project, which was a partnership with a Local GAA club, Galway Sports Partnership and HSE Resource Officer for Suicide Prevention. The board was printed in October 2020.



In the summer, Nicola led out on the public talk 'Maintaining Mental Wellbeing and Healthy Relationships with Technology in a post-Covid Era' with speakers child and adolescent Psychologist Dr. Colman Noctor and author and Clinical Psychologist Dr. Malie Coyne. The talk, which was moved online in response to Covid-19, is part of a collaboration with Mental Health Ireland and Galway Mental Health Association.

Nicola is also the Project Lead on the Guidance Document: Smoking, Mental Health and Recovery. The aim of this guidance document is to shape a strengths-based recovery approach that supports people across the services in relation to smoking and mental health. Co-production representation on the working group includes Mental Health Ireland, Tobacco Free Ireland Programme, family members and people with lived experience and HSE Mental Health Engagement and Recovery. MHI will fund the production of the Document and associated costs of meetings.



GALWAY Mental Health Association



Mental Health Ireland

MAINTAINING MENTAL WELLBEING IN AN ERA OF DIGITAL DISTRACTION

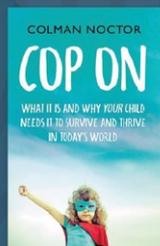
12TH MARCH 2020 | 7:30PM | CLAYTON HOTEL GALWAY

A PUBLIC TALK FOR PARENTS, PEOPLE WORKING WITH & CARING FOR CHILDREN & YOUNG PEOPLE



Dr. Colman Noctor

Dr. Colman Noctor is a leading Child and Adolescent Psychotherapist in St. Patrick's Adolescent Mental Health Service and an Assistant Professor in Trinity College Dublin. He is the Resident Psychotherapist on RTE Radio One's Ray D'Arcy Show and is author of the bestselling parenting book 'Cop On'. He is also a regular contributor to the print and broadcast media. Colman will be discussing some of the challenges' parents face particularly in relation to technology and family life, understanding children's online worlds, internet safety and maintaining wellbeing.



COLMAN NOCTOR
COP ON
WHAT IT IS AND WHY YOUR CHILD NEEDS IT TO SURVIVE AND THRIVE IN TODAY'S WORLD

Tickets are €5. Tickets are limited to 2 per person

REGISTER YOUR INTEREST ON EVENTBRITE www.eventbrite.ie

For further details please contact:
Galway Mental Health Association Email:
galwaymha@mentalhealthireland.ie

This event is being organised by:
Mental Health Ireland and Galway Mental Health Association
www.mentalhealthireland.ie

COMMUNITY DEVELOPMENT WORK

Partnerships and Projects

Nicola worked with the NUI Galway SEAS SUAS Programme and the NUI Galway Pastoral Care training programme to provide mental health training for Volunteers who were being trained as part of the COVID19 response by NUI Galway to support their student body. Nicola is a member of the National Family Resource Centre Mental Health Promotion Project Training Subcommittee. This group acts as an advisory working group in relation to the training offerings of the National FRC MHP Project. This group was reconvened to review the trainings being offered by the programme to staff in the FRCs nationwide, in addition to a review of training offering for the Suicide Prevention Code of Practice Training.

In 2020, our Development Officer Teresa Keane made links with Mayo Traveller Support Group (MTSG) and planned the delivery of workshops with support of community partners including Mayo Recovery College, Castlebar Linen Hall, Debbie Bernie Drumming and Castlebar Community Radio, Mayo Coco and the HSE to take one theme from the Five Ways to Wellbeing and host one theme in venues across Mayo each week. Teresa as project lead supported the Recovery Educators to script and record a series of three new podcasts for Midwest Radio. Teresa co-produced a similar Five Ways Project with the same partners for a group of 20 Asylum Seekers in Direct Provision to raise awareness of Five Ways to Wellbeing their practical application with the aid of community supports.



As the Chair of Mayo Mental Health Fair (MMHF) committee, Teresa supported the production of a How R U? video to mark the virtual Mayo Day celebrations being planned by Mayo Coco Social Inclusion committee. The How R U campaign is an upstream mental health promotion initiative - it tackles a lack of connection or belonging by inspiring people to ask how others are feeling. This opens up a conversation to allow one to listen and encourage action by signposting local supports and services. This was supported by Mayo Suicide Prevention Alliance (CFL), Mayo County Council and MHI.

Teresa linked with Mayo MHA to support the COVID YIP GROUP. Members included representatives from MHI, Mayo MHA, Mindspace, Foroige, and Comhairle Na Oig. The group set out to target a specific group of young people and numerous ways of communicating with this group during COVID-19 were put into action, including podcasts with MindSpace Mayo Youth Panel and a GAA skills video session.

CHO 3 - CLARE, NTH TIPPERARY AND LIMERICK: JOHN MCELHINNEY, 2020

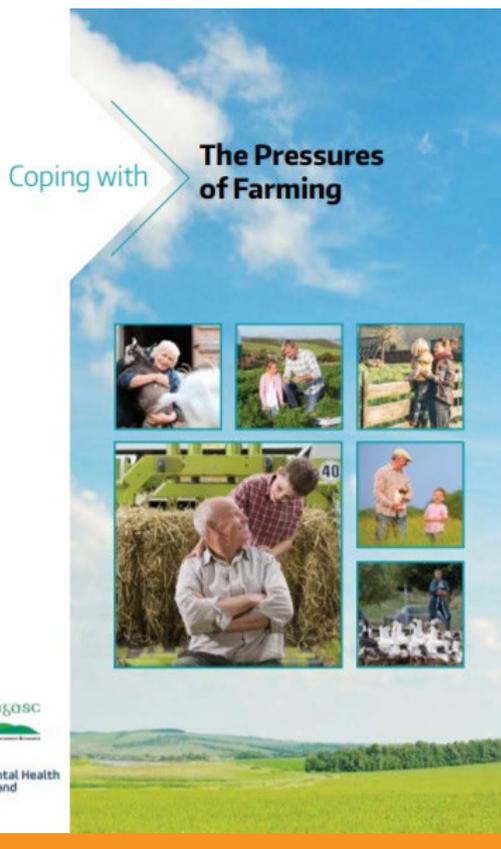
In 2020, we bid farewell to our Development Officer for CHO3 Clare, Nth Tipperary and Limerick John McElhinney and in 2021 welcomed our new DO for the region Claire Flynn. Before he moved on, John supported MHI in our national campaigns such as #NatureMoves, the Minding our Mental Health during Covid-19 resources, Family Wellbeing toolkit and much more. John was also an instrumental support for MHAs in the region, in supporting the roll out of events and campaigns as well as a passionate advocate for recovery and mental health.

CHO 8 - OFFALY, LAOIS, LONGFORD, WESTMEATH, LOUTH & MEATH: FINOLA COLGAN

In 2020, Finola coproduced Recovery Café 'Beyond' with Mental Health Services, DNE Recovery College and service users. The aim of the event is to provide a sociable outlet for service user family and friends to have an open discussion on mental health and to learn about available support.

COMMUNITY DEVELOPMENT WORK

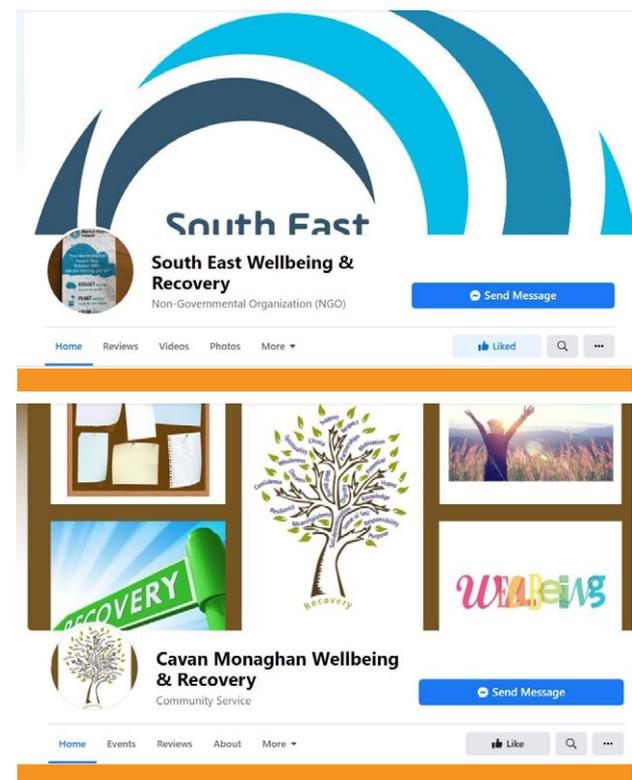
Finola is a member of the Louth Meath Recovery Group, which is representative of service users with lived experience, carers, providers and the voluntary sector. The purpose of the Group is to develop structures to help progress the national objectives in the National Recovery Framework 2017. Finola initiated the proposal to translate the LMRG Publication (2019) 'Preparing for Discharge – Advice and support for when you leave hospital' into alternative languages including Polish and Lithuania. Finola is also a member of the sub group for the development of recovery-oriented waiting areas in mental health communities. Finola worked with Laois Sport Partnership and Westmeath Sports Partnership to identify two new sites for the roll out of the Woodlands for Health programme. Finola represented MHI in partnerships with Family Carer's Ireland, Aontas – Adult Education, On Fheirm Ground and the national Travellers Health Project. In April 2020, Finola initiated and moderated the weekly development of 'Farming Resilience' webpage to promote mental health awareness in the farming community in partnership with Teagasc and the IFA. See www.mentalhealthireland.ie/your-mental-health/farming-resilience



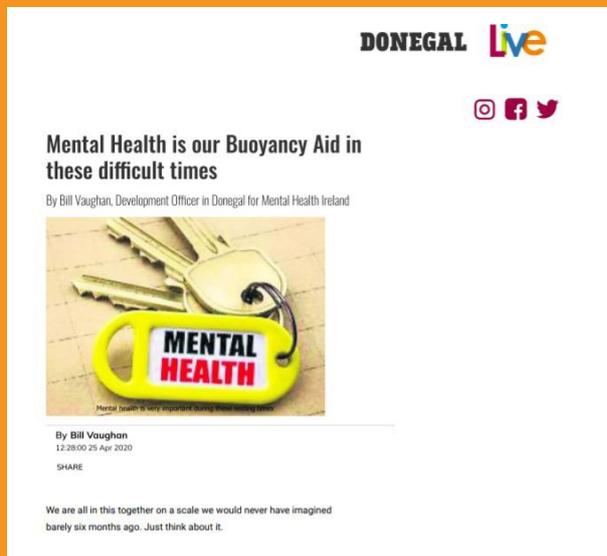
Finola co-ordinated the application and devised a strategic plan for MHI's inclusion on EU Mental Health Awareness Project led out by ERASMUS + and FarmAids along with farming communities in Spain, Italy, Netherlands. MHI is now a registered body eligible to apply for relevant Erasmus + Programmes.

Communication and Media

Our Development Officers work across various communication platforms to raise the visibility of Mental Health Ireland, promote mental health and recovery and offer advice and guidance around how to enhance and protect our own mental health and wellbeing. In 2020, our team engaged with local and national media, produced short videos, wrote articles and blogs, created podcasts and resources and managed multiple social media platforms.



COMMUNITY DEVELOPMENT WORK



COMMUNITY DEVELOPMENT WORK

Training

One of the ways we promote positive mental health is by educating and training people within workplace and communities around different aspects of mental health and providing them with the knowledge and tools to enhance their own mental health.

In 2020, our Development Officers delivered interactive training and workshops in the community and workplaces throughout Ireland, adapting with skill and professionalism to the new landscape of virtual communication amid the Covid-19 pandemic. Our teams worked with a wide variety of groups to explore and enhance an understanding of mental health and wellbeing and foster practical ways to maintain and improve our mental health and wellbeing, including:

- The Five Ways to Wellbeing: To guide participants in improving their understanding of how they can look after our wellbeing.
- The virtual Connect Cafe: To open up conversations to help us connect with ourselves and with our colleagues.
- Mental health and wellbeing for managers and employees: Understand and explore the knowledge necessary to enhance mental health and wellbeing in the workplace, and the tools to support colleagues and staff.
- Mental health and wellbeing community: Guide an improved understanding of how to look after our mental health and wellbeing.
- Other workshops include Stress Control and Resilience Building; Mindfulness, Health (menopause), Wellness Recovery Action Plan (WRAP).

Groups include: The Traveller community, Rehab Care, Older People's Council, Active Retirement, Men and Hen's Shed, Library staff, Parents and Teachers and Retired Teachers, Students, HSE staff, community workers, frontline workers, family carers, charity volunteers, ETB staff and members, people living in Direct Provision. See www.mentalhealthireland.ie/training



Mental Health Associations

In 2020, our Development Officers continued to provide guidance and support to the Mental Health Associations (MHA) around the country in developing their strategies and objectives, supporting them with governance and the efficient use of their budgets and resources.

Our Development Officers also supported the regional Mental Health Associations in adjusting to the new Covid-19 landscape in 2020 and keeping communication open in creative ways with virtual meetings, webinars, social media pages, and WhatsApp groups.

As part of our ongoing commitment in supporting our MHA network, Mental Health Ireland rolled out the Covid Emergency Funding in 2020 to acknowledge the work that MHA members were doing in the front line in promoting positive mental health, wellbeing and recovery.

Our team supported the MHAs with applications for this funding and other grants to support initiatives and innovation across the country.

Some of the 2020 highlights of our Development Officer and MHA collaborations are:

In South Leitrim, our Development Officer Rachel Reilly supported the planning and implementation of a pilot Community Mental Health, Wellbeing & Recovery initiative with Breffni MHA. This included the development of resource wallets with national and local mental health information for distribution through local community initiatives such as the Food Cloud Service and GPs in Primary Care Centres.

Rachel also worked with Sligo MHA in managing and maintaining the housing and supporting of residents in the county.

Our Development Officer Finola Colgan supported Mullingar MHA and Mullingar/Longford mental health services in the celebration of St Loman's Feast Day, the annual Ecumenical Service held in St. Loman's Hospital Church to remember deceased patients and staff associated with the local services.

Finola supported the 'Our Vision Our Voice' multimedia project devised by artist Rosaleen Heavin in response to Covid-19 restrictions. Delivered online, the project explored experiences of lockdown and isolation with participants from Mullingar Mental Health Association, Longford/Westmeath Adult Mental Health Services and Child and Adolescent Mental Health Services.



COMMUNITY DEVELOPMENT WORK



Development Officer for Mayo and Roscommon Teresa Keane is involved at grassroots level, a member of the Roscommon Health and Wellbeing Committee and of the Mayo Suicide Prevention Alliance.

Teresa worked with Mayo MHA, led by Mental Health Promotion Officer Lianne McManamon on the successful 'Moving your Mind' project, delivering online to four rural GAA clubs across Mayo to support nutrition, support positive mental health and wellbeing in rural communities.



The Mental Health Roscommon hosted a 'Kindness at Christmas' appeal to help people in Roscommon who needed support at Christmas, with Teresa supporting the promotion of the event. Mental Health Roscommon supported 25 families via the South Roscommon Resource Centre. They also helped numerous others and received 30 bags of second-hand toys, clothes and bedding from the community.

Castlerea Community School held a Smiley Pancake fundraising event with the support of 25 refugees' children and 60 senior classes students.

Emily Robson, a teacher and a volunteer with Mental Health Roscommon created an inclusive manual demonstrating How to Make the Perfect 'fluffy pancake' in picture form to supports those whose first language is not English to make a pancake or those with literacy issues/learning difficulties.

The Melting Pot Café in Roscommon town and Boyle Mental and Strokestown Mental Health also hosted smiley pancake events supported by 60 people.

All monies raised will go to the newly formed Mental Health Roscommon and will help fund activities in the community aimed at raising mental health awareness

Teresa supported Mayo MHA in securing funds to run the Woodlands for Health initiative and formed a Woodlands committee with Niall Dunne from Mayo MHA, Michael Ryan from Mayo Mental Health Services, Deirdre Donnelly from Sports Partnership and Coillte.



COMMUNITY DEVELOPMENT WORK

In Donegal, our Development Officer Bill Vaughan supported the establishment of Get Together Inishowen (GTI), a Mental Health Association meets social club.

Amid the Covid-19 pandemic, Cloughaneely MHA volunteers provided essential items for people living alone in the area and linked with the local Men's Sheds group.

In CH05, Gina Delaney – who joined our DO team in 2020, established links with three MHAs in South East (Carlow MHA, Wexford MHA and Kilkenny) with a potential new MHA in New Ross. Gina developed a WhatsApp group which progressed to having monthly meetings with the three MHAs in the South East and to establishing the South East Wellbeing and Recovery Facebook page.

In CH03, Ennis Mental Health Association was proud to collaborate with Clare Youth Service in sponsoring the Tom McGrath Youth Mental Health Art & Photography Competition. The theme of the competition was Youth Mental Health Awareness During the Mid-Winter, incorporating all celebrations during that period, with two sub-themes (being S.A.D. aware and highlighting that seasons of celebration during mid-winter are not always happy occasions for some young people). The awards presentation ceremony took place at CYS on 1st October 2020.



In December 2020, Ennis Mental Health Association ventured into its first online offering 'Mindfulness at Christmas'. Hosted over two weeks via Zoom, they reached a wide and varied audience and received excellent feedback.

Limerick Mental Health Association marked Limerick Mental Health Week 2020 with an inspiring mural by local artist Jonathan Noonan with Draw Out - Urban Exhibitionists.



In September 2020, members of the Limerick MHA Women's Group, Men's Shed and Walking Group came together to create trellises and window boxes for the exciting collaborative project with the Hunt Museum and GBM to re-design and upgrade Jesuit Lane in Limerick City. This project was one of five selected to enhance the laneways of Limerick and contribute to the beauty of Limerick city centre along with the mural.



The North Tipperary MHA ran a series of events, talks and activities throughout World Mental Health Week to raise awareness of mental health, wellbeing and recovery in the county. From an art competition for the first year students of Colaiste Phobal Roscrea to Random Acts of Kindness around Nenagh, the community came together to support each other and challenge the stigma around mental health challenges.



COMMUNITY DEVELOPMENT WORK

The South Tipperary Positive Mental Health Festival ran during the first week of October with talks, webinars, competitions and activities. The South Tipperary Action Network continue to promote and support mental health in the area throughout the year.



A highlight for Wexford Mental Health Association in 2020 was winning the 'Supporting a Healthy Community' category in the 2020 Health Service Excellence Awards for its Gaming Group, a project aimed at supporting the mental health of men over 18. So well deserve and a big congratulations to the team!



In February, the Wexford Mental Health Association along with Mental Health Ireland hosted a performance of A Face in the Crowd to a full house at the Royal College of Surgeons in Dublin. A Face in the Crowd, written by Niall O Muir is based on true accounts of the lived experiences of individuals who have come face to face with mental health challenges. It explores stories of darkness, hope, confusion, humour, friendship, resilience and recovery. Read more about the play and the Discover/Recover Theatre Project www.wexfordmentalhealthassociation.ie



In the summer of 2020, our CEO Martin Rogan and Chairperson Hugh Kane visited Tuam & District MHA to meet the team and hear about the amazing work they were doing in the community in the face of uncertain times.





TRAINING

TRAINING

Adjusting to COVID

MHI provides mental health and wellbeing enhancing training to volunteers, local communities, and fellow NGOs under our Service Arrangement Contracts with the HSE. We also facilitate a suite of workshops to promote mental health and wellbeing in workplaces across Ireland. Our workshops are facilitated by our Development Officers and by a group of QQI (Training Delivery & Evaluation) accredited external trainers.

2020 saw a surge in demand for high quality mental health and wellbeing online training from local communities, the education sector, NGOs, and the corporate sector. In response to and being cognisant of COVID-19 public health guidance, MHI transitioned their entire training suite and supporting materials to the online space. This required a huge team effort from the training team, Deputy CEO, MHI's Development Officers, and External Trainers. By April 2020, we were up and running, facilitating workshops remotely for groups and organisations from across Ireland. In 2020 we ran 220 workshops with a total of 4330 participants from every county in Ireland.

Our core workshops which we transitioned to the online space during 2020 include:

- **Five Ways to Wellbeing Workshop**
- **Five Ways to Wellbeing Webinar**
- **Mental Health & Wellbeing Managers**
- **Mental Health & Wellbeing Employees**
- **Mental Health & Wellbeing Community**



Lunch & Learn Connect Café
Five Ways to Wellbeing

Secure Online Zoom Meeting
Tuesday 13th Oct 1.00 >1.40pm.

Information & Eventbrite link email
info@laoissports.ie
Facilitator: Finola Colgan
Mental Health Ireland



Info & Terms
Online Workshops
Promoting Positive
Mental Health & Wellbeing

COMMUNITY GROUPS

WORKPLACES • For Managers • For Employees

For more info or to book, contact:
training@mentalhealthireland.ie

feedback



In many ways, 2020 and the challenges it held, created an opportunity and invitation to innovate and to rethink how we reach people with our work. Whilst we missed the in person contact of our community and workplace training, transitioning our workshops to the online space meant we could reach more people, and perhaps some people who we otherwise would not have been able to reach at all. We weren't restricted by geography so our trainers in Donegal could facilitate workshops for participants in Cork. Family carers could save travel time and join with their peers for a few hours at our online programme or Care & Connect Cafes. Campaigns which may have been limited by a print run had unlimited online shareability. As we learned more about online training and online access, our ability to operate in that space, especially for training, education, and mental health promotion, strengthened. We became aware too of the digital divide that exists for groups we work closely with, including the Traveller community. So, whilst we will take what we learned from 2020 about the potential of the online space forward with us, when public health guidance allows, we will be back in the community and working in a blended way.

TRAINING

New Training Development

In addition to transitioning our core suite of workshops to the online space, we coproduced new workshops and training programmes with key partners including Family Carers Ireland and Alcohol Action Ireland.

Mental Health Ireland were delighted to partner with Family Carers Ireland to co-produce Mental Health and Family Caring: Supporting the Supporters. This five week online programme's aim is to support the supporters of people with mental health challenges. The programme was co-produced with MHI staff, family carers, supporters, people with lived experience of mental health challenges, and service providers. The programme was co-delivered by staff from Mental Health Ireland, Family Carers Ireland, Family Carers, people with lived experience of mental health challenges, and a number of other community partners and wellbeing specialists.

FREE

Mental Health & Family Caring: Supporting the Supporters

A five week online programme for family carers and supporters of people with mental health challenges.

Family Carers Ireland are supporting requests for respite where possible for course participants. See registration page for more details

Explore:
Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Register using the Eventbrite link on www.familycarers.ie

Morning or Afternoon Option Available

Morning: Weds, 11am to 1pm, 12th August – 9th September
Closing date for registrations 29th July

Afternoon: Weds, 2pm – 4pm, 19th August – 16th September
Closing date for registrations 5th August

Family Carers Ireland
No one should have to care alone

Mental Health Ireland

ciste na gcuntas díomhaoin
the dormant accounts fund

Response to the programme

The programme was fully subscribed when the two pilots were held in August and September. The feedback from participants was extremely positive and led to us establishing the MHI Virtual Care & Connect Cafes for family members and supporters of those living with a mental health challenge. The programme core content was also a style booklet to support those who had completed the course, but also those in the wider community. There was an appetite for additional training from the original pilot cohort so in response, the MHI team will be developing an online Wellness Recovery Action Planning® for families in 2021.

Virtual Care & Connect Café
Mental Health Ireland

Share a conversation and connect!

Do you support a loved one with a mental health challenge? Would you like to meet with others in a similar situation?

please join Gina & Finola
for a chat and a cuppa at our
Virtual Care & Connect Café

On Tuesday 8th June at 11am – 12pm
Online via Zoom

Alcohol & Mental Health Workshop

Mental Health Ireland were delighted to partner with Alcohol Action Ireland in 2020 to co-produce the Alcohol & Mental Health Workshop. The aim of the workshop is to help participants to explore their individual relationship with alcohol and to understand the impact of alcohol on mental health. This is an upstream workshop which aims to strengthen protective factors and to reduce the risk factors for mental health. The workshop was piloted 3 times in 2020 and received feedback which led to a strengthening of the workshop. It will continue piloting and then delivery across the country in 2021.

Alcohol & Mental Health

Mental Health Ireland **AlcoholAction Ireland**

© Mental Health Ireland

TRAINING

An Garda Síochána

Another key partnership was with an Garda Síochána. We were delighted to be invited to coproduce a workshop for managers in the Guards. The Responding to Mental Health Distress in the Community Workshop was piloted in early 2020. We have since gone on to create video resources with the Guards.

New Staff

We were delighted to welcome Amy Gibney to the team in 2020 as the Education, Training & e-Mental Health Administrator. Amy is a recent graduate of the Masters in Health Promotion at NUI Galway. Amy quickly brought her lived, academic, and professional experience to the task at hand. In addition to the administration of our training programmes, and providing invaluable support to transitioning the programmes to the online space, Amy is the lead on our Workplace Mental Health Policy project and will lead on our Accessibility project in 2021.



Amy Gibney

In December, Sonia Rennicks, who has been with Mental Health Ireland for a number of years, was successful in her application for the role of Head of Education, Training & e-Mental Health.



Sonia Rennicks



EDUCATION

EDUCATION

COURSES AND PROGRAMMES

Tony Leahy Scholarship Programme

A key strategic goal of Mental Health Ireland is to increase professional capacity in mental health promotion, peer support, and recovery. To this end, and to reduce the financial barriers for people accessing third level Mental Health specific programmes, MHI funds the Tony Leahy Scholarship Programme which can provide up to 50% of the course fees for eligible applicants. The scholarship was named in honour of our colleague and friend Tony Leahy, who sadly passed away in November 2018. Tony was one of the first to invite people with lived experience and their family members / supporters to sit at the national table with those who provided the services. He understood that change could not happen until we were inclusive of all voices and made it part of how we plan our services.

In 2020, the MHI Tony Leahy Scholarship programme supported participants studying on the following courses:

- Certificate in Mental Health in the Community (Level 6), University College Cork
- Certificate in Peer Support Working (Level 8), Dublin City University
- Postgraduate Certificate in Mental Health Promotion (Level 9), National University of Ireland, Galway
- Advanced Diploma in Mental Health & Well Being Coaching, Kingstown College

The number of recipients of Tony Leahy Scholarships was 57. The total value of the Tony Leahy Scholarships awarded in 2020 was €54,610.



Year One of the Postgraduate Certificate in Mental Health Promotion

Our partnership course, the Postgraduate Certificate in Mental Health Promotion, with National University of Ireland, Galway was delivered using a combination of face-to-face workshops and online learning materials in 2020. In Semester 2, teaching was moved online due to Covid-19 restrictions. Overall, the participants rated the course highly. They particularly enjoyed the blended learning approach, with a mixture of online materials, academic and guest lectures, and face-to-face tutorials. Participants also reported an increase in the skills and knowledge in promoting mental health from pre to post programme. The course continued its popularity of year one with a full subscription of students undertaking the course in 2020.

Special Project Awards:

Two students received the award from Mental Health Ireland on the most innovative project idea that emphasised a strong level of implementation planning, advocacy and programme evaluation:

- Ann Marie Lawlor (Project title: Kilkenny Peer Support Worker with Traveller Community)
- Alyssa Meenan (Project title: Leaving no one behind – Island Communities)

A virtual Graduation Ceremony was held on 30th November 2020, with guests Martin Rogan (CEO of Mental Health Ireland), Anne Sheridan, Aisling Doherty (Mental Health Promotion Manager, MHI), Margaret Barry (Programme Director), Verna McKenna (Coordinator of Outreach Programmes) and Tuuli Kuosmanen (Course Coordinator). Graduation certificates and the MHI Awards were issued by Mental Health Ireland and presented to the students virtually.

QQI Accreditation in Training Delivery & Evaluation (Level 6)

As part of our commitment to quality training facilitation and evaluation, Office Training Solutions were commissioned to facilitate courses in Training Delivery & Evaluation (QQI Level 6). MHI Development Officers, a number of Recovery Educators, members of the MHI HQ Team, Migrant Communities, some Family Carers Ireland staff, and a number of new External Trainers completed this training in 2020.



RECOVERY

RECOVERY

RECOVERY

During 2020, Mental Health Ireland, in partnership with the HSE Office of Mental Health Engagement & Recovery, was able to significantly grow the innovative work being done by Recovery Colleges and Recovery Education Services across Ireland.

RECRUITMENT

Over 60 new staff members joined our team with more than 240 interviews conducted in the search for Recovery Educators, Family Peer Support Workers, Community Café staff and Service Improvement staff.

MHI continues to work in partnership with the HSE on the following projects: Service Reform Fund (SRF) Project, ARIES (HSE Mid-West CHO 3), Recovery Education Service (CHO 6) National Forensic Mental Health Services (NFMHS - CHO 6) Recovery College Mayo (MMHS CHO 2), REGARI - Roscommon/East Galway Mental Health Services (CHO 2), Recovery College South East (CHO 5) and MindSpace Mayo (CHO 2). Recovery Education Service (CHO 7), Recovery Education Service (CHO 8)

EDUCATION

Recovery education is the process by which individuals explore, assimilate and create the knowledge required for recovery to occur in their own lives or in the lives of those they support or provide services to and in the local communities that sustain individuals in recovery. Recovery education takes a strength and adult education-based approach which offers the choice to engage in learning opportunities. It is underpinned by the values of self-direction, personal experience, ownership, diversity, and hopefulness. (National Recovery Education Working Group, 2017) These services have been leading out using innovative ways to connect, communicate, educate and reassure during the ongoing pandemic. Through online classes, peer support groups, information sharing, phone supports, materials, resources and partnership working, the services are now available to networks of people with lived experience of mental health challenges, supporters, families, providers and communities. Mental Health Ireland supports Recovery Colleges throughout Ireland:

Mid-West Aries:

Provide the Mid-West Region with an inspirational and inclusive educational programme on recovery and well-being.



Galway Recovery College:

Create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community through co-produced education and learning together.



Mayo Recovery College:

Advance personal recovery through vibrant adult education.



Recovery College South East:

Provide recovery orientated educational courses and workshops for people who experience mental health challenges, psychological distress, addiction and other challenges.



Regari:

Create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community through co-produced education and learning together.



Dublin North, North East Recovery College:

The Recovery College takes an empowering and inclusive educational approach to mental health and wellbeing. Our vision was to place governance outside of mental health service within the community and through community development principles.



Recovery Education CHO 7:

This service aims to deliver inspiring and connecting workshops that support people in managing their wellbeing and their mental health recovery.



Laoch Recovery College:

Envisions a world where everyone has access to mental health education, recovery classes and civic participation. Transformative College is to provide a Mental Health Resource Centre with a qualified multidisciplinary team to provide education, participation, promote awareness, and advice to support recovery in the area of mental health.



RECOVERY

THE EUROPEAN EMPOWERMENT WEBINAR

European Seminar, a co-produced “celebration” of recovery and empowerment

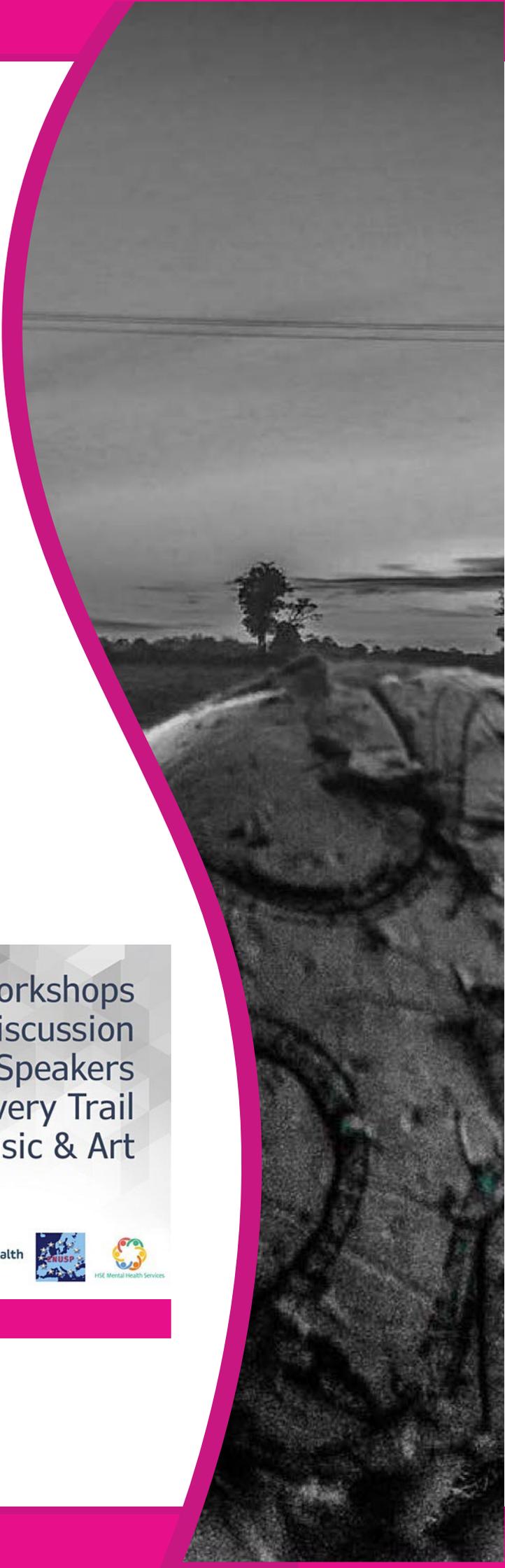
In July 2020, Mental Health Ireland was nominated by Mental Health Europe to host the annual Empowerment Seminar for the first time to promote mental health literacy and equip participants with the knowledge and skills to look after their own health and wellbeing, including how to interact with mental health services and advocate for their rights and for others.

The Seminar explored the key concepts of CHIME – Connection, Hope, Identity, Meaning and Empowerment through a variety of interactive and creative means. Panel discussions and interactive workshops explored themes such as personal and family recovery, human rights, peer working and empowerment through education.

Billy Clarke, Recovery Education Facilitator with Mental Health Ireland, called the Seminar, a “celebration” of empowerment and hope.

“For me, the Empowering Recovery Seminar is a celebration of everything that makes true empowerment possible. Connection, hope, identity and having a meaningful role in life. It is also an opportunity for me to learn new ways of ‘empowering recovery’ through education, creativity and human rights discourse,” said Billy.

Read more about it in the e-Mental Health section of this report.



24th July 2020

**Let's Talk
Empowering
Recovery
In Europe**

2020 MHE
Empowerment
Online Seminar

Workshops
Panel Discussion
Guest Speakers
Recovery Trail
Music & Art

MHE
Mental Health
Ireland

ENUSP
HSE Mental Health Services

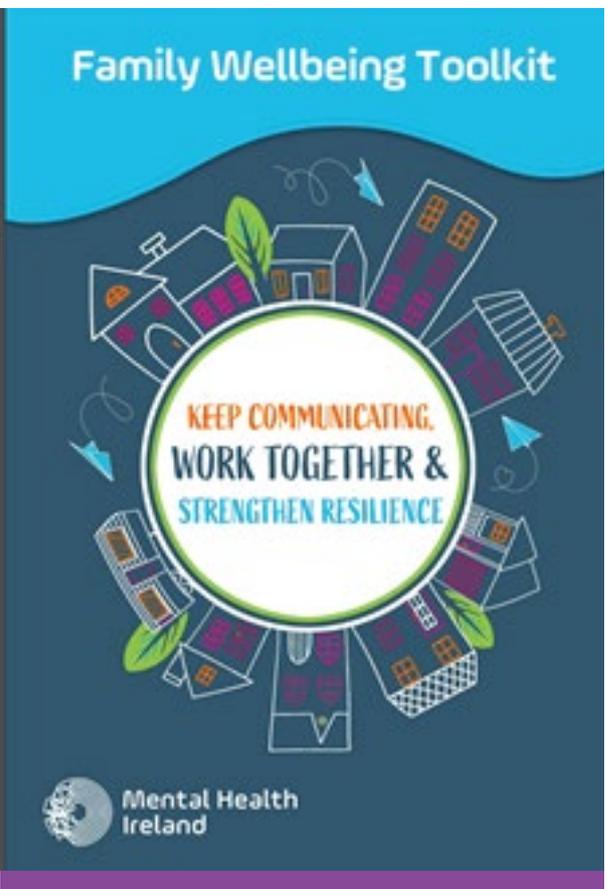
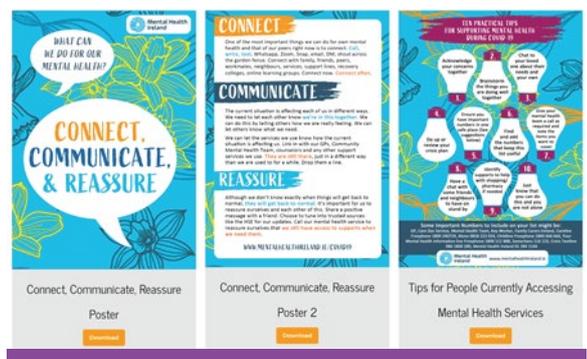
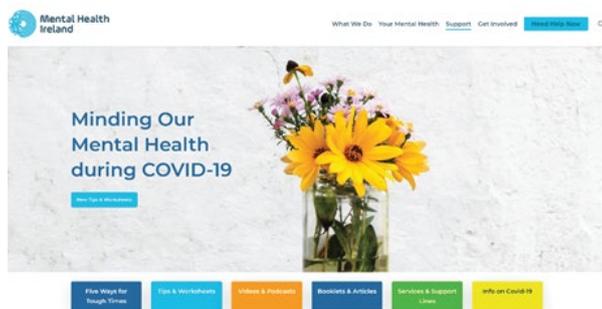
e-Mental Health

e- Mental Health

In response to lockdown, Mental Health Ireland geared up our e-mental health initiatives. The whole team, community partners, experts by experience, and experts by profession got together to coproduce relevant and timely resources.

COVID-19 Resources

The first e-mental health initiative of 2020 was our COVID-19 Connect, Communicate, Reassure webpage and suite of resources including worksheets, guides, videos, podcasts, planners, toolkits, blogs, and booklets. The community responded well to this resource with over 25,000 visits to the webpage in 2020 and sharing of the resources across social media.



e- Mental Health

Farming Resilience Webpage

Led by Development Officer Finola Colgan, and in partnership with TEAGASC and the Irish Farmers Association, the Farming Resilience webpage was created to provide a one stop shop for mental health and wellbeing for the farming community. The page includes guest contributors, worksheets, guides, videos, podcasts, planners, toolkits, blogs, and booklets. The community responded well to this resource with over 5,000 visits to the webpage in 2020 and wide sharing of the resources across social media.



Recovery Education Webpage

Mental Health Ireland in partnership with the Office of Mental Health Engagement & Recovery were delighted to create this page in 2020 to spotlight and signpost the work that's being done by recovery colleges and recovery education services across Ireland.

These services have been leading out using innovative ways to connect, communicate, educate and reassure during the pandemic. Through online classes, peer support groups, information sharing, phone supports, materials, resources and partnership working, the services are now available to networks of people with lived experience of mental health challenges, supporters, families, providers and communities.

The page includes information on recovery, details and links to each recovery college and education service, a live timetable for upcoming online, and news and updates from across the network. It has had over 3,000 visitors since its launch in 2020.



Christmas Wellbeing Webpage and Campaign

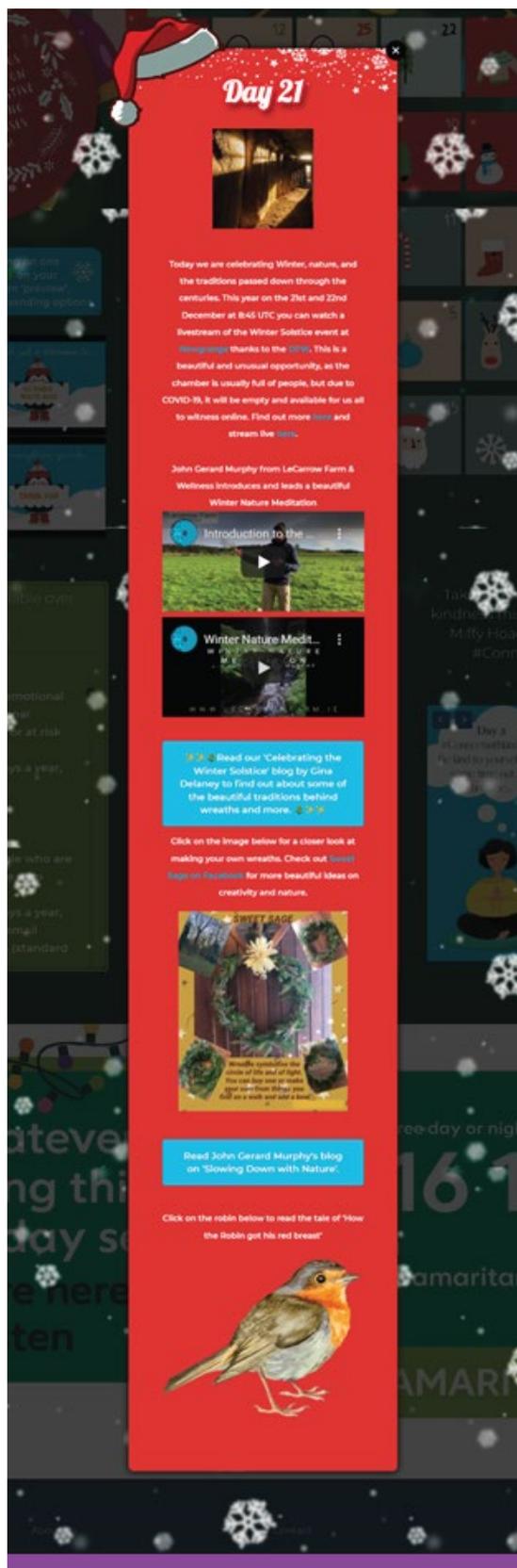
To close out a strange and challenging year, the team wanted to spread some hope and cheer in December and to equip people with the mental health and wellbeing information and resources that would help them through the Winter months. Triggered by a flash of inspiration from CEO Martin Rogan, an idea for a month long wellbeing advent calendar style campaign emerged.

The skills and talents of the whole team, Deputy CEO, Development Officers, Mental Health Associations, Recovery Educators, networks, experts, celebs, and even a family of elephants were called on. Through the generosity of so many, 25 days of mental health and wellbeing content was created to hide behind 25 doors on our Season's Greetings online interactive calendar. The campaign was packed with podcasts, e-cards, video messages, blogs, meditations, worksheets, Elf-care Tips, draws, competitions, prizes, recipes, Elf-care packs, a Connect with Kindness calendar, music, photos, fun, and hope.

The Season's Greetings webpage had 11,768 page views in December 2020 and supported 49,096 total website page views. 392 e-Cards were sent using our e-card widget. 2000 people entered our raffle. There was 5,000 views of the videos created for the calendar in December.



e- Mental Health



Webinars

Let's Talk - Empowering Recovery in Europe Webinar – 24th July 2020 (Mental Health Europe European Empowerment Seminar 2020)

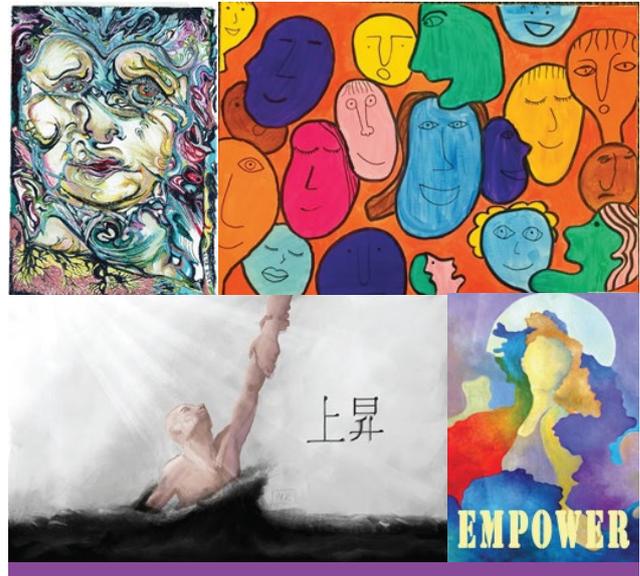
In early 2020, Mental Health Ireland made a successful bid to host the 2020 Mental Health Europe Empowerment Seminar. This was due to take place in Kilkenny but due to the pandemic we went online instead. The webinar entitled "Let's Talk – Empowering Recovery in Europe" took place on 24th July 2020 and was proudly hosted by Mental Health Ireland. The seminar was co-produced by people with lived experience of mental health challenges, family members / carers, service providers and focused on how Empowering Recovery through co-production provides better outcomes for everyone. The seminar explored the key concepts of CHIME – Connection, Hope, Identity, Meaning and Empowerment through a variety of

e- Mental Health

interactive and creative means. These included: Music, Poetry, Art, Live Interactive Panel discussions, Presentations, Workshops dedicated to Human Rights and Advocacy, Education and Recovery and the power of Peer Workers in mental health service development and delivery, and a Virtual Recovery Trail. A webpage was created with supporting content for the webinar. In 2020 the webpage was visited 1,300 times. The webinar itself was attended by 250 people from all over Europe with a further 450 views of the webinar recording.



A call for art went out all over Europe for artwork on the theme of Empowering Recovery. A stunning collection of art in all formats was submitted. Displayed during the webinar and on the webinar webpage, the work will be included in an art book to be published in 2021 by MHI.



Sharing the Vision – Translating Policy into Practice Webinar – 9th October 2020 (In celebration of World Mental Health Day)

In keeping with the theme of World Mental Health Day, Mental Health for All – Greater Investment – Greater Access. Everyone, everywhere, our coproduction team for this webinar were keen to explore Sharing the Vision – a Mental Health Policy for Everyone for the period 2020-2030 through a lens of tangibility. To do this we engaged speakers who represent projects that are already translating the recommendations in Sharing the Vision into practice and which also embody the 4 principles of the policy; Recovery, Trauma Informed, Human Rights, and Valuing & Learning.



e- Mental Health

We were delighted to have panellists from the Mental Health Commission, Mental Health Reform, the Office of Mental Health Engagement & Recovery, the HSE Mental Health Services, the National Office for Suicide Prevention, and University College Cork.

The webinar sold out 500 places and the recording was viewed after the event a further 476 times. A webpage was created to host additional resources for the webinar. This page was viewed 1,800 times in 2020.



CELEBRATING WORLD MENTAL HEALTH DAY 2020

PLEASE JOIN US...
 on Friday 9th October
 from 10am - 1pm
 for Mental Health Ireland's webinar:

**Sharing the Vision -
 Translating Policy into Practice**

Presentations on:

- Mental Health Promotion - Sharing its Vision
- Galway's Community Café
- Wexford MHA's Individual Placement & Support Employment Specialist Programme
- Monitoring & Continuous Improvement
- Plus Art, Music, Expert Panel & Live Q&A.

CLICK THE LINK FOR MORE INFO




**JOIN US AT OUR WEBINAR ON 9TH OCT
 WHERE A GUEST PANEL, MC-ED BY
 HUGH KANE, WILL DISCUSS.**

Dr. Sharon Lambert
 Lecturer and Co-Director of Masters
 in Applied Psychology MAAIP, UCC

Martin Rogan
 Chief Executive Officer, Mental Health Ireland

Fiona Coyle
 Chief Executive Officer, Mental Health Reform

Anne Sheridan
 Programme Manager Mental Health and Wellbeing, HSE

John Meehan
 Assistant National Director, Mental Health Strategy &
 Planning, Head of National Office for Suicide Prevention, HSE

John Farrelly
 Chief Executive Officer, Mental Health Commission

Michael Ryan
 National Head of Mental Health Engagement & Recovery, HSE

**HOW WILL WE KNOW
 WHEN 'SHARING THE VISION'
 IS SUCCESSFULLY
 IMPLEMENTED?**




Communications

Communications

WEBSITE

Our website, www.mentalhealthireland.ie is a hub of information, resources, and supports. We understand it is the first port of call for many seeking information on how to improve their mental health and wellbeing, and in some cases, the steps to accessing the support they may need.

In 2020, we embarked on a redesign of our website and in the Spring, we launched our new-look platform which is home to the work we do and the support we provide – from training in communities and workplaces to our partner projects, recovery education to collaboration with our Mental Health Associations, Covid-19 mental health resources to evidence-based research and digital content.

Our website is a dynamic platform, constantly evolving and telling the story of the work we're doing.

260,349 Sessions

Number of active engagements with the site

191,962 Users

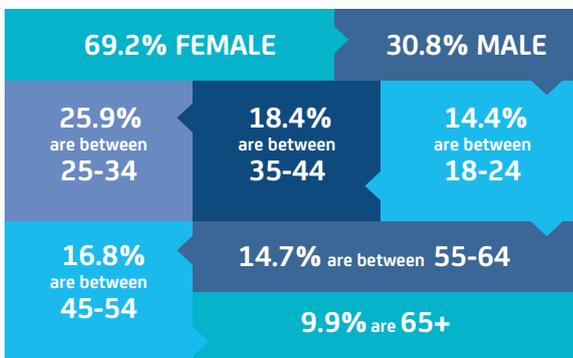
Number of people who logged onto the site

464,318 Page Views

Number of pages viewed

85.4% New Visitors

14.6% Returning Visitors



How visitors found us:



157,897
ORGANIC
SEARCH

Visitors searching for words including mental health references



41,524
DIRECT

Visitors searching Mental Health Ireland directly



16,104
PAID

Visitors clicking on links to the site via social media



7,266
SOCIAL

Visitors clicking on links to the site via social media



5,102
EMAIL

Visitors clicking on links to the site via our newsletter



4,646
REFERRAL

Visitors arriving from a link on another website

Engagement

All of the work we do is informed by you. Our digital communication – our social media, our email support, our newsletter, allows us to engage, interact and listen to the needs and wants of people living in Ireland and far beyond. With our platforms, we can share stories, support, network and connect.

Social Media (2020 figures recorded on 31.12.20)



13.15k total increase



Twitter Followers: 21.9k (+4k)



Facebook: 21.65k (+4.15k)



Instagram: 9k (+5k)

Media

In 2020, Mental Health Ireland worked with local and national broadcast, digital and print media to promote mental health and recovery while delivering information accurately and sensitively on mental health topics. Thanks to our team, we were able to respond to media requests and queries, especially during the onset of Covid-19 in Ireland, when calm and careful reporting was essential for the mental health of the nation. We understand the importance of responsible reporting, and balanced representation of mental health in the media – which should carefully and empathetically take on board the voice of lived experience.



Irish Examiner

@irishexaminer

Ireland's mental health system is 'out of date and not fit for purpose'



Ireland's mental health system is 'out of date and not fit for purpose'

irishexaminer.com

Communications

THE 42 Membership · Access or Sign Up

GAA Soccer Rugby Golf Racing Trending: The42 Reads

A little added nature in your exercise goes a long way

With sportspeople off, healthcare workers are the high-performance operators still standing and they, like the rest of us, can take a benefit from meaningful time outdoors.

May 3rd 2020, 9:00 AM 5,458 Views 3 Comments [Share](#) 13 [Tweet](#) [Email](#)

GRASS GROWS THROUGH the cobbles and a fox was spotted padding between Brown Thomas and Marks and Spencer, two small snippets from Dublin's Grafton Street provided us all with a small chance to stop and enjoy a moment of wonder this past week.

The stay at home messaging to curb the spread of Covid-19 has decimated footfall on the capital's primary shopping street, showing that even the most paved and scrubbed areas in the country can make room for flashes of nature.



Sport Ireland @sportireland

Physical activity in nature makes you feel positive & full of vitality.

Get everyone involved & submit your favourite nature images & fan: @snortireland @IJI

Source: Sport Ireland/Twitter

IMAGE

STY

Looking at Loneliness

This podcast on loneliness (and the importance of staying connected to others) is part of a bigger series by Mental Health Ireland.

In this episode, comedian Alison Spittle and CEO of Alone, Sean Moynihan, discuss the causes of loneliness and its impact on our mental health and wellbeing. The pair also talk to guests about how we can stay more connected in today's world. Though originally shared in December 2019, this podcast is a worthwhile listen if you're facing two weeks of self-isolation.

Looking at Loneliness with Alison Spittle and Sean Moynihan is available to listen to [here](#).



There's been a surge in the number of people making contact with Mental Health Ireland since the beginning of the Covid 19 crisis.

MHI has created a range of resources on its website to support wellbeing, and to enable people to make contact with services, if they need additional support.

The MHI website is [here](#)

Martin Rogan is CEO, Mental Health Ireland and joined Clem Ryan on Kildare Today.



00:00 / 09:44

News Health

Mental Health Ireland shares actions for wellbeing during tough times

By [Cian Reinhardt](#) · April 1, 2020



MENTAL Health Ireland has shared five simple actions we can all take to protect our mental health and maintain positive wellbeing during uncertain and challenging times.

her

HOME LIFE WEDDING ENTERTAINMENT FOOD

2 months ago



Why is lockdown 3.0 so much more difficult to manage?

186 Shares [f](#) [t](#) [v](#) [in](#) [@ Save](#)  JADE HAYDEN

We're here again, folks, and have been for quite some time.

Lockdown 3.0 has reached its midway point, and even though it sometimes may not seem like it, there is light at the end of the tunnel.

Although some people may be coping with each lockdown magnificently (and others

THE IRISH TIMES

Wed, Apr 14, 2021

NEWS SPORT BUSINESS OPINION **LIFE & STYLE** CULTURE

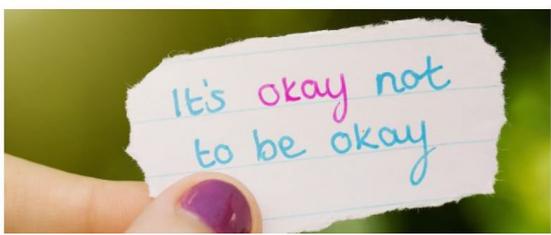
Health & Family Parenting Fitness Get Running Summer of Family The Health Ce

Could Covid-19 pandemic help reduce stigma around mental health issues?

St Patrick's Mental Health Services' 'No Stigma campaign' wants people to speak out

Tue, Jul 28, 2020, 06:01

 Sylvia Thompson [0](#)



Communications

THE IRISH TIMES

Wed, Apr 14, 2021

NEWS SPORT BUSINESS OPINION LIFE & STYLE CULTURE

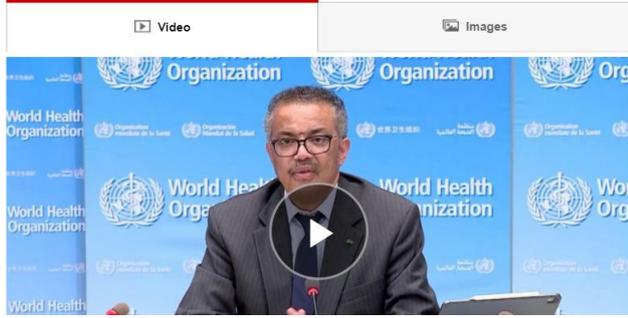
Health > Coronavirus

Covid trauma expected to increase demand for mental health services

Mental Health Ireland finds pandemic has damaged wellbeing and quality of life

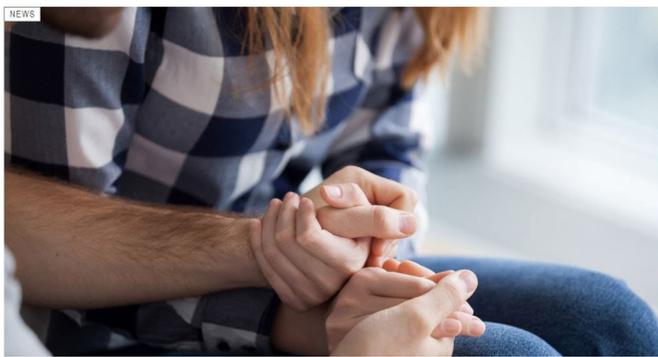
© Tue, Jul 14, 2020, 02:10

Martin Wall



Grief and kindness reveal invisible thread that connect us all

19 MAY 2020



Mayo Advertiser

Sport News Business Health & Lifestyle Entertainment Motoring Opinion Property
More Search Small Adverts/Intings Publications Contact Us

Mayo Advertiser / Health & Lifestyle

Mental Health Ireland shares five actions for well-being during tough times

Mayo Advertiser, Mon, Mar 23, 2020



Mental Health Ireland has shared five simple actions we can all take to protect our mental health and maintain positive wellbeing during uncertain and challenging times.

The CEO of Mental Health Ireland, Martin Rogan, says, "By now, we are all learning to adjust to the new 'normal' of remote working, social distancing and evolving updates on Covid-19 becoming part of our everyday lives.



FUNDRAISING

In 2020, Mental Health Ireland generated €434,793 via community and corporate fundraising – this is a 33% increase on 2019.

As we were told to stay apart, we saw our supporters come together more than ever – to show up for mental health through virtual challenges, running, walking, singing, flipping pancakes on our Smiley Pancake Day, Facebook Fundraising and so much more.

A huge Thank You to each and every person and organisation who supported us in 2020!



GOVERNANCE AND ACCOUNTABILITY

GOVERNANCE AND ACCOUNTABILITY

In order to deliver on our mission, MHI ensures that we have the structures, systems, processes and resources in place to maintain public and funder confidence, sustain our programmes and operate in a fully transparent manner.

MHI's aim is to develop a sustainable, agile and fit-for-purpose organisation which is enabled to leverage the opportunities presented in our strategy. The goals to improve our Organisational Fitness include Exceptional Governance and Accountability; Building a sustainable and resourced organisation and working partnerships.

Governance Committee

The Governance Committee's purpose is to ensure good corporate governance and to ensure that MHI continues to comply with the Governance Code for Community, Voluntary and Charity organisations. In 2020, on the recommendation of the Governance Committee, the Company carried out a comprehensive Business Continuity review. The Governance Committee also review risk management at all of its meeting and a comprehensive Risk Register has been compiled and is regularly reviewed and updated.

Charity Registration

During 2020, MHI continued to engage with its network of MHAs to ensure that they are familiar with and engaged with the charity registration process. Like MHI itself, each Mental Health Association is a Registered Charity in its own right and works with the Charity Regulator to attain and sustain the highest standards in our sector.

Political Donations

The Company made no political donations during the year and completes Lobbying Returns as required.

Annual General Meeting – May 2020.

The AGM was held online on 16th May 2020, as this coincided with a period of National lockdown. This virtual AGM was well attended with a good level of participation by Members.

MHI's Strategy Review

An independent review of MHI's 3-year strategy 'Empowerment from Ideas to Action 2019-2021' was conducted by Baker Tilly Belfast during 2020. This in-depth review assessed the organisation's strategic direction and progress in implementing key strategic objectives. The outcome of this review has shaped and informed a 'Nine-Point Plan' adopted by the Board in November 2020.

Human Resources and Recruitment

Despite the obvious challenges associated with the pandemic, by the end of 2020 our workforce had grown to almost 100 members. The staff handbook is reviewed regularly to ensure MHI is compliant with the latest legislative requirements such as parental leave etc. MHI uses the services of an external HR consultancy, Adare Human Resource Management to advise on HR issues. We introduced an Employee Assistant Programme for all employees, this confidential support service is operated by Inspire NI. All MHI staff and Volunteers are Garda Vetted to safeguard children and vulnerable adults.



LOOKING FORWARD TO 2021

LOOKING FORWARD TO 2021

STRATEGIC PLAN

As 2020 represented the mid-point of MHI's 2019-2021 Strategic Plan, the Board decided to conduct a review of the strategy and its implementation. An independent strategic review was conducted by Baker Tilly, Belfast. This review took cognisance of the new national mental health policy, 'Sharing the Vision – a Mental Health policy for Everyone' published by the Department of Health in June 2020. The report findings and recommendations were presented to the September Board meeting and a nine-point plan was coproduced and endorsed by the following Board meeting in November. They are:

- Our MHA Network.
- Roles for Volunteers & Future Plans.
- Review of Development Officer Roles.
- Intended Organisational Growth Path.
- Management Team roles and structure.
- MHI's role in Policy Formation.
- Promoting Positive Mental Health & Wellbeing.
- Recovery, Co-Production and Peers.
- Meeting the Growing Demand for Training and Education.

Implementation of the 'Nine-Point Plan' cited above will shape all MHI workstreams, activities and performance reports in 2021 and beyond, as well as our new Strategic Plan.

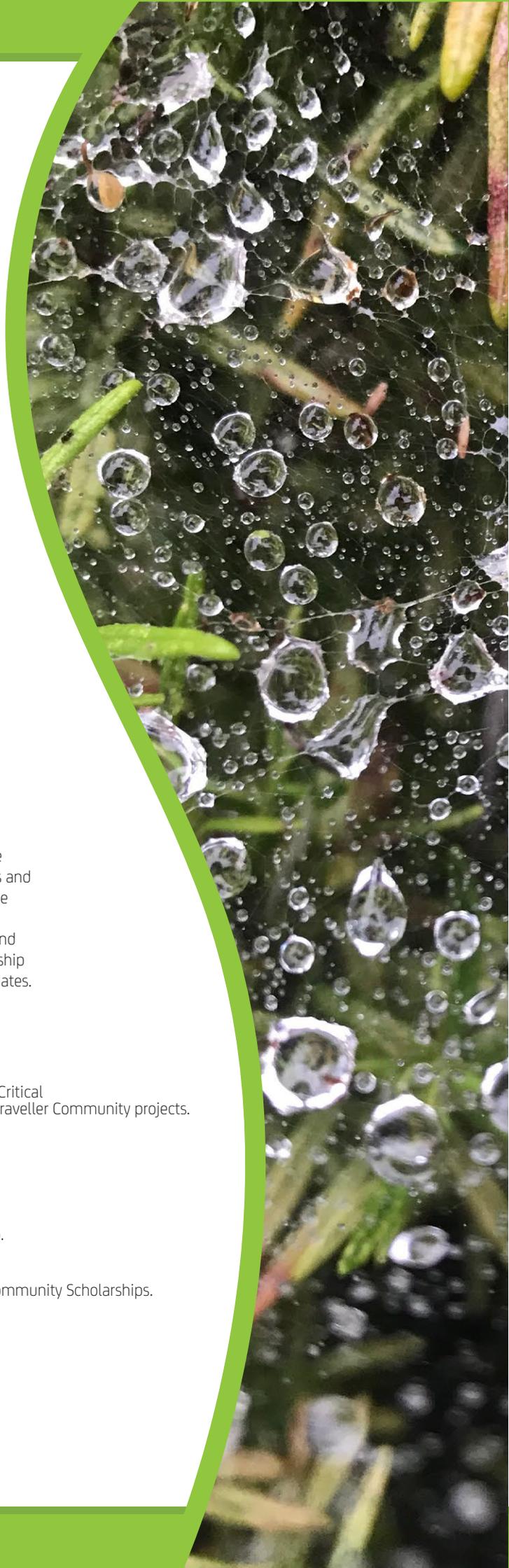
GROWING OUR TEAM

The onboarding and training of new staff members is an early priority in 2021 as we extend our Development Officer Team, enhance our Policy and Research capabilities and drive forward our work in mental health promotion, education and training. Given the significant growth achieved in 2020, another key task for the year ahead is to consolidate the progress made in the past year and to maximise the new capacity and skillsets now available to Mental Health Ireland. We will continue to work in partnership with the Health Service Executive and a broad spectrum of service partners and affiliates.

COLLABORATION AND CO-PRODUCTION

Here is a snapshot of some of the work ahead in 2021:

- Partnerships with Special Olympics Ireland, NCBI, Dublin Fire Brigade and Critical Incident Stress Management Network, Intercultural Coproduction Group, Traveller Community projects.
- WRAP for Family Carers and Care and Connect Cafes for Family Carers.
- Accessibility and Representation work on all materials.
- Alcohol and Mental Health Workshops, Traveller Mental Health Webpage, Mindfulness web pages.
- Getting back out into the community with training when it is safe to do so.
- Self-directed learning modules in recovery.
- New GMIT course for Tony Leahy Scholarship Programme and Traveller Community Scholarships.
- Trauma and Human Rights webinars.
- Workplace Mental Health Policy and supporting training.
- Workplace Champions Training.
- Thrive Dublin Project.
- Hello How RU Project.



DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

MENTAL HEALTH IRELAND CONTENTS

Director's report

Independent auditors' report

Statement of financial activities

Statement of comprehensive income

Statement of financial position

Statement of cash flows

Notes to the financial statements

MENTAL HEALTH IRELAND COMPANY INFORMATION

Chairperson

Hugh Kane

Chairperson of Finance Committee

Alma O'Brien (appointed 16 May 2020)

Directors

Pat Bracken
Denis Creedon
Hugh Kane (appointed 20 March 2020)
Eilish Kerrisk
Colm Murphy
Ruairi Mulrean (appointed 26 June 2020)
Colman Noctor
Robert O'Connell
Anthony O'Boyle
Alma O'Brien

Company Secretary

Alma O'Brien (appointed 16 May 2020)

Auditors

JPA Brenson Lawlor
Brenson Lawlor House
Argyle Square
Morehampton Road
Dublin 4

Bankers

Bank of Ireland
Smithfield
Dublin 7

Solicitors

Partners at Law
Dun Laoghaire
Co. Dublin

Business address / Registered Office

Marina House
11-13 Clarence Street
Dun Laoghaire
Co Dublin

MENTAL HEALTH IRELAND DIRECTORS' REPORT

FOR YEAR ENDED 31 DECEMBER 2020

The Directors present their annual report and audited financial statements of the company for the financial year ended 31st December 2020.

Mental Health Ireland ('MHI') is a registered charity and hence the report and results are presented in a form which complies with the requirements of Companies Act 2014 and to comply with the Charities SORP (FRS 102), the organisation has implemented its recommendations where relevant in these accounts. The main activities of the organisation are charitable.

PURPOSE AND ACTIVITIES

MHI's mission is to promote positive mental health and wellbeing to all individuals and communities, and through our network of Mental Health Associations, promoting positive mental health and supporting people who experience mental health difficulties on their journey of recovery.

In November 2018, following a comprehensive consultation process with Mental Health Associations, Volunteers, Board Members, Funders, fellow NGOs, Regulators, academic and international partners, MHI's Strategic Plan was published. 'Empowerment from Ideas to Action 2019-2021'. It sets out a three year plan built upon three pillars of activity for MHI, these were described as Promoting Mental Health and Wellbeing, Living Life Well (relating to co-production and recovery) and Organisational Fitness (relating to the organisational structure and capability). A fourth pillar has since emerged and grown relating to the provision of Education, Training and eMental Health. Our aim is to be a pragmatic partner in the implementation of Ireland's new National mental health policy, 'Sharing the Vision – a Mental Health Policy for Everybody'.

As 2020 represented the mid-point of MHI's Strategic Plan, the Board decided to conduct a review of the strategy and its implementation. An independent strategic review was conducted by Baker Tilly, Belfast. This review took cognisance of the new national mental health policy, 'Sharing the Vision – a Mental Health policy for Everyone' published by the Department of Health in June 2020. The report findings and recommendations were presented to the September Board meeting and a 9-point plan was coproduced and endorsed by the following Board meeting in November.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Nine themes identified for strategic focus, endorsed by the MHI Board relating to:

- Our MHA Network
- Roles for Volunteers & Future Plans
- Review of Development Officer Roles
- Intended Organisational Growth Path
- Management Team roles and structure
- MHI's role in Policy Formation
- Promoting Positive Mental Health & Wellbeing
- Recovery, Co-Production and Peers
- Meeting the Growing Demand for Training and Education

Each of these themes has a number of specific objectives which form the basis of all Work Plans, Performance Management matrices and reports.

This Director's Report is set-out to reflect the four complementary themes which constitute our areas of activity:

- Promoting Positive Mental Health and Well-being
- Living Life Well
- Organisational Fitness
- Education, Training and eMental Health

MHI's work at all levels is guided by our shared Mission, Vision and Values.

ACHIEVEMENTS AND PERFORMANCE

2020 began with great momentum with increasing activity across all domains. Major new initiatives funded by the HSE's Office of Mental Health Engagement and Recovery were creating new employment opportunities for people with lived experience in the co-production & facilitation of Recovery Education services. MHI's programmes driven by Volunteers, Development Officers and network of Recovery Colleges / Recovery Education Services were well underway in the early spring until the arrival of Covid-19 radically changed the operating environment. The protective Public Health restrictions required staff and volunteers to remain at home for various periods of 'lockdown' throughout 2020. This necessitated a fundamental reframing of our activities, re-engagement with funders and a rebalancing of permissible programmes.

Great credit is due to all staff at Head Office, in the regions, across the Recovery Education network and in Mayo Mindspace and Gateway for the pace at which they adapted to remote working, adopting new online tools and creating safe pathways to continue the provision of vital services. Public health and safety were paramount considerations and while some activities were simply not possible, new projects and initiatives quickly emerged to approximate or replace existing commitments. The team at MHI worked closely with colleagues in the HSE and a number of our staff redeployed to provide Track and Trace services within their local CHO area.

The pandemic has had a huge impact on all aspects of life. Blanket public health measures like social distancing has had a profound effect on people in their recovery from mental health challenges. Isolation and loneliness are toxic to a person's sense of wellbeing, connectedness and self-worth. Family support, social bonds, educational and employment routines were greatly disrupted and many of the health sustaining life habits that support peoples wellbeing (exercise, culture, sports, hobbies) were no longer available. The need for information, support and guidance grew rapidly and the demand for our online resources and training programmes escalated. Working in co-production, people with lived experience, family members, community partners and mental health professionals developed an array of new resources which were enhanced by high design and production value. A number of new bespoke, Covid-related resources were co-produced for Families, Farmers, Members of the Travelling Community, Gardaí, Older Persons and Volunteers. This material was shared via our Training Courses, through social media, in national and local radio & print media and on MHI's website.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Promoting Positive Mental Health and Wellbeing

Our methodology in promoting positive mental health and wellbeing is advanced through three modes; Strengthening the individual; Strengthening Communities and reducing structural barriers. MHI works with the network of MHAs and strategic partners to identify and disseminate mental health promotion activities and tools for a stronger and unified voice in our work.

While the subject of mental health is now well ventilated in public discourse, much of this commentary can be superficial and transient. To be effective, efficient and impactful we need programmes which are built upon a robust evidence base, can be sustained and are managed by individuals with the skills, knowledge and qualifications to deliver programmes with fidelity.

In 2019, MHI worked with Prof Margaret Barry at the National University of Ireland in Galway (NUIG) to sponsor and develop the creation of a new Level 9 Post Graduate Course in Mental Health Promotion. In 2020 the first cohort of 25 Graduates completed this course and a second intake began in September 2020. This Course is internationally unique and aims to build a skilled workforce of practitioners to develop and deliver the next generation of high quality, mental health promotion programmes.

A number of MHI's Mental Health Promotion programmes and activities were disrupted by Covid-19. Our Woodlands for Health partnership with Coillte, Get Ireland Walking and the University of Limerick was modified, but many had to be postponed as social distancing limited the transport aspects of this project.

World Mental Health Day was celebrated throughout the country and a major webinar on the new National mental health policy 'Sharing the Vision' titled Translating Policy into Practice proved to be a great success on Oct 9th. Mental Health Associations used social media and video conferencing tools to mark the day and attracted a great deal of media coverage at a local and national level. In 2020 a special promotional 'Plantable Bookmark' (impregnated with seeds) was developed and distributed to signal new hope and a positive future focus. To raise awareness of local service options available in their area MHI co-produced 26 resource tree posters listing supportive services within their locality.

Number of Graduates from the NUIG / MHI Post Graduate Course in Mental Health Promotion in 2020 25
New intake for Academic Year 2020/2021 25

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Art and Photography

The Art and Photography Competition continues to grow in popularity with post-primary schools and colleges. This year MHI added a Training element to the campaign offering workshops on wellbeing to parents, guardians and teachers. An Exhibition of Winning Entries was planned for the Lexicon Library in Dun Laoghaire, but this had to be replaced by a Virtual Gallery hosted on our website due to Public Health restrictions. A selection of winning entries is included on our website and in MHI's 2021 Calendar.

Number of entries in MHI Art & Photography in 2020
130 Schools
985 Students

Mindspace Mayo

Mindspace Mayo operates from Market Square, Castlebar. The service provides a welcoming space for young people to call in, get information and access to a one-to-one support worker. This free, confidential and low-threshold service supports young people aged 15 – 25 who are going through a difficult time to ensure they get the support they need. The vital programme was also supported by a generous anonymous local benefactor during 2020.

Living Life Well

The theme Living Life Well places the person with lived experience of mental health challenges and their family members / supporters at the center of their own recovery. MHI recognises and values the expertise of lived experience and understands that this is pivotal to our role as we lead and inform society's understanding of mental health and recovery. The Living Life Well arm of our strategy incorporates all of our recovery orientated, co-production and peer-led initiatives with people with lived experience. MHI's work complements and progresses the HSE's National Framework for Recovery in Mental Health and the mental health policy, Vision for Change (2006) and this direction is strongly reiterated in the new National mental health policy 'Sharing the Vision' (2020)

Working in collaboration with the HSE's Office for Mental Health and Engagement, MHI employs the Recovery Educators, Recovery Co-Ordinators, Recovery Education Facilitators, Family Peer Support Workers, Peer Connectors and Service Improvement Project Workers who work in each of the CHO areas. People with lived experience of significant mental health challenges & family members can bring a unique insight and an immediate authenticity to their work. During 2020 over 60 new staff members joined our team. Catherine Brogan, MHI's Deputy CEO worked alongside HSE colleagues in conducting over 240 interviews using Zoom video conferencing.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

These staff members are employed on fixed term contracts and are line managed locally by nominated HSE Managers. We also employ Family Peer Support Workers, Peer Connectors and Project Workers across a network of Recovery Colleges, Service Improvement initiatives and the new Community Café innovation in Galway city.

The new staff provide an invaluable service, contribute to service development co-produce and facilitate a broad syllabus of recovery educational inputs. Recovery Colleges in Mayo, Roscommon, Galway, ARIES, the South East and the National Forensic Mental Health Service work together to co-produce and share materials, course work and learnings. MHI is proud to be an active and facilitative partner in this work. We also support the Gateway Project in Rathmines in Dublin, a Peer-Led programme instilling confidence, independence and autonomy amongst people who use or have used mental health services.

MHI continues to work in partnership with the HSE on the following projects: Service Reform Fund (SRF) Project, ARIES (HSE Mid-West CHO 3), Recovery Education Service (CHO 6) National Forensic Mental Health Services (NFMHS - CHO 6) Recovery College Mayo (MMHS CHO 2), REGARI - Roscommon/East Galway Mental Health Services (CHO 2), Recovery College South East (CHO 5) and MindSpace Mayo (CHO 2). Recovery Education Service (CHO 7), Recovery Education Service (CHO 8)

Number of Recovery Educator Staff Members recruited in 2020

Recovery Educators 41
Family Peer Support Workers 8
Community Café staff 5
Service Improvement 2

It is important that MHI is recognised as being a competent and effective health promotion agency with strong capabilities in Co-Production and Recovery with a national perspective and reach. We are active members of Mental Health Reform, Green Ribbon, Irish Charities Institute, Family Carers Ireland, The Wheel, First Fortnight in Ireland and internationally networked via Mental Health Europe and the International Initiative for Mental Health Leadership.

In 2020, we hosted Mental Health Europe's Empowerment Seminar originally intended to be held in Kilkenny. This was not possible due to the Covid-19 restrictions and so instead was held online on July 24th where over 300 delegates participated in this co-produced and inclusive webinar 'Let's talk Empowering Recovery in Europe'. This event was co-produced with people with lived experience and was a celebration of recovery right across Europe with music, art and poetry illustrating Ireland's leadership in this field. The full event can be viewed online at: <https://www.mentalhealthireland.ie/empoweringrecovery>.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Total number of attendees on the day of the webinar 215

Total views of the webinar since 1,183

Total views of webinar webpage 991

MHI hold a seat on Mental Health Europe's Board which advocates for positive mental health and wellbeing and for the rights of people living with mental ill health. It also raises awareness to end mental health stigma and discrimination

Organisational Fitness

See following section 'Structure, Governance and Management'.

Education, Training and eMental Health Programmes

2020 saw a surge in demand for high quality Education and Training in eMental Health from local communities, the educational sector, amongst fellow NGOs and the business sectors. In response, MHI has co-produced, designed and evaluated a whole new suite of training resources with supporting materials to enhance learning. To conform to Covid-19 public health guidance, these were primarily delivered remotely online. We provide training to Volunteers, local communities and fellow NGOs under our Service Arrangement Contracts with the HSE and are responding to requests from employers and workplaces seeking guidance on mental health and wellbeing.

New MHI branded training programmes include:

Mental Health & Wellbeing Workshop – community setting
Mental Health & Wellbeing Workplace Workshop - employees
Mental Health & Wellbeing Workplace Workshop – managers
Five Ways to Wellbeing in Tough Times Workshop
Alcohol & Mental Health Workshop
6-week Mental Health & Family Caring – Supporting the supporters Programme

These workshops were facilitated by our Development Officer Team and QQI accredited external trainers during 2020. These programmes have been designed to provide participants with the knowledge and understanding necessary to nurture and enhance mental health and wellbeing.

QQI Accredited Training

Office Training Solutions were commissioned to facilitate training in the Quality and Qualifications Ireland (QQI) accreditation for the Development Officers', Recovery Educators, HQ Team, Family Carers Ireland Staff and Contracted Trainers ensuring quality and consistency in co-producing, facilitating and evaluating all of the mental health programmes being offered by MHI.

Total Number of new MHI QQI Accredited Trainers in 2020 10

Total Number of Mental Health Training Sessions delivered in 2020 220

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Tony Leahy Scholarship Programme

To reduce and remove any possible financial barriers for people accessing third level Mental Health specific programmes, MHI funds the Tony Leahy Scholarship Programme which can provide up to 50% of the Course fees for eligible applicants. This scholarship programme supported participants studying at UCC, DCU, NUIG and on the Kingstown College Advanced Diploma in Mental Health & Well Being Coaching Programme. €100,000 was allocated to support eligible students during 2020 under our Tony Leahy Scholarship programme.

MHI Tony Leahy Scholarship Programme, number of Recipients in 2020

57

Total value of the Tony Leahy Scholarships awarded in 2020: €54,610

FINANCIAL REVIEW

In 2020, MHI had income of €4.135m, an increase of €659k (19%) on the 2019 income of €3.476m. Our expenditure in 2020 was €3.598m, which was an increase of €217k (6.4%) on our 2019 expenditure of €3.381m. Of the total increase in income in 2020, €482k related to restricted programme income and €177k related to an increase in unrestricted income.

Of particular note is our fundraising income which increased by €108k (33%) on our 2019 results. We believe that this is a direct result of the increased awareness of mental health challenges arising out of the Covid-19 pandemic and of the increased visibility of MHI and its activities during this period. See summary of communications and fundraising activity below.

Full results for the year are set out in the Statement of Financial Activities. A detailed breakdown of all MHI's sources of funding, with comparative figures for 2019, is provided in Note 4 to the Financial Statements.

Finance Committee

The Chairperson of the Finance Committee is a senior qualified accountant and the Committee meet bi-monthly in advance of Board meetings. A new finance Chair, Alma O'Brien, was appointed in January 2020. The Finance Committee consider all financial matters relevant to MHI and make recommendations, if appropriate, to the full Board for their consideration and approval. This includes any new opportunities for funding and/or investment that arise from time-to-time, which were not originally envisaged at the time the annual budget was drawn up and approved, to the Finance Committee making recommendations on whether to proceed to the Board for a final decision.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Reserves Policy

Following a recommendation of the Finance Committee, the Board has agreed that a prudent reserves policy is the maintenance of three to six months of operating costs with a recommended minimum reserve of €300,000. This would allow for MHI to continue to carry out its core activities for a period of time should some unforeseen circumstances arise.

Remuneration

MHI's remuneration policy is analogous to HSE pay scales (April 2017) and senior management have key performance targets which are reviewed on a regular basis.

MHI Pension Scheme

All MHI employees who have completed one year's satisfactory service are eligible to join the Company's defined contribution pension scheme which is managed by New Ireland. The Company contribution is 7% of salary p.a. with the employee contribution being a minimum of 5% p.a. DTS Dedicated Trustee Services DAC were appointed as independent trustees of the scheme in April 2020.

Communications & Fundraising

MHI is majority funded by the HSE under a series of detailed Service Arrangements which set out the quantum and quality of programmes to be delivered. We also conduct fundraising nationally, while taking care not to encroach on the fundraising efforts of local Mental Health

Associations. Over recent years we have developed a successful online fundraising platform, generously supported by donors who use our website and social media channels.

In 2020, many MHA's local fundraising activities had to be suspended due to Covid-19 and there was a real risk that vital mental health, social engagement, recovery and mental health promotion activities would be negatively impacted. The Board created an emergency Grant scheme for Mental Health Associations to protect association activities and events. A fund of €150,000 was allocated to this scheme from which member associations could apply for support.

Total Fundraising Income €434,793

Additional Fundraised income over 2019 €108,000

Fundraising % increase over 2019 33%

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Adapting to remote working gave a new impetus to our online presence with a broad array of new and innovative resources which could be shared online and to our growing online audience. We used all available channels to distribute using text, graphics, podcasts, video vignettes, downloadable posters, AdWords, local Radio and National broadcast and print media to disseminate accessible messages relating to mental health and recovery. See highlights of communications activity below:

MHI web traffic in 2020 191,962 users
464,318 page views
Social Media (2020 figures recorded on 31.12.20) 13.15k total increase
Twitter Followers 21.9k (+4k)
FaceBook 21.65k (+4.15k)
Instagram 9k (+5k)

Funding 2021 and beyond

MHI is confident of funding for 2021 but there is no doubt that the continuing Covid-19 situation, fallout from Brexit and financial constraints within the HSE could all have a negative impact on future funding in 2022 and beyond. MHI continues to mitigate against uncertainty in relation to HSE funding by seeking to expand its own self-generated funds through delivery of commercial training, fee income from hosting special programmes and expansion of our fundraising programme. MHI is cognisant that any national fundraising initiatives do not impact on the ability of Mental Health Associations to raise funds locally.

Future & Strategic Focus

2021 will be the final year of MHI's current 3-year strategy 'Empowerment – from Ideas to Action 2019-2021', so an immediate task for 2021 is to review the organisational strategy with a co-produced working group. It is important that the next strategy compliments and integrates the objectives of Ireland's national new mental health policy 'Sharing the Vision – a Mental Health policy for Everyone, which was published in June 2020.

Implementation of the 'Nine-Point Plan' cited above will shape all MHI workstreams, activities and performance reports in the coming year. These themes were drawn from the independent strategic review conducted by Baker Tilly in Q2 of 2020. The recruitment of new staff members is an early priority as we extend our Development Officer Team and enhance our Policy and **Research capabilities**.

Given the significant growth achieved in 2020, another key task for the year ahead is to consolidate the progress made in the past year and to maximise the new capacity and skillsets now available to Mental Health Ireland. We will continue to work in partnership with the Health Service Executive and a broad spectrum of service partners and affiliates.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

STRUCTURE, GOVERNANCE AND MANAGEMENT

In order to deliver on our mission, MHI ensures that we have the structures, systems, processes and resources in place to maintain public and funder confidence, sustain our programmes and operate in a fully transparent manner.

MHI's aim is to develop a sustainable, agile and fit-for-purpose organisation which is enabled to leverage the opportunities presented in our strategy. The goals to improve our Organisational

Fitness include Exceptional Governance and Accountability; Building a sustainable and resourced organisation and working partnerships.

Board

Governance is at the heart of our work and at a national level our Board maintain the highest standards. Prior to co-option of new directors, the Board identify the expertise/skillset required and a number of candidates are recommended. The Board are all volunteers who serve a three-year term and may commit to a second period of three years. All new directors receive a comprehensive induction programme. In 2020 three Board Members completed their term (as indicted above). Without the skillful, expert, and voluntary efforts of Board Members, MHI would be unable to fulfil its mission.

The total number of Board members is 10 and Board meetings are held bi-monthly. At the commencement of each meeting, Directors are required to declare any conflict of interest that may arise in accordance with MHI's formal Conflict of Interest Policy. Board members, depending on their skillsets are assigned to MHI's Strategy Project Groups and/or to the Finance & Audit Committee or the Governance Committee (see attendance record below). Information and bio details on all Directors can be viewed on MHI's Website www.mentalhealthireland.ie.

The Board declare at the beginning of each meeting if they have any conflict of interests in relation to any of the agenda items to be discussed.

Governance Committee

The Governance Committee's purpose is to ensure good corporate governance and to ensure that MHI continues to comply with the Governance Code for Community, Voluntary and Charity organisations.

In 2020, on the recommendation of the Governance Committee, the Company carried out a comprehensive Business Continuity review. The Governance Committee also review risk management at all of its meeting and a comprehensive Risk Register has been compiled and is regularly reviewed and updated.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Charity Registration

During 2020, MHI continued to engage with its network of MHAs to ensure that they are familiar with and engaged with the charity registration process. Like MHI itself, each Mental Health Association is a Registered Charity in its own right and works with the Charity Regulator to attain and sustain the highest standards in our sector.

Political Donations

The Company made no political donations during the year and completes Lobbying Returns as required.

Annual General Meeting – May 2020.

The AGM was held online on 16th May 2020, as this coincided with a period of National lockdown. This virtual AGM was well attended with a good level of participation by Members.

Hugh Kane, Chairperson of the Sharing the Vision Oversight Group was elected as Chairperson of MHI and Robert O'Connell was elected as Vice Chairperson for MHI. Fiona Ross completed her three-year term as Chairperson having made an enormous contribution to the growth and development of MHI.

Number of Attendees at MHI's Virtual AGM on May 16th 2020 60

MHI's Strategy Review

An independent review of MHI's 3-year strategy 'Empowerment from Ideas to Action 2019-2021' was conducted by Baker Tilly Belfast during 2020. This in-depth review assessed the organisation's strategic direction and progress in implementing key strategic objectives. The outcome of this review has shaped and informed a 'Nine-Point Plan' adopted by the Board in November 2020.

Business Continuity Planning

MHI engaged an external consultant to conduct a broad-spectrum Business Continuity Plan the findings of which have informed our Risk Register and Management priorities.

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS

Human Resources and Recruitment

Despite the obvious challenges associated with the pandemic, 2020 was a year of strong growth for MHI. Supported by the HSE, we were in a position to extend new roles to staff working in Recovery Educator roles. By the end of 2020 our workforce had grown to almost 100 personnel, many of whom work on a part-time basis.

The staff handbook is reviewed regularly to ensure MHI is compliant with the latest legislative requirements such as parental leave etc. MHI uses the services of an external HR consultancy, Adare Human Resource Management to advise on HR issues. We introduced an Employee Assistant Programme for all employees, this confidential support service is operated by Inspire NI. All MHI staff and Volunteers are Garda Vetted to safeguard children and vulnerable adults.

Total number of New Staff members recruited in 2020 61

2020 was a dynamic year for MHI, despite the extraordinary challenges associated with the Covid-19 pandemic. Our Board Members, Volunteers, staff and partners responded resiliently during a period of great uncertainty and continue to promote positive mental health and wellbeing, while creating effective and progressive pathways for people in recovery.



**Mental Health
Ireland**



MENTAL HEALTH IRELAND
Promoting Positive Mental Health,
Wellbeing and Recovery

Marina House, 11-13 Clarence Street, Dun Laoghaire, Co. Dublin.
Tel: 01 284 1166

Email: Info@mentalhealthireland.ie
Web: www.mentalhealthireland.ie

Twitter: [@mentalhealthirl](https://twitter.com/mentalhealthirl)
Facebook: [/Mental.Health.Ireland](https://www.facebook.com/Mental.Health.Ireland)