

Read Yourself Well

Scottish Health Council Conference
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READ YOURSELF WELL

East Ayrshire Council's Bibliotherapy Service
Read Yourself Well launched 2006

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Rationale:

Scottish Government policy documents especially
National Programme for Improving Mental
Health & Wellbeing

Funding:

Doing Well By People with Depression

Choose Life

Inspiration:

Cardiff & Vale's Book Prescription Scheme

Kirklees Project

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PROJECT DEVELOPMENT:

Staff member in post Oct 05;

Networking and awareness raising;

Referral pathways & processes;

Internal recording systems set up;

NHS approval gained for academic research on the new Bibliotherapy Service.

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1 in 5

- Young People have self harmed ¹
- People on dating websites have gone on to marry their online match ²
- People suffer from 4 am waking ³

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1 in 4

- Were victims of card fraud in 2008 ⁴
- People ignore toilet hygiene ⁵
- Suffer mental ill health ⁶

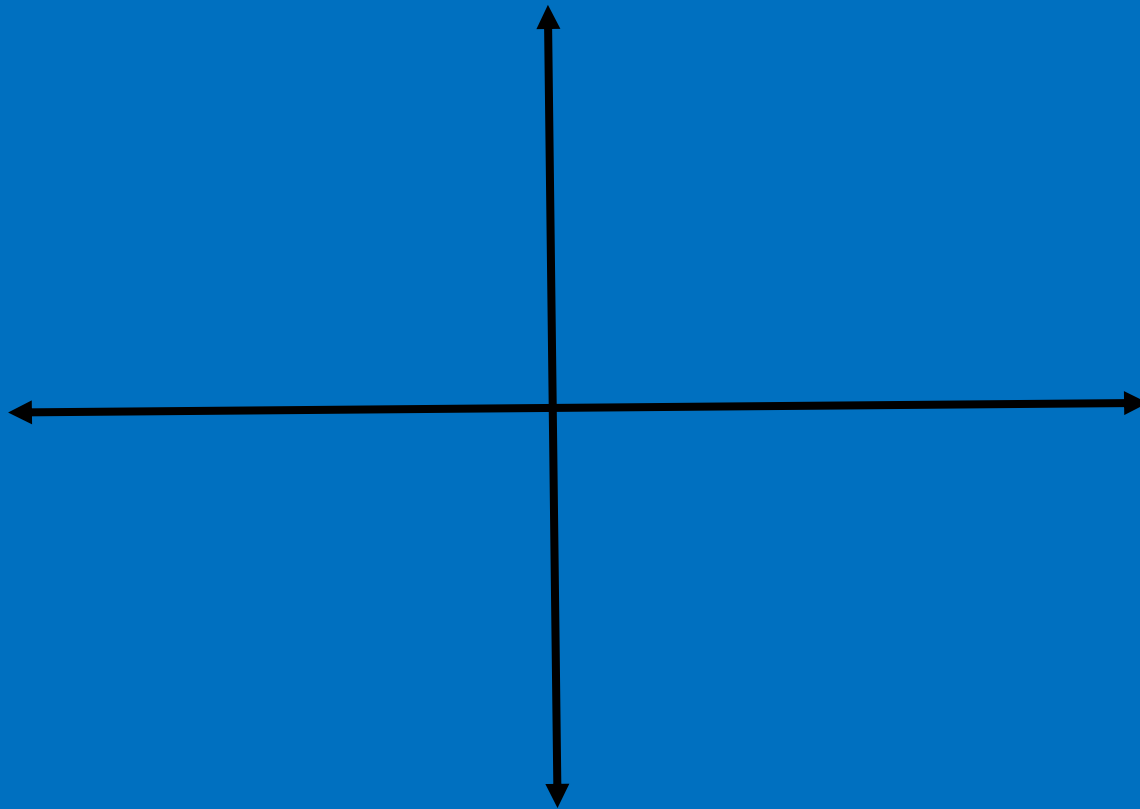
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Optimal Mental Well-being

Maximal
Mental
Illness



Minimal
Mental
Health

Minimal Mental Well-being

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“A man is but the product of his thoughts. What he thinks, he becomes”.

Mahatma Gandhi

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- Evidence Based materials:
Cognitive Behaviour Therapy
(NICE Guidelines 23, 24)
“For a significant number of people with mild to moderate depression, brief interventions delivered by the primary care team are effective”

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Guided self-help (NICE Guidelines)

For patients with mild depression, healthcare professionals should consider recommending a guided self-help programme based on cognitive behavioural therapy (CBT).

Guided self-help should consist of the provision of appropriate written materials and limited support from a healthcare professional, who typically introduces the self-help programme and reviews progress and outcome. This intervention should normally take place over 6 to 9 weeks, including follow up.

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3 appointments offered 3 weeks apart

1st & 3rd appointment CORE and GHQ-12

Consent to inform GP

Reading materials, information sources,
lifestyle advice *recommended*

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- 600 referrals made
- Referral Routes now include GPs, CPNs, Occupational Health Departments, CHP, self referrals, Social Work, Voluntary Organisations
- Final (final!) Evaluation Report due June 09
- NHS Ayrshire & Arran adopting model for first level intervention

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- **Participants:**
 - More women than men
 - Spread of ages, education & employment status
- **Presenting problems:**
 - Depression, Anxiety, Lack of Confidence, Anger, Panic, Social Phobia, Bereavement (some co-occurrence)
- **Men and Women benefit equally**
- **Participants are still aware of the issues and the risks to their wellbeing and have adapted positively in some way to handling them.**

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References

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4. www.telegraph.co.uk/finance/personalfinance/borrowing 30/1/09
5. <http://www.lshtm.ac.uk/news/2008/dirtyhandsstudy.html> 15/10/08
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*“I felt ready to take charge of things
and do something for myself “*