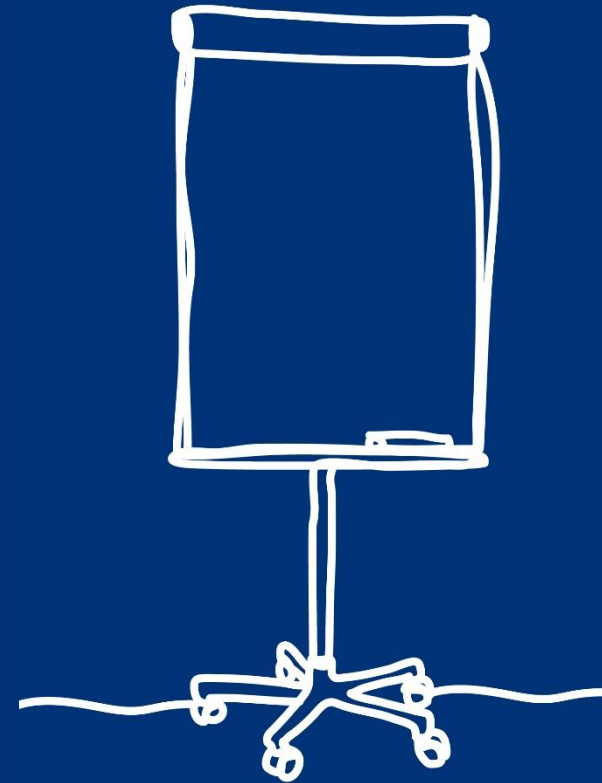


THE PILLARS OF GOOD MENTAL HEALTHCARE

DAVID SMITH



**MENTAL
HEALTH CARE
MENTAL
HEALTHCARE**

#NHS70MHNorth

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WHAT IS REACH?

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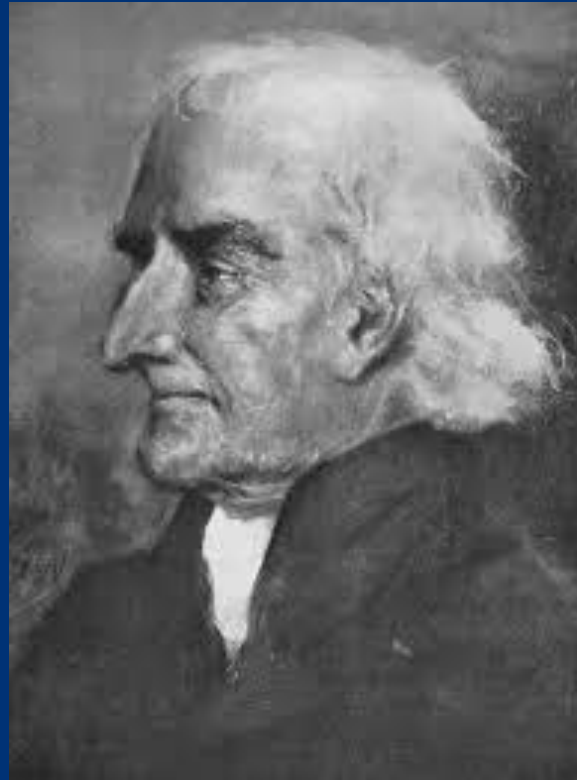
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REACH is our recovery framework, a holistic approach that considers relationships, environment, activity, compassion and hope, and underpins the values and behaviours of staff and volunteers. REACH is aligned with the principles of Psychologically Informed Environments and Trauma Informed Care, acknowledging that a range of factors influence the success of early intervention and prevention work.

At HEY Mind we have developed a distinctive model of good mental health care that draws together both social, individual and clinical needs. Based on well established evidence, this model encompasses relationships, the environment in which people live, their occupation, compassion (including self-compassion) and most importantly, hope that individuals situations can change for the better in the future. We call this model REACH.

THIS IS NOT NEW



ORIGINAL BUILDING OF THE RETREAT, YORK. INSTITUTED 1792.

From a Painting by Cave.]

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RELATIONSHIPS

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RELATIONSHIPS

Trusting, caring relationships are fundamental to our mental wellbeing. A genuine connection that avoids artificial boundaries and transactional relationships.

ENVIRONMENT

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ENVIRONMENT

Both the physical and cultural environment people are living in. A safe, secure home in an area, workplace or community they feel safe and welcome.

ACTIVITY

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ACTIVITY

We all need to feel we have a role in society and for most of us this comes from our occupation. Activity also improves our physical health; something still often overlooked in mental healthcare.

COMPASSION

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COMPASSION

Not just towards others, sometimes we're just too hard on ourselves. We see media portrayals of what 'normal' is supposed to be and beat ourselves up because we don't think we meet the standard.

HOPE

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HOPE

The most important, and one often lacking for those with more severe mental illness is that of hope. Without a genuine belief that things can improve we get stuck and lose motivation.

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