



***“We talk, we support,
we share”***

Evaluation Report - Summary

**Recovery & Support Service:
April 2014 – March 2016**

Enriched Consulting Ltd & School for Social Entrepreneurs

Healthy Minds

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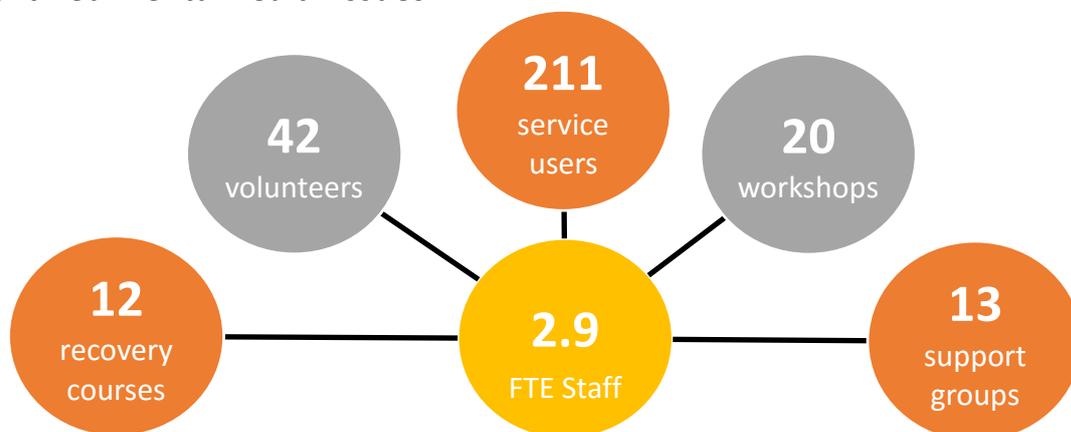


Healthy Minds – Recovery & Support Service

Introduction

Healthy Minds is a user-led organisation working across Calderdale to promote positive mental health and recovery for people affected by mental distress. Healthy Minds is a registered charity and was founded in 2007 by a few like-minded people who felt there was a need for an alternative to statutory, bio-medical models of mental health treatment.

They were awarded funding by Calderdale Clinical Commissioning Group in December 2013 which was used to increase the staff team, develop workshops, recovery courses and support groups for people with self-identified mental health issues.

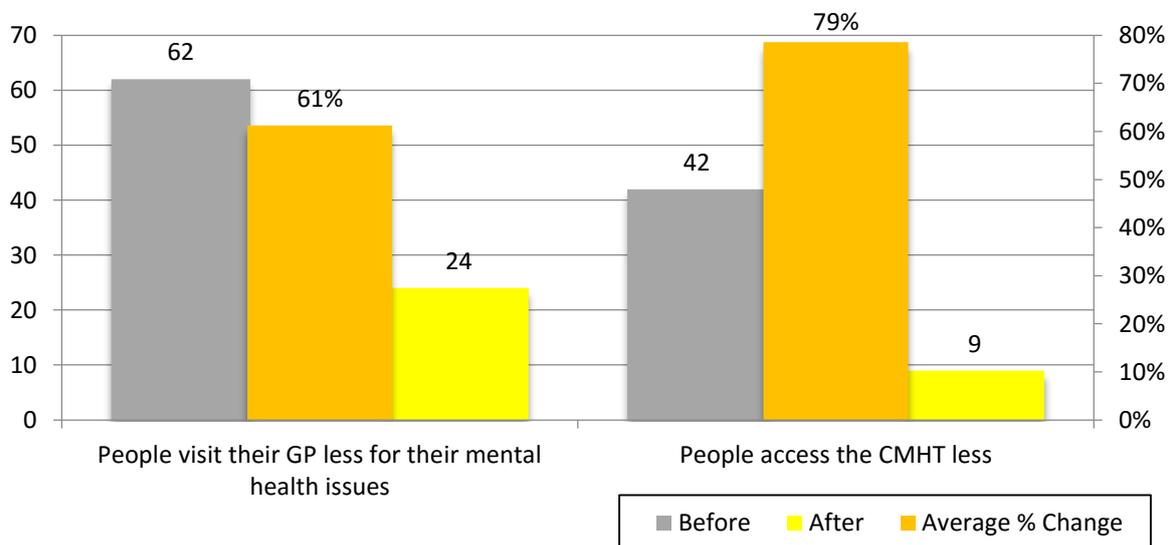
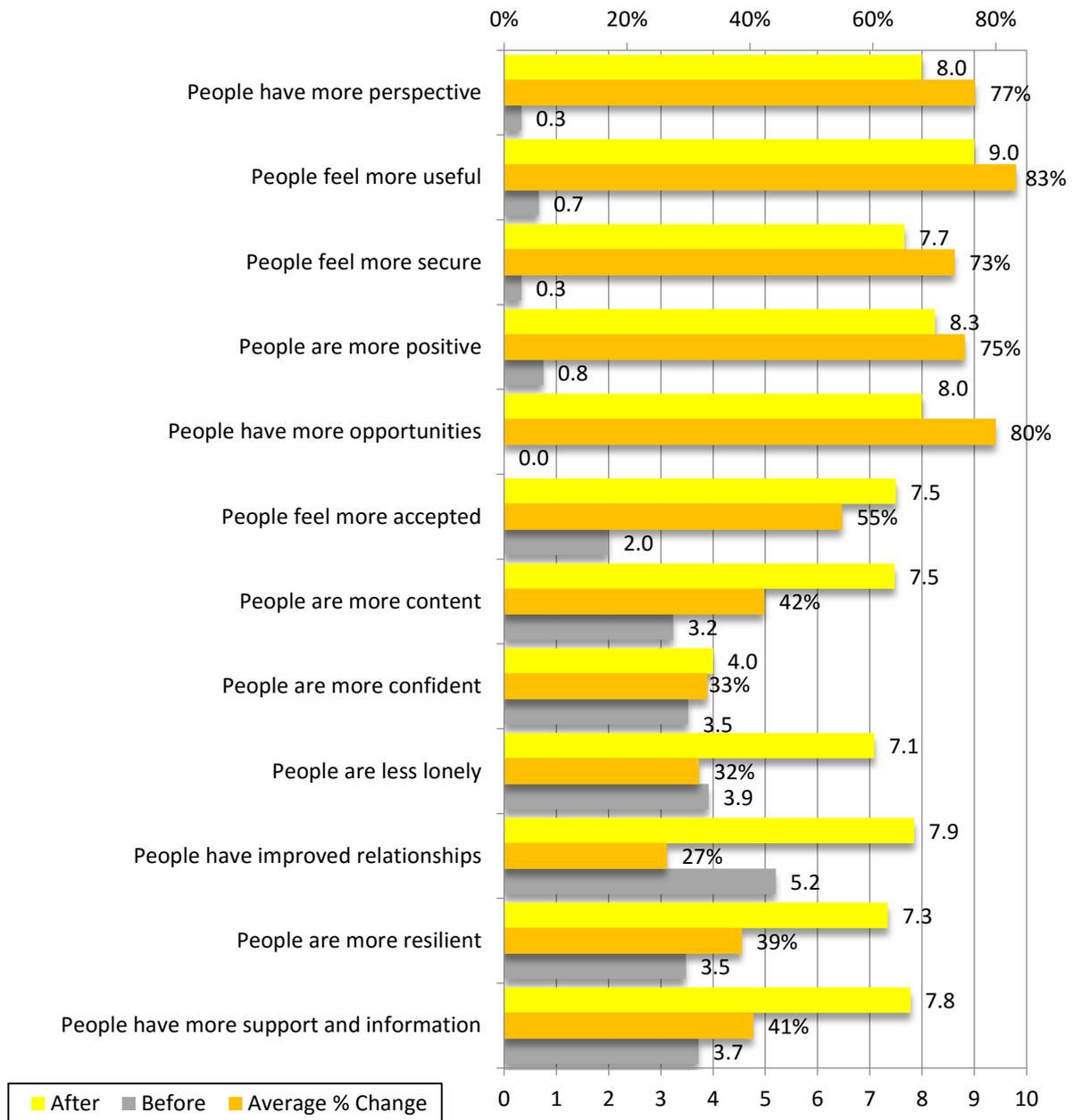


This report demonstrates the understanding of the impact created from the perspective of the stakeholders; the outcomes identified from them are measured and valued. All findings, planned and unplanned are taken into account along with the amount of change that might have happened anyway or is attributed to others.



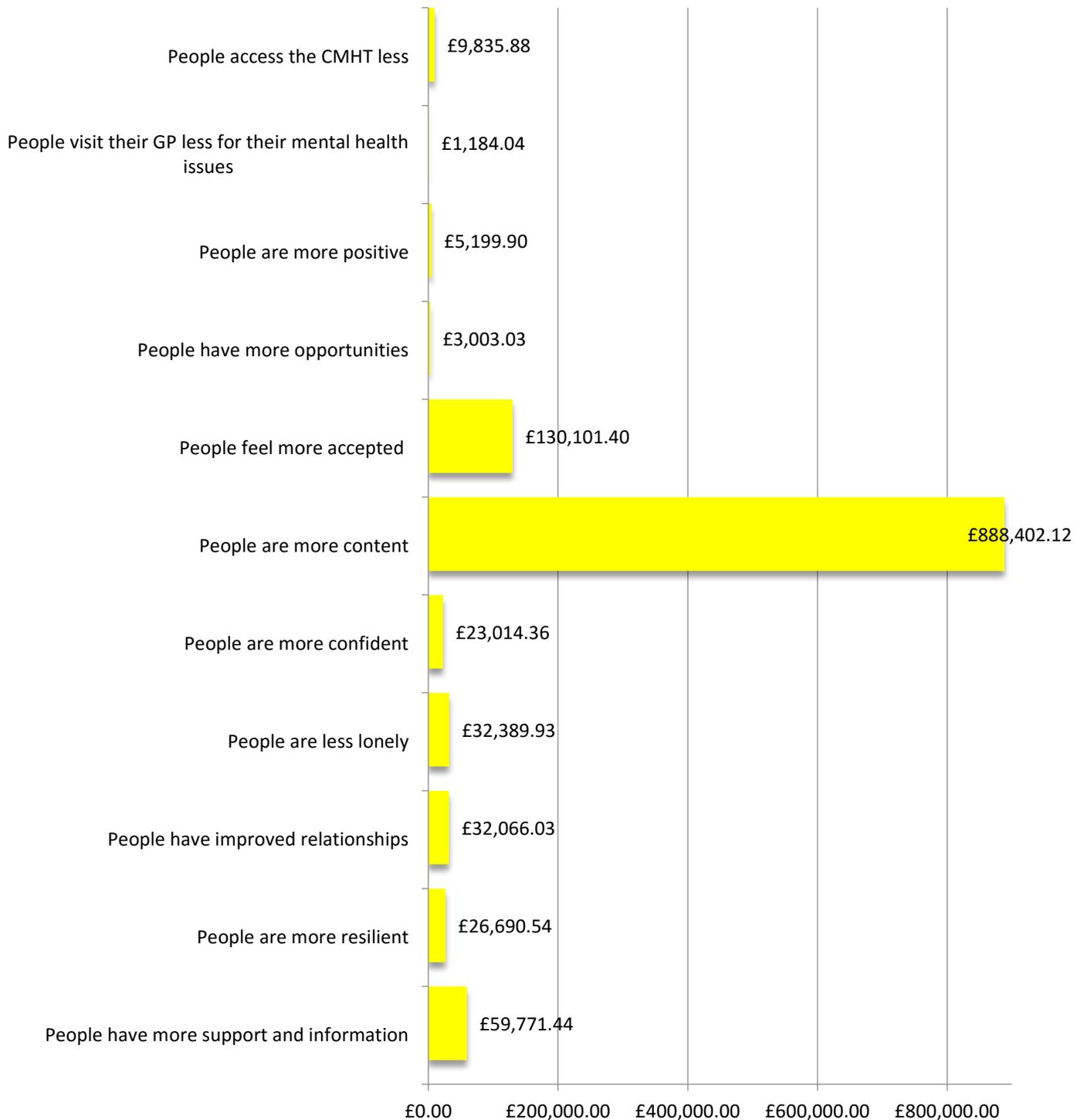
We would like to thank all the staff, service users and external stakeholders who engaged in the evaluation process and took time to contribute to the consultation exercise.

Overall outcomes achieved



Social Impact

Healthy Minds incorporated the principles of social return on investment as part of the evaluation, using questioning techniques to enable a greater understanding of the journey of change. The chart below highlights the potential social impact created using financial proxies. The values have been applied only to those forecasted customers recording a “significant” change on the 0-10 scale.



What did people say about Healthy Minds?

“We talk,
we share,
we support”

“They helped me to be stronger,
they’re not pushy. They keep
you in a straight line, if going off
course, ask how you are or ring
you later to ask how you are”

“This is Healthy Minds.
They are *unique angels*”

“The staff are always there
and are not going to judge
you. If you ask someone else
from outside they make you
feel worse. But not here.
They are very supportive,
non judgmental”

“There are things I
can do now. I feel
now that the world
is more inviting.
There are more
opportunities, more
out there than I
imagined.”

“Healthy Minds opened
the door for me”

Joseph's Story

Joseph came to the UK in 1978 with the original intention to just spend a few years here, then go back to his country of origin, but he ended up staying. Joseph was married in 1983 and had 4 children. He started working for a company that did business overseas in Italy and Turkey. As the business progressed, **he did very well**, however, the business started to take its toll. Joseph was **working too much** and by 2000 he was very over worked. The business was so successful and demanding that he was often away from home, this was a big factor in the end of his marriage and he divorced in 2005.

At this point, things went downhill, Joseph found that he **couldn't concentrate** properly and this was when his **mental health issues** started to kick in. The first loss was the business in Italy, and then the overall business lost a lot of money and he had to sell his properties. His job became so overwhelming, his **anxiety** and **stress** affected him physically - he wasn't able to eat, he had a complete loss of appetite. **He lost interest in everything** - he stopped smoking, drinking, eating.

One day Joseph became physically **lost**; he left his car somewhere and just couldn't find it. Joseph can't remember how but his daughter found out he was lost looking for his car and came to find him. The police helped him to find his car. The police and his daughter took him to hospital to see a psychologist. By now Joseph was frequently **hallucinating**, convinced someone was hiding in the room upstairs. He was really poorly. When he was admitted to hospital they were unable to identify what was wrong. He was also unable to go to the toilet and the hospital identified if he kept going like that he would probably **die in 2 weeks**.

He had lost his home, he was living between his daughters' homes although identified himself as homeless. Joseph's daughters took turns to bringing him to Healthy Minds and in the end he also managed to get accommodation in Halifax. Healthy Minds has helped Joseph a lot - it has given him a real **opportunity to talk and listen** to his peers. Joseph has said that it allows him to feel **connected** again - he feels good when he walks out of those groups - not that he is happy to have heard how others are suffering, but to know he is **not alone**.

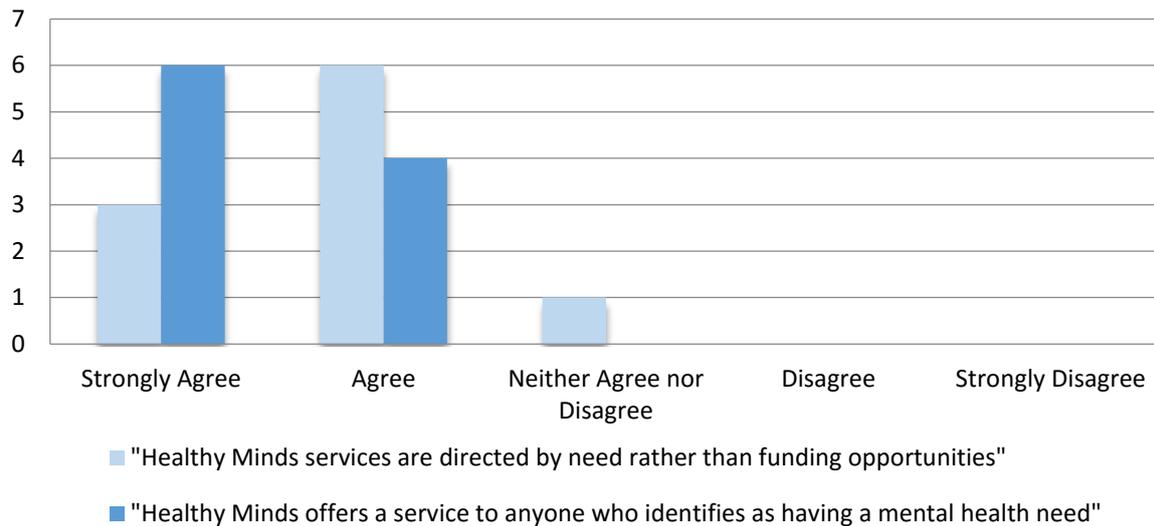
Joseph is currently **volunteering** with another charity and has been going to college as he hopes to go into care work. Volunteering makes Joseph **happy**, he knows the charity needs help and as he has received help, he wants to help them.

Healthy Minds has helped Joseph to feel **comfortable** and **safe**. He has **opened up** and knows that he is not going to have anything thrown at him, **no judgment** made, no one calling him stupid, **"those who fully understand the illness are the most supportive"**.

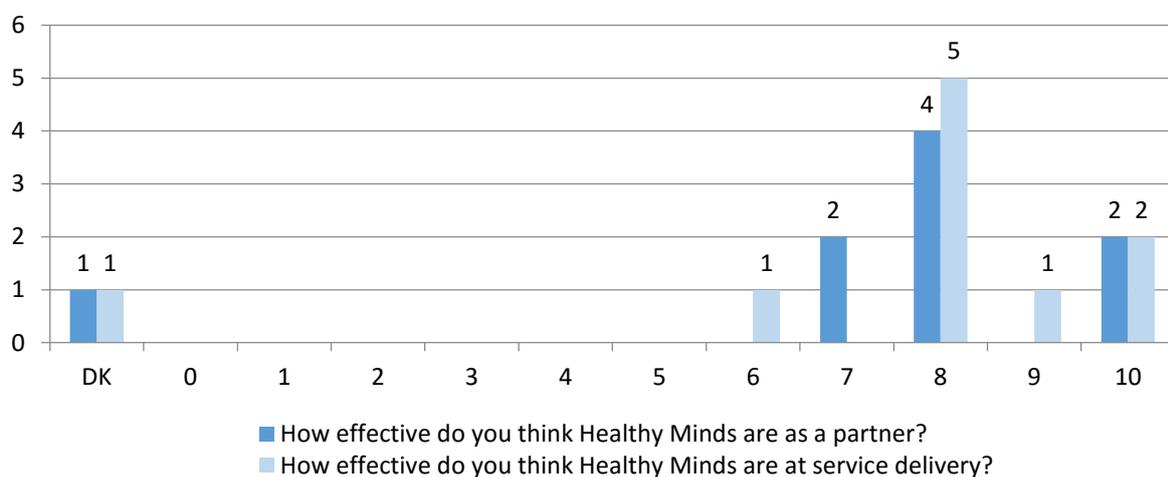
What do partners think of Healthy Minds?

Stakeholders were asked to what extent they thought Healthy Minds lived up to the organisations principles:

- Healthy Minds offers a service to anyone who identifies as having a mental health need.
- Healthy Minds is directed by need rather than funding opportunities.



We also asked how effective they thought Healthy Minds was as partner and as a service deliver.



Partners said:

“Founded on principles of recovery and co-production”

“Positive, empowering, educational, therapeutic”

“High quality work that is focused on being peer led. The feedback from the support groups is excellent in terms of the impact on improved quality of life reported by members.”



For more information or for a full copy of this evaluation report contact Jonny Richardson Glenn at Healthy Minds via email at:

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