

Meriden Family Programme

The Fellowships offered by the Meriden Family Programme provides Fellows with the opportunity to be trained in an evidence based psychological intervention, Behavioural Family Therapy which is a NICE approved intervention treatment of people with mental illness. The programme enables Fellows to train others in their home country in the intervention and also to deliver a support programme to the families and carers of people with a mental illness.

Eligibility

Candidates should be working within mental health services in an eligible country such as Uganda and have an appropriate clinical or social work background. They should also recognise the benefits to be gained by involving carers and family members in the care of those who suffer with mental health problems.

Website

<https://www.meridenfamilyprogramme.com/june-2018-newsletter/newsletter>

Proposed activity

The Fellows will be hosted by The Meriden Family Programme.

Clinical supervision will be provided by clinical specialists in the Meriden team, and will continue by telephone in home country

Fellows will be provided with all material relevant to the training. The outline programme is as follows:

WEEK 1 - w/c 3 June

- Local orientation and mandatory procedures
- Gain an understanding of the work undertaken by Meriden and of mental health services in England
- Agree learning objectives
- Attend 1-day Confidentiality training

WEEK 2 - w/c 10 June

Attend Behavioural Family Therapy (BFT) course. This is a skills based course which covers working with families, research around families, family assessments, communication skills and problem solving. The course provides training in an evidence based psychological approach proven to reduce relapse rates and enables participants to deliver a structured NICE recommended family intervention.

WEEK 3 - w/c 17 June

- Visit a Carers Centre to learn about the range of support services available
- Visit an early intervention service or similar to gain an understanding of how clinical teams see the role of the family and how they support and involve families
- Meet families
- Visit an inpatient unit
- Meet the 'Mood on Track' Bipolar team and how they involve families
- De-brief on learning outcomes from the week

WEEK 4 - w/c 24 June

Attend Behavioural Family Therapy Training Trainers course

This intense course provides participants with the skills and resources to train and supervise appropriate staff in the use of family interventions in their home country. It helps delegates develop their skills in presentation, facilitation and supervision. The course is very participative and provides the opportunity to practice skills and to receive feedback from other participants and the facilitators

WEEK 5 - w/c 1 July

- De-brief from previous week's training.
- Discuss anxieties about training role following previous week's course
- Meet appropriate clinical staff within the Trust to discuss family interventions in practice
- Visit teams/services identified during the programme
- Develop short term and long term action plans for implementation in home country
- Meet mental health nursing lecturers from Birmingham City University
- De-brief on 6 week period of training and consider outstanding anxieties

WEEK 6 – w/c 8 July

Attend Caring for Carers course for 3 days This course enables delegates to deliver an education and support programme to family members based on an 11 week roll out model of around 2 hours per week for which a manual is provided. The course covers skills development including presentation and facilitation and introduces techniques to help communication and problem solving within families.

Delegates will finalise their reports, action plans and will agree on-going telephone supervision arrangements. Final debrief.

Note:

- The timings may vary according to availability of appropriate staff in host organisation
- Any special interest will be discussed with Fellows in week one

CSC theme

Priority Theme 1 Strengthening health systems and capacity

Further details

For more information on how to apply, please visit the CSC website:
<http://cscuk.dfid.gov.uk/commonwealth-professional-fellowships-information-for-candidates/>