



Employ Your Mind

EYM is a personal development project for people experiencing complex mental health difficulties, and are in secondary mental health services. It aims to work on improving daily living, confidence, employability skills, and give people opportunity to think about their own future, which in turn can help them to better self-manage their mental health difficulties.

Outcomes that we see from people who have previously attended include:

- Increased confidence and skills.
- Individuals supported to having a better understanding of the type of work they are best suited to; or re-engage with education.
- SQA Steps to Work qualification (Personal Development unit followed by Work Experience unit to gain the group award: Steps to Work level 3).
- Improved physical, mental and emotional health.
- Development of self-management and resilience strategies to cope with their conditions; through life coaching, personal development sessions and cognitive remediation therapy activities.
- The opportunity to gain some work experience through suitable placement.

Partnership project

EYM is a partnership project, and we look to work together with NHS or third sector organisations, having identified a group of people (up to 12) they feel would benefit from the project. Partnership working is a pivotal element to the success of this course and is required for the full 18-20 weeks.

Who is EYM suitable for?

Criteria for the project includes working with people who are identified as experiencing more complex mental health conditions. In the past this has predominantly included those accessing secondary mental health services and wish to engage or re-engage with their community whatever that may look like.



Grow Your Mind
Fife Employment Access Trust

Grow Your Mind

The project focuses on personal development and improving social, physical and emotional wellbeing through a combination of structured practical tasks, group based activities and discussion all onsite at Silverburn Park in Leven.

Green Therapy is a research-based framework for supporting a person's wellness through immersion in natural environments. Studies have shown it can be used to support overall wellbeing and to balance mood.

Cognitive Remediation Therapy is embedded throughout the course. This aims to improve thinking skills such as memory, focus and problem solving – areas which are sometimes affected by mental illness, for example by depression.

Our aim is that students will finish the course with improved confidence and a better understanding of themselves, their personal goals and potential next steps.

The course runs over 6 months and is fully supported by experienced staff.

All you need to take part is an open mind, a waterproof jacket, warm, comfortable clothing that you don't mind getting dirty and sturdy footwear like walking boots or wellies. Please speak to us if you do not have access to appropriate clothing but would like to join the project.

We will reimburse travel expenses to and from Silverburn Park and provide refreshments during each session.

Silverburn Park



Alongside our core employability programmes, we are involved in the regeneration of Silverburn Park in Leven, ultimately fundraising to renovate the B-listed former flax mill into a visitor centre and community hub. In the build-up to this we have established a campsite and café and offer a wide range of volunteering opportunities for therapeutic and employability benefits. If you're interested in learning more, contact us.

Please note that some of our services are being delivered digitally.



Fife Employment Access Trust

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Fife Employment Access Trust

OUR VISION

'To enable and support individuals to reach their full positive wellbeing in a culture where there is no stigma'



FEAT's vision is 'To enable and support individuals to reach their full positive wellbeing in a culture where there is no stigma'

FEAT deliver services to enable people with mental health conditions progress along the employability pathway including into paid sustainable employment.

Please do contact us or visit our website www.fifeemploymentacesstrust.com for more information on the projects and our referral process.

All three of our projects have access to **cognitive remediation therapy (CRT)**. CRT is integral to our IPS and EYM programmes. CRT helps improve thinking skills to enable individuals to better manage their condition. For more information on CRT please contact Liz Gibson at liz@fifeips.co.uk



Journey to Work

FEAT's 'Journey to Work' (JTW) project is a series of short personal development courses that aim to help people develop strategies to manage their mental health and move towards what they care about. The courses are based on a range of evidence-based therapies and are delivered via pre-recorded videos followed by weekly group catch ups online.

Those who have engaged with the courses have reported the following benefits:

- "It helped me understand the way I am feeling and how it is affecting and impacting on my life."
- "The main benefit for myself was being proactive in the tools made available online in the Mind Works course. I found it gave you the freedom to pick and choose which tool worked well for my mental health and wellbeing."
- "It helped me recognise my thought patterns and ways of dealing with them."
- "[That] focusing on my needs is a normal thing to do."

Our Courses

Mind Works: a four-part course that looks at how our circumstances impact our thoughts, feelings and behaviours. Informed by cognitive behavioural therapy (CBT), service users develop greater awareness of unhelpful patterns and are offered a range of strategies to help them change.

STARS: a four-part course that looks beyond the problem-saturated story that service users tell of themselves. Informed by existential and solution-focused therapy, STARS encourages service users to explore their values, strengths and best hopes for the future.

ACTion: our newest four-part course, ACTion highlights the futility of trying to control our inner unwanted experiences. Informed by acceptance and commitment therapy (ACT), ACTion aims to help service users develop their ability to simply notice uncomfortable thoughts and feelings that arise, develop psychological flexibility and to re-commit to value-congruent actions.

Who are the courses suitable for?

All courses are suitable for anyone who is willing to look at themselves and wishing to move forwards in ways that are meaningful to them.

Peer Support

Peer support is generally understood to be a relationship of mutual support. People with similar life experiences offer each other support, particularly as they move through challenging or difficult experiences.

FEAT are developing peer support as a recovery option. Anyone who is interested in peer support or feel that this approach may help please get in touch.



Fife IPS Service

INDIVIDUAL PLACEMENT & SUPPORT

Fife IPS (Individual Placement and Support)

Fife Individual Placement and Support is an employability service which uses an evidence based method (IPS) to help people with complex mental health conditions, find and sustain work.

Participants work with an Employment Specialist on a 1-2-1 basis, and receive tailored support based on their abilities, experience and future hopes. The Employment Specialist supports the participant in a variety of ways, using a fidelity framework and principles to guide the approach.

There are 8 principles in total, each with a benefit to the participant. The principles are:

- **Competitive Employment Only.** No Placements, Volunteering or getting ready to work.
- **Benefits Counselling.** No one will be worse off by working.
- **Your Job Preferences.** We find out what you want to do and help you do that. No pressure to do something else.
- **Employer Engagement.** We work with employers you want to work for, not just those who have jobs available at the time
- **It Works Quickly.** Within 4 weeks we will help you look for work.
- **It's Time Unlimited.** Even when you're in work we are with you as long as you need us.
- **Only if YOU Want to Work.** If you want to work we will help, regardless of issues or barriers.
- **We Work With Clinical Teams.** Working together with your support network means we can help you in a safe way.

IPS is specifically for people with severe and enduring mental health conditions who have a genuine desire to work.

Dedicated 1-1 support from an Employment Specialist enables participants to focus on applying for work in roles that they are interested in - rather than just finding any job, as well as supporting their mental health and wellbeing throughout.

The tailored approach also involves working closely with a participant's support network and potential employers, and continues when the participant is in work, providing a truly individual service.