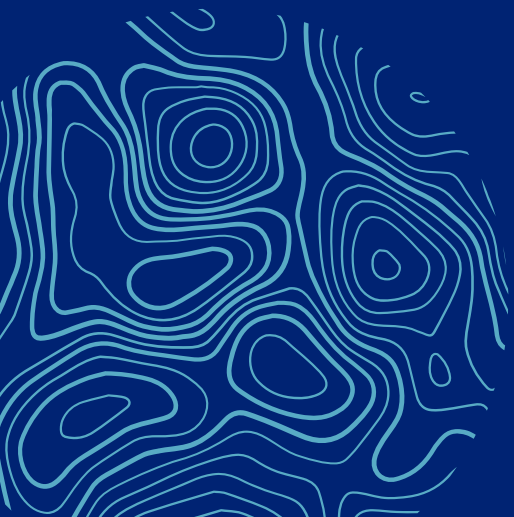




MIND-SPRING



► WHAT IS MIND-SPRING?

Mind-Spring is a preventative **psychoeducational** group programme for refugees and asylum seekers presented in the participants' mother tongue.

The programme was launched in the **Netherlands**, but is now actively operating in several European countries. It aims to bridge the gap in current mental health provision for people seeking sanctuary by delivering sessions in the participants' mother tongue and focusing on areas that are specifically relevant to the trauma associated with having to seek asylum.

► OBJECTIVES OF MIND-SPRING

The overall objectives of Mind-Spring are:

- to improve the mental health of refugees and asylum seekers;
- help with social and cultural integration;
- encourage individuals and empower them to be able to build a future in their new community; and
- increase their sense of control.

► PROGRAMME DELIVERY

The programme runs over 7 weekly sessions of 2 hours, with each session exploring a different topic. The topics covered are:

- The normal reaction to an abnormal situation
- Stress, stress symptoms, and the vicious cycle
- How to cope/deal with stress
- Loss and mourning
- Identity
- Cultural differences
- A spring towards the future.

The maximum number for each cohort is 15 participants and the minimum is 8. The last session ends with certification, feedback and a party to celebrate the completion of the course.

► PROGRAMME DELIVERY

Mind-Spring is delivered to participants by a Trainer, Co-Trainer and an Interpreter. Each of these roles carries different responsibilities in the delivery of a cohort.

The role of the trainer:

The trainer should have a refugee background (lived experience) and have received the Mind-Spring training course. The main task of the trainer is leading the group and facilitating the sessions in the participants' native language.



The Role of the Co-Trainer:

The co-trainer should have a mental health or social care background.

- This can include but is not limited to psychologists, counsellors, GPs, welfare officers, mental health nurses, medical nurses and social workers.
- Main tasks: observation, supporting the trainer, relaxation exercises and referring participants who need extra support to the relevant services.

The Role of the Interpreter:

Translating simultaneously what the trainer and participants discuss for the co-trainer and also translating what the co-trainer says and discusses with the group.

▶ LANGUAGE PROVISION

Arabic

Kurdish Sorani

English

French

Pashto

Farsi

Russian

Ukrainian

Dari

Tigrinya

Spanish

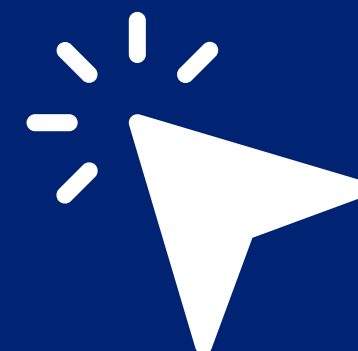
► DELIVERY TO-DATE

COHORTS:

34

PARTICIPANTS:

357





PARTNERSHIP

- Cardiff Council
- Welsh Refugee Council
- Kurdish All Wales Association
- Ibero-Latino Americans Association in Swansea
- The Home Office

KEY ACHIEVEMENTS

- Cardiff Life Award for the best mental health practice 2023
- Mental Health Awards Wales 2024 (Finalist)
- A successful pilot project in collaboration with the Home Office has led to Mind-Spring being featured in the Home Office mental health booklet as a model of good practice.

► THE MAIN FINDINGS WERE AS FOLLOWS:

- Improved participant mental health and wellbeing markers.
- Created peer-support networks and a sense of community.
- Improved people seeking asylum's sense of control and empowerment.
- Improved people seeking asylum's ability to cope and instilled confidence.
- Provided the motivation needed to create a routine; and
- Provided a greater drive to build social connections through activities and volunteering.

► MONITORING & EVALUATION

The impact of Mind-Spring is measured by using:

- The World Health Organisation Well-Being Index (WHO-5)
- The Patient Health Questionnaire (PHQ-4)
- Mind-Spring Feedback Form

► M&E - WHO-5

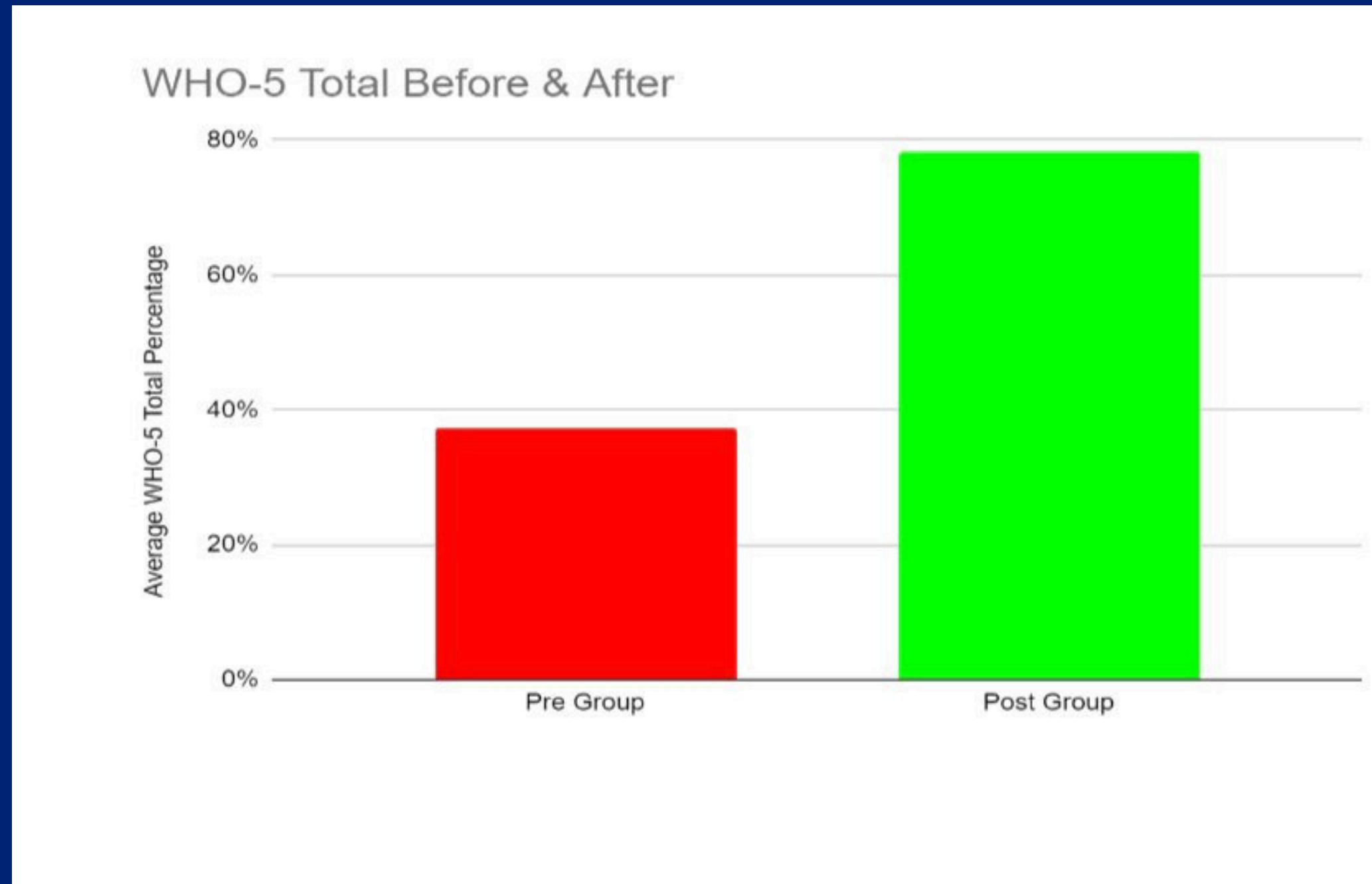
The World Health Organisation - Five Well-Being Index (WHO-5) is a mechanism to measure current mental health wellbeing.

<i>Over the last two weeks:</i>	All the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1. I have felt cheerful and in good spirits	5	4	3	2	1	0
2. I have felt calm and relaxed	5	4	3	2	1	0
3. I have felt active and vigorous	5	4	3	2	1	0
4. I woke up feeling fresh and rested	5	4	3	2	1	0
5. My daily life has been filled with things that interest me	5	4	3	2	1	0

► M&E - WHO-5

The Well-Being Index (WHO-5) Results:

This graph shows data collected from 56 participants covering 5 of the cohorts

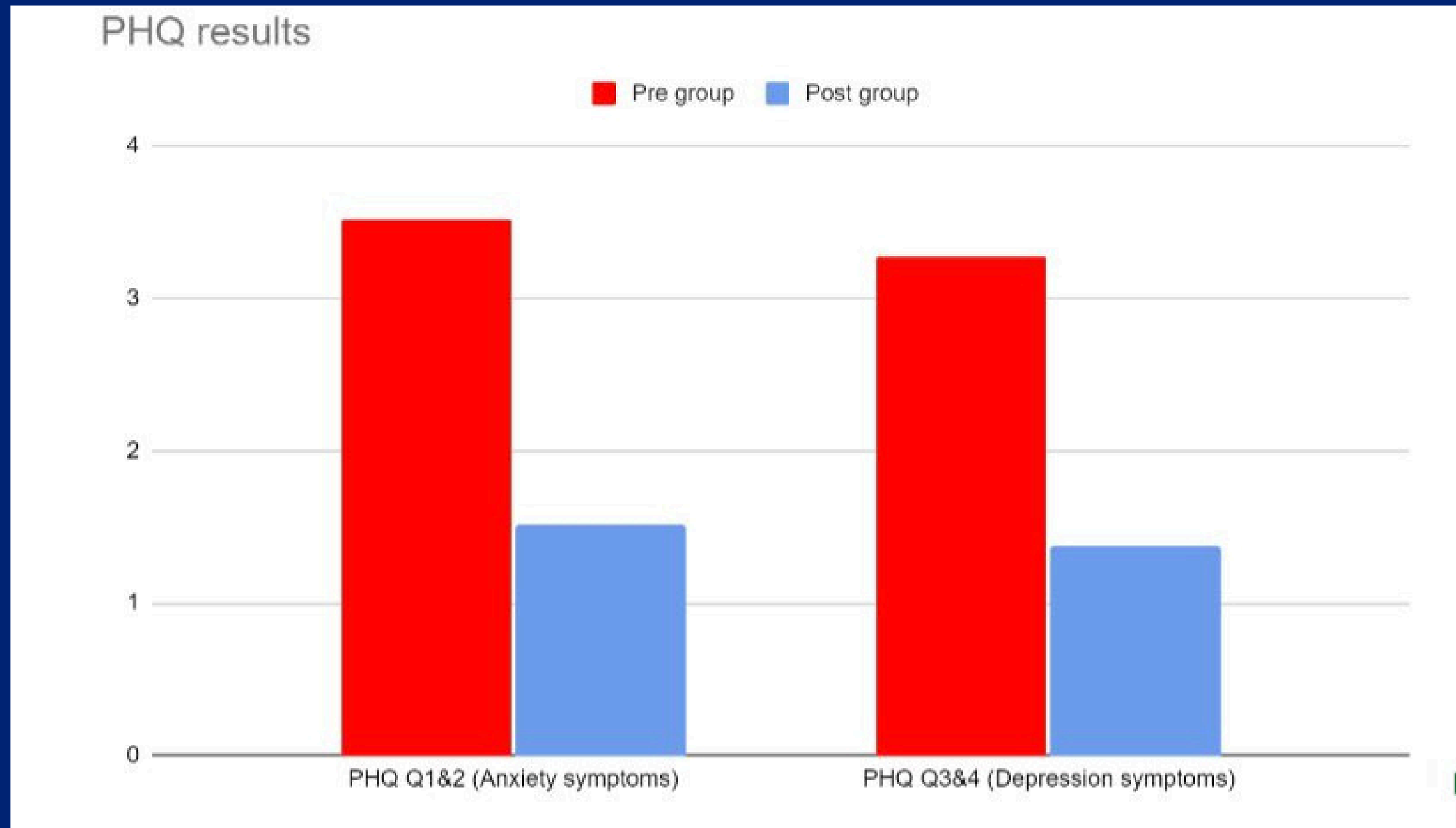


► M&E - PHQ-4

The Patient Health Questionnaire (PHQ) is a diagnostic tool for mental health disorders. The PHQ comes in several forms, but for Mind-Spring we decided to use the PHQ-4. This version contains four questions and measures for depression and anxiety.

PHQ-4				
Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? (Use “✓” to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3

➤ M&E - PHQ-4 RESULTS

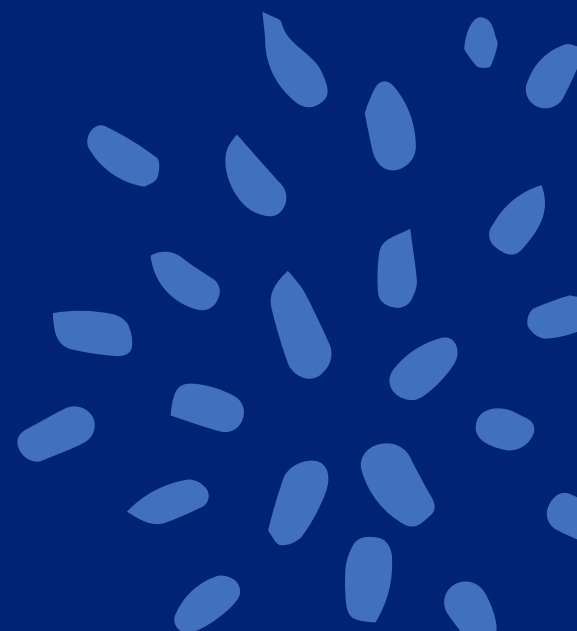


Key Findings:

A majority of participants showed a reduction in their PHQ-4 scores after the group sessions, indicating decreased levels of anxiety and depression.

► OVERALL CHANGE

On average, the participants experienced an improvement in both their WHO-5 scores and PHQ-4 scores after the group sessions. There seems to be a moderate to strong correlation between the improvement in WHO-5 scores and the reduction in PHQ-4 scores, suggesting that as overall well-being improved, symptoms of anxiety and depression decreased.

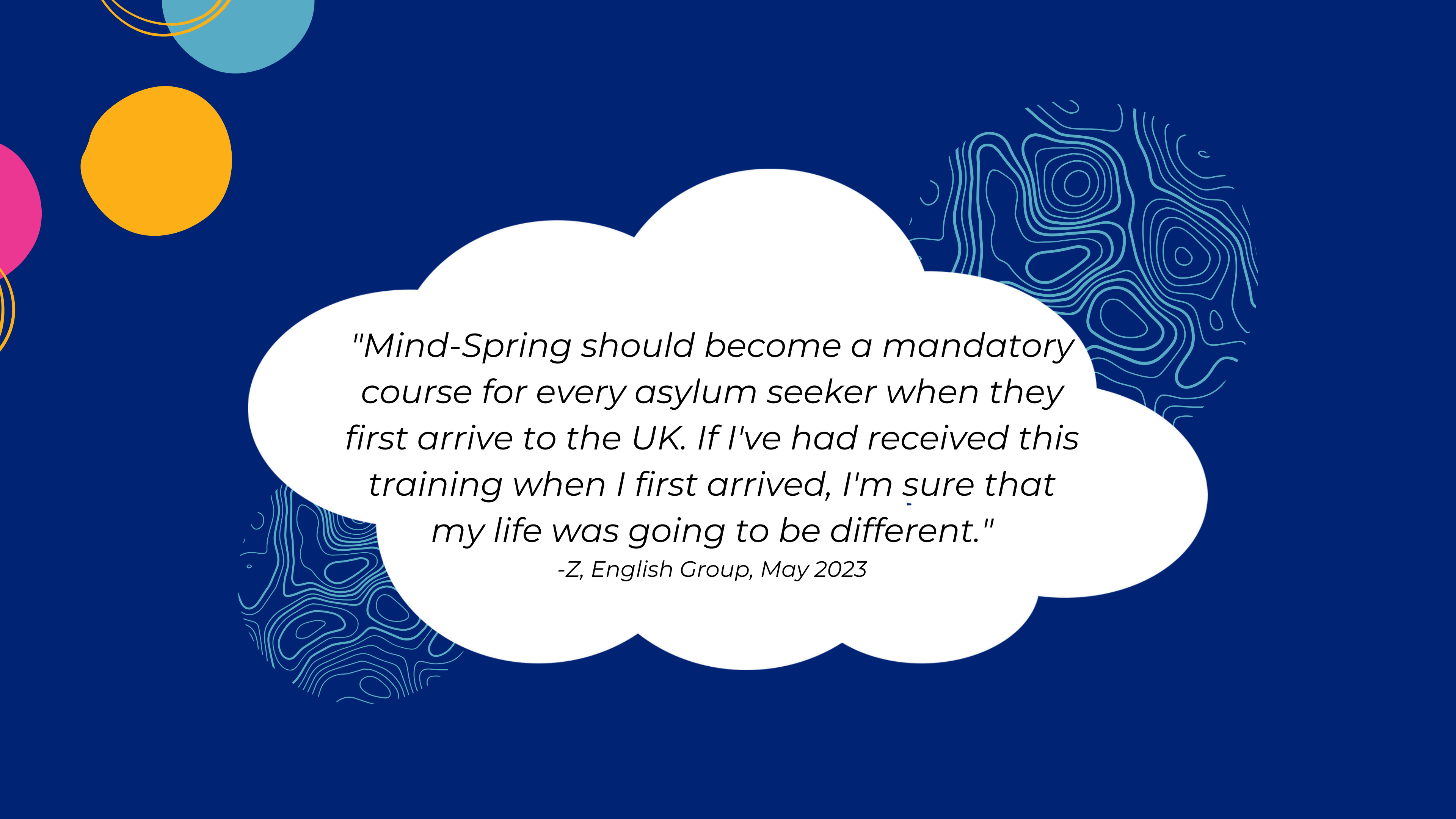


► M&E - MIND-SPRING FEEDBACK FORM

Mind-Spring has always had a set feedback form that looks specifically at how the cohort was run and provides an opportunity for participants to report what they have learnt.


The Mind-Spring feedback form asks:

- Were the topics covered relevant to you?
- Was the trainer knowledgeable about the training topics?
- What have you learnt from this course?
- What could be improved?
- Will you recommend this course to your friends?
- Rate your overall experience of the course
- Additional comments



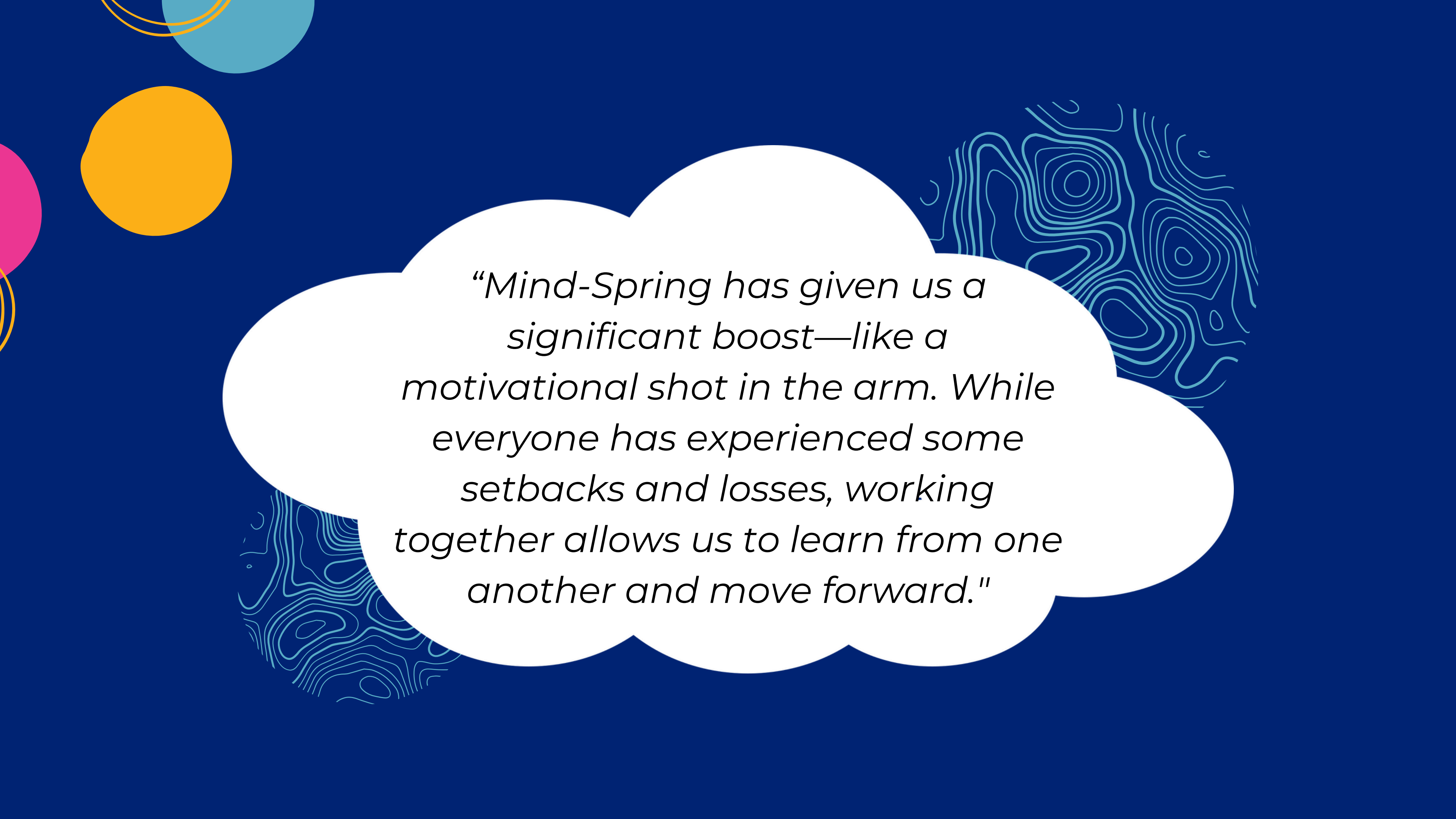
"Mind-Spring should become a mandatory course for every asylum seeker when they first arrive to the UK. If I've had received this training when I first arrived, I'm sure that my life was going to be different."

-Z, English Group, May 2023



*"This programme should be called the
"happiness programme". It changed
my life. I count the days to the next
session."*

-Anonymous Participant, January 2023



“Mind-Spring has given us a significant boost—like a motivational shot in the arm. While everyone has experienced some setbacks and losses, working together allows us to learn from one another and move forward.”



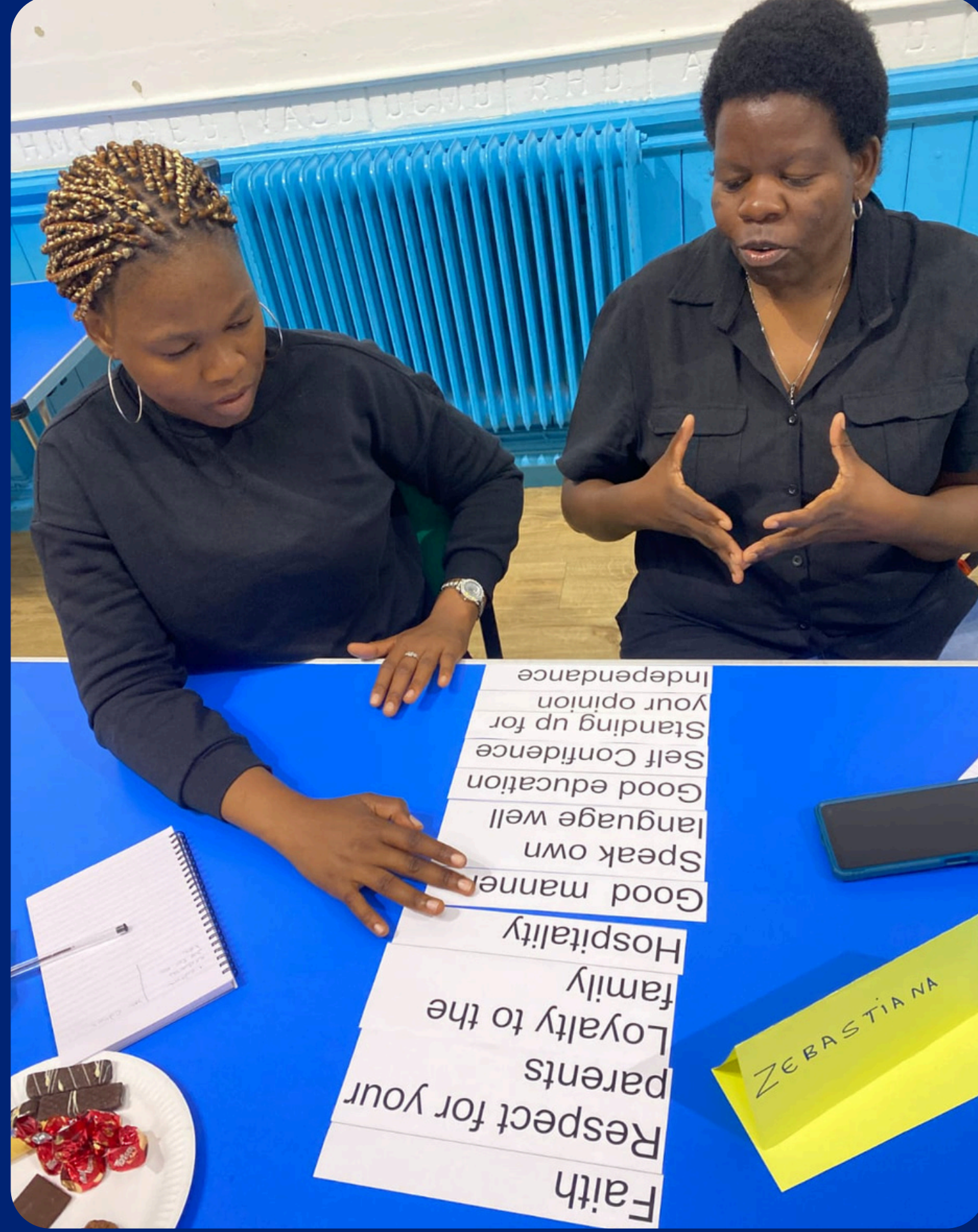
REFERRAL FORM

[HTTPS://WWW.OASISCARDIFF.ORG/MIND-SPRING](https://www.oasiscardiff.org/mind-spring)













THANK YOU!

