



**Mental Health
Ireland**

mentalhealthireland.ie

Annual Report 2018

**Promoting Positive Mental Health
and Wellbeing**





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and Wellbeing

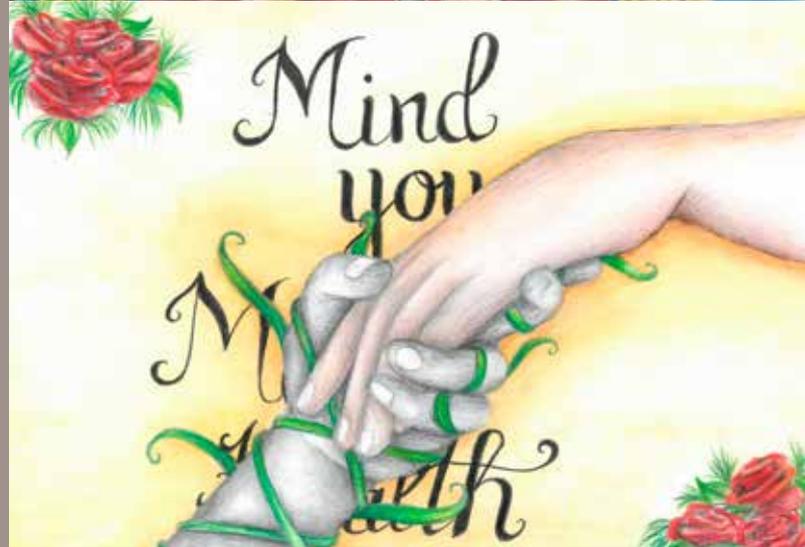
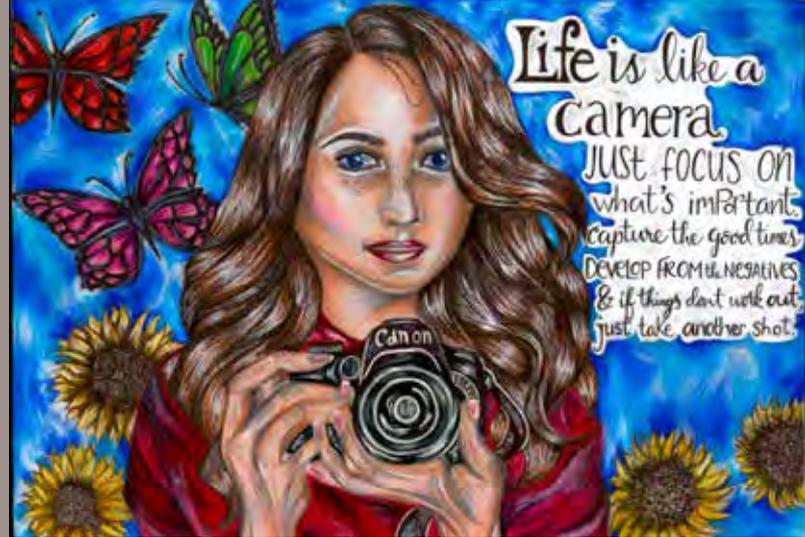


**Mental Health
Ireland**

Art & Photography Competition

Once again, we are delighted to feature and celebrate a selection of the finalists from our recent Art and Photography Competition throughout this year's Annual Report.

We hope you enjoy them.



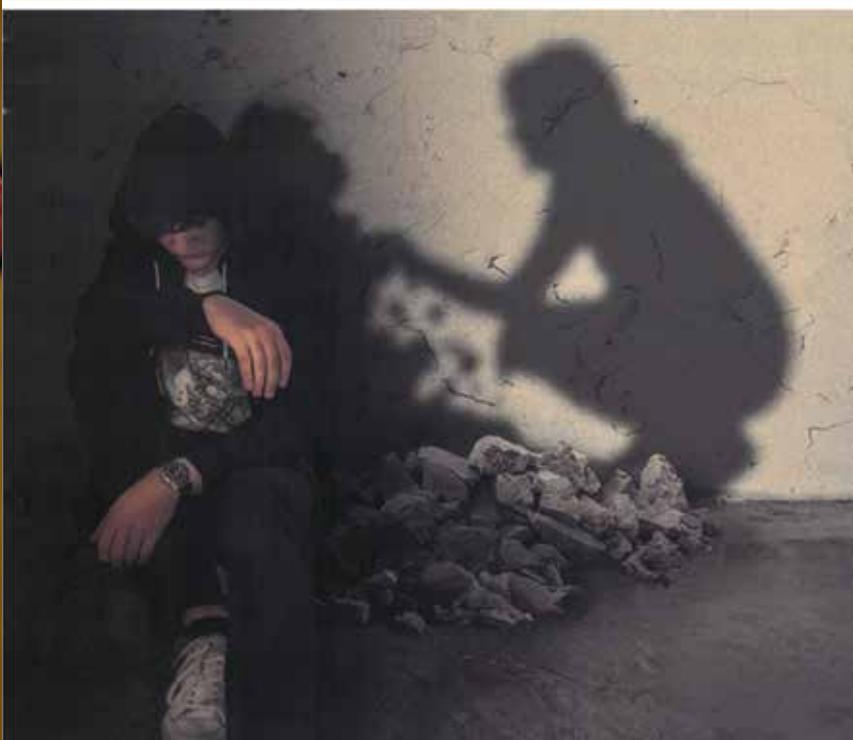


**HEALTHY
FUEL
FOR A
HEALTHY
MIND**

A graphic featuring a semi-circular gauge with a red needle pointing to the 1/2 mark. The gauge has markings for 1/4, 1/2, 3/4, and 1. To the right of the gauge is a stack of sliced fruits including an apple, orange, and kiwi.

You are worth finding,
worth knowing,
worth loving

Mind Your
Mental Health

A young woman with long brown hair is smiling and looking down at a bouquet of colorful flowers she is holding. The background is a lush green garden.

When I'm sad
+ talking to my
family helps

Two colorful, hand-drawn mugs are shown. The mugs are decorated with various patterns and colors, including blue, green, and purple. They have brown handles and lids.

Chairperson's Address



It gives me great pleasure as Chairperson of Mental Health Ireland to present our Annual Report for 2018.

We are very fortunate to have a very dynamic and diverse organisation with an active presence across Ireland. Mental Health Associations and MHI have been long standing and loyal friends to people who live with mental illness. This work has developed considerably over the years and now more actively includes the lived experience of people who use mental health services, their family members and other people who support them in their recovery.

In November, 2018 I had the great pleasure of welcoming Minister for Health, Simon Harris TD to our National Learning and Networking event where he had an opportunity to meet with MHA volunteers and to see their work displayed.

Minister Harris restated his commitment to supporting our work and paid particular attention to our strategic objectives as he launched our new strategy '*Empowerment – from Ideas to Action 2019-2021*'. Our new strategy brings together our work at national and local level where we *Promote Positive Mental Health and Wellbeing* in a very tangible and impactful manner. During 2018, at MHI we have invested in our skills and capabilities in this area in order to become the lead agency promoting positive mental health in an evidence-based and sustainable manner.

During 2018, Mental Health Ireland made great progress in advancing the objectives of the *National Framework for Recovery* in partnership with the HSE. At MHI we want to create a platform that encourages and facilitates people with lived experience to *Live Life Well*.

I would like to acknowledge the tremendous support that we receive from the HSE as we support their work through the pragmatic application of common policy objectives. Public funding is allocated and governed under detailed *Service Arrangements* and for this, we are very grateful. As the new national mental health policy that will replace a *Vision for Change* emerges, we hope to build upon this relationship, collaborating on many more programmes and projects in partnership.

One of our strategic objectives is to strive for *Organisational Fitness*. Here we aim to have the skills, supports, systems and resources in place both at our Headquarters in Dublin but also across our regional offices and associations to deliver upon our mission in a transparent and sustainable manner. In 2018 we focussed on working with our MHAs and the Charity Regulator to fulfil their new and onerous requirements. This has proven to be an on-going and at times difficult task. However, meeting these new regulatory requirements is mandatory and it will allow us to sustain and safeguard our reputation and our work into the future whilst retaining the confidence of those who use our services or donate to support our activities.

I am fortunate to Chair a Board of volunteers who continuously give of their time and talents to shape the work of Mental Health Ireland. Our Board Members bring together the experience of Volunteering with MHAs alongside the technical skills required to govern a modern, national organisation. All of my fellow Board members actively contributed to the formation and finalisation of our strategy and the evidence of their expertise and experience can be seen throughout our strategy document. In 2018 we welcomed one new Board member Eilish Kerrisk, who brings great insights from her years of experience working in Education in a Primary School in West Dublin.

Mental Health Associations and MHI are built upon the unselfish work of Volunteers who inject a great energy and authenticity to their work. Their kindness and compassion is legendary and can make such a profound difference to an individual at a vulnerable time in their lives. Our Volunteers live within communities and are acutely aware of and sensitive to, the challenges and needs of their neighbours and friends within their own locality. This viewpoint and understanding brings an extra and special quality to the work we do in promoting positive mental health and in facilitating people along their recovery path.

I must also congratulate our staff, especially our Development Officer team who serve large geographical areas with great skill and enthusiasm. They are a vital resource to MHAs as they register for Charity status, pilot new initiatives and share new and exciting innovations across our network of MHAs. During 2018 we recruited a number of new staff members including many Peer Educators and leaders. This is a very exciting development and one that I wholeheartedly endorse.

Our team at Head Office continue to develop new programmes, encourage and manage the complex environment in which we all now work. Under CEO Martin Rogan's leadership, the team at Head Office respond to a variety of requests with a great energy and positivity.

Through our new strategy, we aim to be Ireland's leading agency in promoting *Positive Mental Health and Wellbeing*, supporting people in their Recovery and to have an organisation which is well managed and sustainable into the future. With your ongoing support and commitment, I am confident that we can achieve so much more.

Thank you for your work in advancing our shared mission.

Fiona Ross

Chairperson

Board of Directors, Mental Health Ireland

CEO's Statement



Welcome to Mental Health Ireland's Annual Report for 2018.

2018 was a really important year for us as we set our strategic direction for the future. Our strategy brings together the views, hopes and ambitions of our whole organisation. Through a series of consultative meetings with volunteers, board members, staff, funders, fellow NGOs, academics, international colleagues and regulators we found three key themes emerging.

These themes were further refined through workshops at our AGM in May 2018 and following this process, we have built our strategy around three core objectives; *Promoting Positive Mental Health and Wellbeing*, *Living Life Well* for people who use mental health services and achieving *Organisational Fitness*. Our volunteers have always been focused on making real change for real people and wanted to ensure that these core objectives would actually happen and not simply appear in a document, hence the title of our new strategy '*Empowerment – from Ideas to Action, 2019-2021*'.

Our strategy '*Empowerment – from Ideas to Action, 2019-2021*' was launched by Minister for Health, Simon Harris in Maynooth on November 10th 2018. This comprehensive strategy will guide and shape our work over the coming three years. We have reaffirmed our commitment to our established Mission, Vision and Values while setting an ambitious path for our organisation at a national and local level.

Since we have adopted these three overarching themes, all reports, including this Annual Report are presented under these headings. While distinct, each theme complements the others and now all of our work is advanced in a spirit of mental health promotion, recovery and co-production. Having a strong, dynamic and well governed organisation is essential to delivering on these objectives and this is what we mean by *Organisational Fitness*.

2018 was a year for consolidating our Mental Health Associations (MHAs) and meeting the new regulatory requirements. While this can seem to be a burden, it is designed to protect and safeguard the people who avail of our services, our volunteers, our work and the reputation of our organisation at all levels. We have worked closely with local MHAs and the Advancing Recovery in Ireland Regulator to support and assist with the registration process while being very conscious that this can create challenges for some volunteers and associations.

During 2018 we also sought to build upon our links and relationships with key partners in mental health. I would like to acknowledge the funding and support received from the Health Service Executive with whom we share many objectives. We also work closely with our fellow Non-governmental Organisation (NGO) partners in the mental health sector and increasingly we are looking beyond the mental health sector to build effective pathways to improve community integration.

Local MHAs play a vital role in the uptake of many national initiatives like the *Woodlands for Health*, *Music in Mind*, *Smiley Pancake* and *Art & Photography Competition*. In 2018 we allocated almost €14,000 in scholarships, supporting people who use services and their families to participate in mental health education courses.

MHAs across Ireland have embraced *World Mental Health Day*, with a number of associations extending the day into week long or even month long festivals. In 2018 there was a strong growth in demand for information and training on mental health issues. We have responded to requests in both the community and commercial sector by introducing a QQI accredited training for all of our Development Officers and Trainers. During 2018 we refreshed our training materials and introduced the new '*Mental Health and Wellbeing*' co-produced programmes which have proven to be very popular and successful.

Our online presence and profile continues to grow and this allows us to link with thousands of people across all of our social media platforms. 2018 was a very successful year for Mental Health Ireland in fundraising and Jill O'Herlihy, our Head of Communications and Fundraising, developed a number of innovative and very effective online fundraising initiatives. This success has allowed us to develop more supports and resources for members and to expand our team.

Promoting Positive Mental Health and Wellbeing have always been core values for Mental Health Ireland and in 2018 we appointed our first *Mental Health Promotions Manager*, Aisling Doherty, who joined our team in February 2018. Aisling immediately set to work by re-evaluating our current materials, online content and programmes to ensure the highest standard and evidence base. If we are to fulfil our goals, all of our programmes must have a strong basis and be delivered in an effective and sustainable manner.

Catherine Brogan joined us in 2018 as our *Development and Training Manager*, leading our Development Officer Team and quality assuring all of our training materials and programmes. Catherine also leads on the *Living Life Well* arm of our strategy so that we retain our focus on people who use mental health services, their families, mental health engagement, peer education, recovery and co-production. It is our intention to further develop our team so that we can extend our reach even further and provide additional supports to our Volunteers.

As a national body, Mental Health Ireland has a responsibility to contribute to national discourse and during 2018 we made submissions and presentations to the *Joint Oireachtas Committee on the Future of Mental Health Care*, and were active participants in the consultation process to develop the successor policy which will replace *A Vision for Change*. In October 2018, we commissioned an IPSOS/ MRBI survey on public attitudes and understanding of mental health issues, this will act as a base-line to measure the impact of our work.

Mental Health Ireland recognises its responsibility to be a pragmatic partner when it comes to advancing recovery and we host a number of affiliated programmes including *Advancing Recovery in Ireland*, *Mayo Mindspace*, and *Gateway*. We employ Peer Educators while supporting a number of Recovery Colleges, and service improvement initiatives in partnership with the HSE.

Mental Health Ireland are active partners with *Mental Health Reform*, *SeeChange*, *Green Ribbon*, *FirstFortnight* and the *National Concert Hall*. Through these networks we will continue to promote a greater understanding and awareness of mental health in Ireland.

The extraordinary work of Mental Health Association Volunteers throughout Ireland must be acknowledged and celebrated and so in 2018 we introduced the *Learning and Networking* event which brought together over 150 Volunteers to showcase and share their work, participate in workshops and rekindle old friendships.

Our Head Office and Development Officer Team continue to support and serve our volunteers, people who use mental health services, family members and local communities. It has been my great privilege to work with such a skilled and experienced team. In 2018 we introduced a new CRM (*Customer Relationship Management*) IT system to streamline our work in supporting members and helped us to achieve GDPR compliance.

I would also like to acknowledge the valuable contribution of our Board Members who generously volunteer their time and expertise to guide our organisation forward, particularly our Chairperson, Fiona Ross, who brings fresh perspective, great wisdom and encouragement. Our Board members also lead a number of subcommittees in *Finance* and *Governance* as well as acting as *Project Sponsors* to the *Working Groups* which monitor the implementation of our strategy.

At Mental Health Ireland we are excited about the future, and know that we can make a real difference. We look forward to being a progressive partner in the realisation of *Slaintecare* and want to play an active role in advancing the recommendations of *Healthy Ireland*, *Connecting for Life*, the *National Recovery Framework* and the next iteration of *A Vision for Change*.

We are looking forward with confidence and greatly appreciate your support.

Martin Rogan

CEO, Mental Health Ireland





Mental Health Ireland

Chairperson	Fiona Ross
Chairman of Finance Committee	Neil Hughes
Directors	Pat Bracken (Elected 30 September 2017) Charles Burke Denis Creedon Martha Griffin (Elected 30 September 2017) Neil Hughes Colm Murphy Seamus McNulty Colman Noctor (Elected 30 September 2017) Anthony O'Boyle Fiona Ross (Elected 30 September 2017)
Company Secretary	Neil Hughes
Auditors	JPA Brenson Lawlor, Brenson Lawlor House, Argyle Square, Morehampton Road, Dublin 4.
Bankers	Bank of Ireland, Smithfield, Dublin 7.
Solicitors	Partners at Law, Dun Laoghaire, Co. Dublin.
Business address / Registered Office	1-4 Adelaide Road, Glasthule, Co. Dublin.





About Mental Health Ireland

Mental Health Ireland's (MHI) aim is to promote mental health and wellbeing to all individuals and communities and to actively support people who experience mental health difficulties on their journey of recovery. Founded in 1966 on the recommendation of the Commission on Mental Illness, MHI is a national organisation leading a network of Mental Health Associations throughout Ireland.

Mental Health Ireland is a lead provider of mental health promotion within the voluntary sector, through the education activities of our Development Officers and campaigning and advocacy at a national level. Mental Health Ireland also supports our Mental Health Associations in promoting mental health and supporting people with mental health difficulties within their own communities.

We are founding members and the Irish representatives for Mental Health Europe, the World Federation for Mental Health and the International Initiative for Mental Health Leadership.

About Mental Health Ireland

MISSION, VISION AND VALUES

In 2014 the management Team and Board of Directors revised the mission, vision and values for Mental Health Ireland. These remained unchanged in 2018.

Mission



The **mission** of Mental Health Ireland is as follows:

- Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities, and through our network of Mental Health Associations, we support people who experience mental health difficulties on their journey of recovery.

Vision



Our **vision** is:

- Mental Health Ireland's vision is for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation. Mental Health Ireland will lead the way in informing Irish society's understanding of mental health and fostering a culture where people with mental health difficulties are respected and supported.

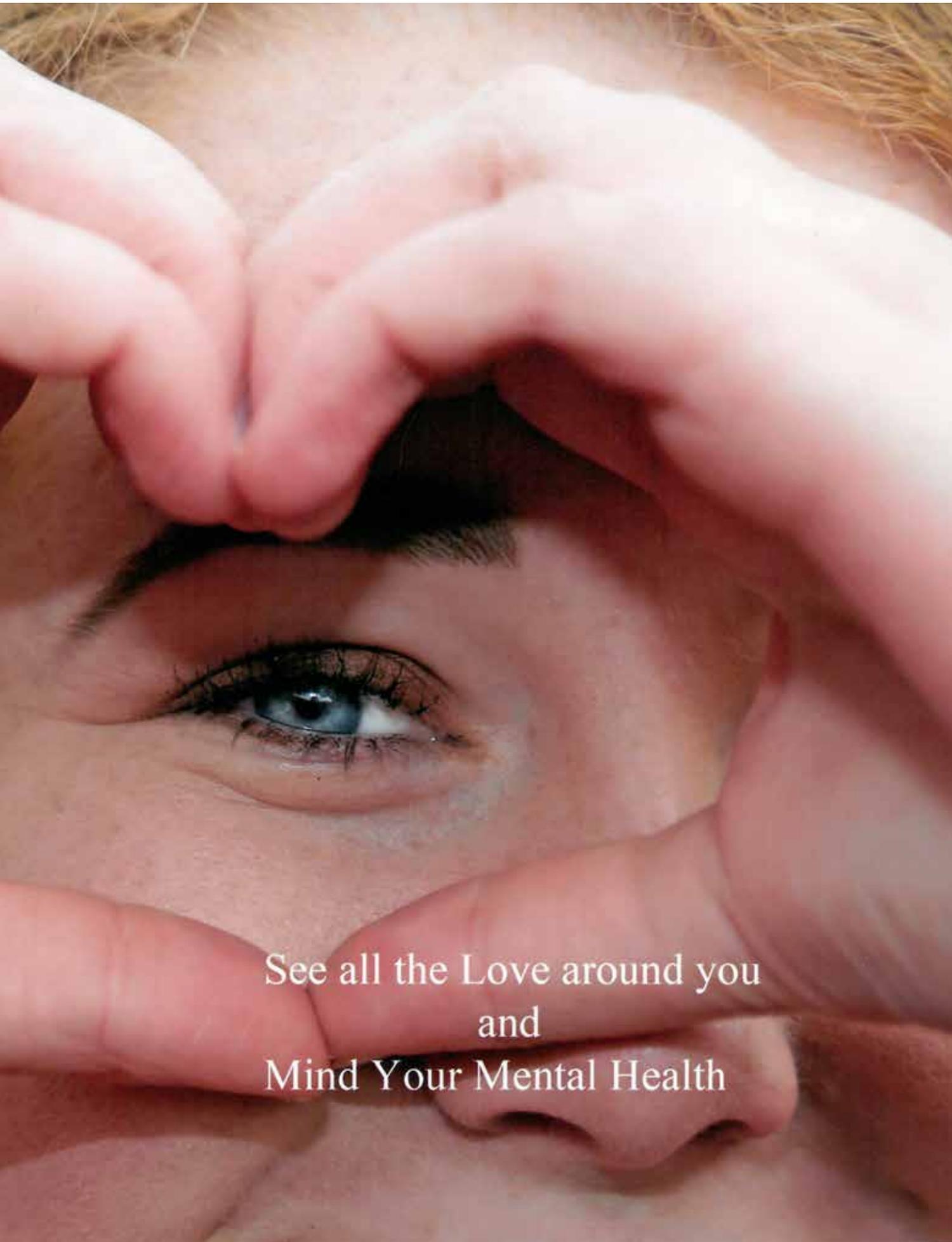
Values and Beliefs



Our **values and beliefs** underpin everything we do:

- We believe that everyone is entitled to inclusion in society and opportunity for personal fulfilment;
- We believe in the right of everyone to be treated with dignity, respect and equality;
- We believe in the right of those experiencing mental health difficulties to be supported in their recovery;
- We are committed to transparency in our work and compliance with the highest ethical standards.





See all the Love around you
and
Mind Your Mental Health

About Mental Health Ireland

BOARD OF DIRECTORS

Mental Health Ireland's Board of Directors are volunteers from local Mental Health Associations, people with financial and legal expertise; people with lived experience and mental health professionals. The board is dedicated to the governance of Mental Health Ireland and supporting the CEO in managing the organisation in delivering upon our strategy 2019-2021.

The Board has two ongoing committees; the Audit and Finance Committee and the Governance Committee. In 2018 our Board Members have also agreed to act as Programme Sponsors on thematic Working Groups designed to progress key aspects of our new strategy.



MENTAL HEALTH IRELAND STAFF

During 2018, we welcomed two new senior staff members to our Head Office Team, Catherine Brogan and Aisling Doherty.

Catherine Brogan's role of Development and Training Manager encompasses the management of our Development Officer staff, progressing new developments and leading out on our training offering to communities and corporates.

Aisling Doherty is our new Mental Health Promotion Manager. Aisling's role is dedicated to supporting and guiding the organisation in all aspects of Mental Health Promotion via our programmes, partnerships and all output. All of our programmes must have a strong research or evidence base to ensure best practice and impact.



MENTAL HEALTH ASSOCIATIONS (MHAs)

Mental Health Ireland is a membership based organisation with a network of Mental Health Associations across the Republic of Ireland. While they are autonomous, Mental Health Associations share the mission, vision and values of Mental Health Ireland and participate in projects organised at national level. The MHAs are run by local community volunteers; service users, family members, friends and mental health professionals. During 2018, MHAs began the process of seeking registration with the Charity Regulator in their own right. This is a legal requirement for all charities operating in Ireland.

The Mental Health Associations engage in mental health promotion and fundraising in their local communities and while differing in size, scale and scope, many Mental Health Associations engage in peer-led activities, provide social supports for service users, and promote the social inclusion of people with mental health difficulties.

DEVELOPMENT OFFICERS (DOs)

In 2018 our nine Development Officers (DO), provided continuing support to the Mental Health Associations across their designated regions. Our Development Officer Team plays a central role in mental health promotion within their region and develop awareness raising initiatives and targeted education and training on mental health. Development Officers actively support HSE's ARI (Advancing Recovery in Ireland) and Mental Health Engagement programmes. MHI's Development Officers deliver many accredited training programmes include SafeTalk and ASIST, the recently developed Mental Health and Wellbeing and the new 'Five Ways to Wellbeing' programmes.

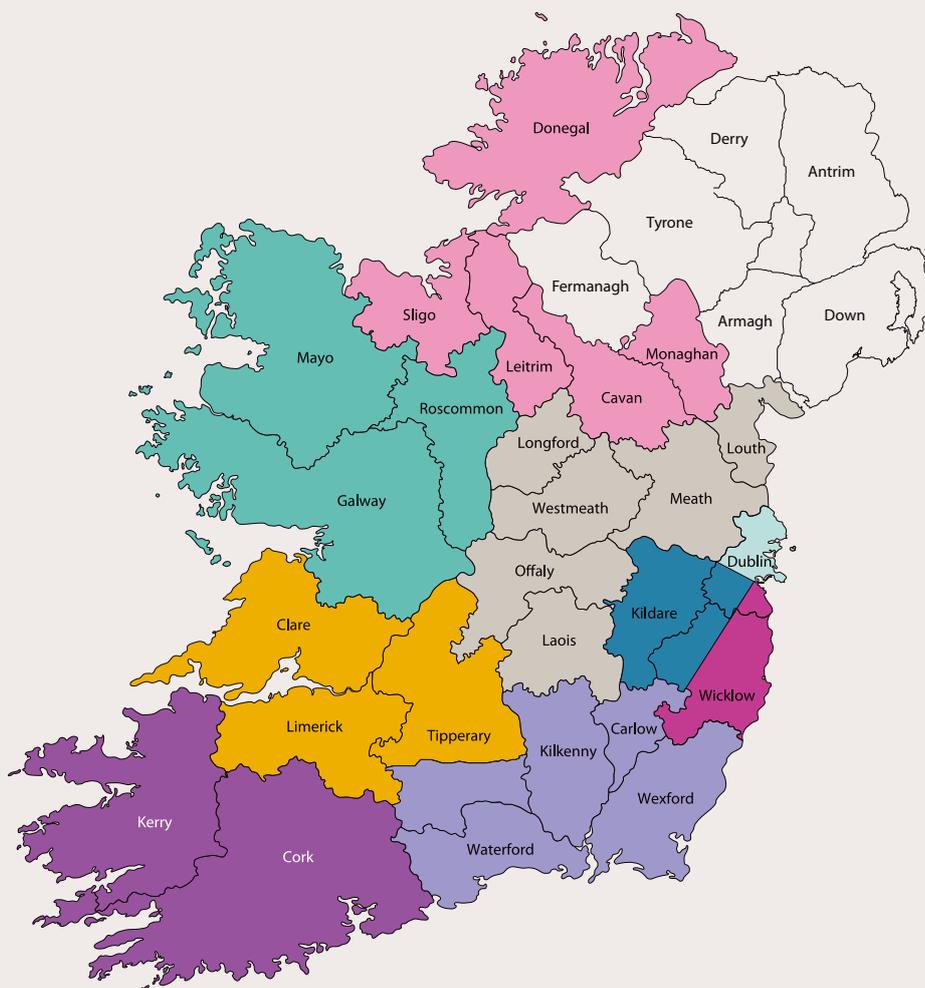
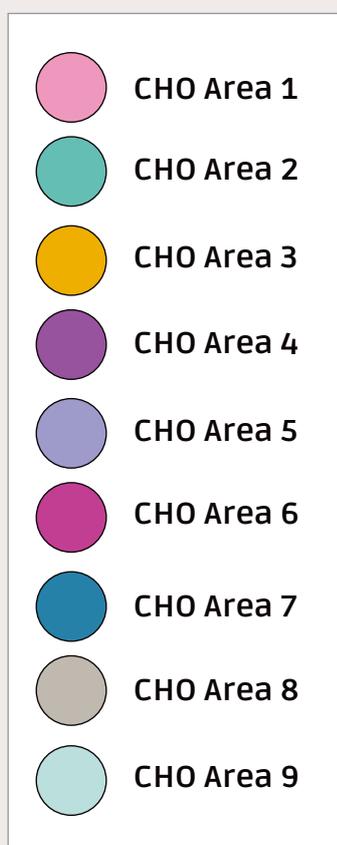
Our Development Officers are funded by the local HSE Community Health Organisation (CHO) areas under detailed Service Arrangements with the HSE. This support is critical to the success of our MHAs and MHI at a regional level. Each DO works in partnership with statutory and voluntary organisations to develop mental health promotion and recovery initiatives locally. Within their role, they have the flexibility to adapt to local priorities, often working out-of-hours to engage more fully with local communities.

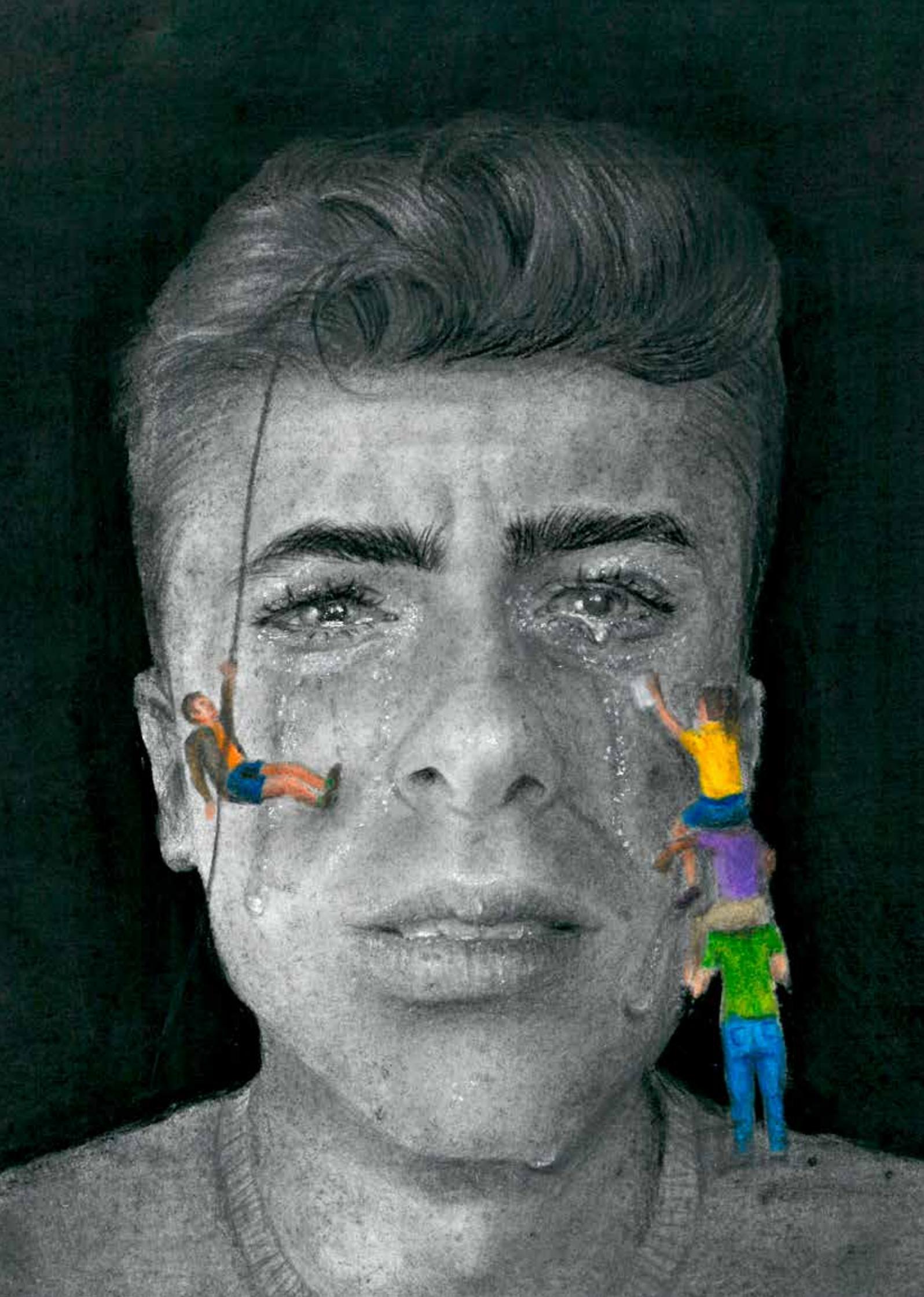
Our Development Officers are nominated partners in progress key objectives in the Connecting for Life Action Plans at CHO level and work with a broad range of NGO and community partners within the sector.

Our Development Officer team grew in 2018 to include Mar Healy on a part time basis serving Counties Sligo & Leitrim and Miffy Hoad took up a full time position covering Counties Cavan & Monaghan.

AREA DEVELOPMENT OFFICERS

CH01	Donegal, Sligo & Leitrim, Cavan & Monaghan	Bill Vaughan & Mar Healy & Miffy Hoad
CH02	Mayo, Roscommon & Galway	Nicola Morley & Teresa Keane
CH03	Clare, Nth Tipperary and Limerick	John McElhinney
CH04	Kerry & Cork	No Mental Health Ireland DO in 2018
CH05	Waterford, Wexford, Sth Tipperary, Carlow, Kilkenny	Linda Thorpe
CH06	Wicklow, Dun Laoghaire, Dublin South East	Michael Noble
CH07	Kildare, West Wicklow, Dublin West, South City & South West	No Mental Health Ireland DO in 2018
CH08	Offaly, Laois, Longford, Westmeath, Louth & Meath	Finola Colgan
CH09	Dublin North, North Central & North West	No Mental Health Ireland DO in 2018





Mental Health Ireland's Activities

Since the foundation of Mental Health Ireland in 1966 the activities of the organisation have had a twinned purpose; promoting mental health locally and nationally and supporting people with mental health difficulties in services and in the community. Mental Health Ireland's work is informed by and aligned to national policy including:

1. HEALTHY IRELAND

2. A VISION FOR CHANGE

3. CONNECTING FOR LIFE

4. THE NATIONAL FRAMEWORK FOR RECOVERY

Mental Health Ireland continues to support and develop innovative initiatives aligned to our founding principles. In 2018 we developed our three year strategy from 2019 – 2021 with all of our output coming under three headings:

1. MENTAL HEALTH PROMOTION

2. LIVING LIFE WELL

3. ORGANISATIONAL FITNESS



1. Mental Health Promotion

In order to achieve better mental health and wellbeing for all, Mental Health Ireland addresses its mental health promotion work at three levels:

- **Strengthening individuals**
- **Strengthening communities**
- **Reducing structural barriers**

Mental Health Ireland recognises the importance and value of investing in mental health promotion. We want to strengthen our efforts to promote the protective factors, reduce the risk factors and prevent mental ill health in Ireland and to ensure a more flourishing society in years to come. We understand our strengths in this field and to reaffirm our commitment to the area, we hired Aisling Doherty, our first Mental Health Promotion Manager in January 2018.

The establishment of this role was seen as a positive and progressive step as there were very few professionals working exclusively in Mental Health Promotion in Ireland. The unique advantage of developing a Mental Health Promotion role is it enables Mental Health Ireland to explore our current Mental Health Promotion activity and align our work to evidence based practice.

We spent 2018 exploring the needs and understanding of our volunteers and partners. We worked with academic and expert bodies during the development of our Mental Health Promotion section of our strategy to ensure it was inclusive of all staff, volunteers, and our wider community.

In our strategy, we have made explicit commitments in the promotion of positive mental health and wellbeing for all people, while targeting those who are most at risk of poor mental health. Our strategy will provide our roadmap for our Mental Health Promotion activities and allow us to work with our Mental Health Associations in strengthening their evidence based campaigns and initiatives.

Mental Health Ireland will continue to work with statutory agencies in the development and implementation of programmes that are sustainable and underpinned by theory, research and based on targeted needs. Finally, our Mental Health Promotion department will continue to support the valuable work of our Head Office staff and Development Officers in the community and work to develop new offerings for the variety of audiences we engage and support each day.

NATIONAL EVENTS

Art & Photography Competition

The Art and Photography Competition for post-primary schools continues to attract large entries with excellent work being submitted by a growing number of schools. We had 81 schools participating in 2018 which is an increase on 2017.



The National Art Winner was Jonathan O'Keefe from Kerry.



The National Photography Winner was Marcus Prouse from Louth.

The National Winners in Art and Photography receive a €250 *One4All* voucher and the Provincial Winners receive €50 *One4All* vouchers. The winning pieces and a number of selected entries appeared in Mental Health Ireland's 2019 calendar.

Provincial winners in the Art Category:

- Connaught:** Bella Quinn, Mayo
- Munster:** Molly Kennedy Trainor, Cork
- Ulster:** Gertruda Kalvynaite, Monaghan
- Leinster:** Sarah Bull, Offaly

Provincial winners in the Photography Category:

- Connaught:** Brian Joyce, Mayo
- Munster:** Yuriy Eliyashevskyy, Waterford
- Ulster:** Louise Gorman, Monaghan
- Leinster:** Kieran Clohessy, Kildare

All of the above plus an additional 20 Highly Commended entries featured in a week long exhibition culminating in an awards night in Dublin City Council offices.

Next year Mental Health Ireland will extend the competition to include students in *Youthreach* and Special Education and will split the Post Primary category into Junior and Senior.



WORLD MENTAL HEALTH DAY & MENTAL HEALTH WEEK

Mental Health Week took place from 8th to 13th of October with most Mental Health Associations hosting at least one event. A number of Mental Health Associations held a week of activities with some hosting events extending over a two-week period.

The theme, set by the World Health Organisation in 2018 was **Young People and Mental Health in a Changing World.**

Nationally, World Mental Health Week was launched at St. Patrick's Cathedral in collaboration with the Cathedral and See Change.

The evening event was a celebration of this year's theme and was open to the public to attend. The cathedral was a stunning setting and we were delighted to welcome nearly 200 people to enjoy spoken word, great live music and personal and professional insights into mental health and young people.

Speakers included Children's Ombudsman, Dr Niall Muldoon, MHI Board Member Dr Colman Noctor, SeeChange Ambassador Zoe

Forde and from SpunOut, we had a contribution from Kiki Matire. Up and coming band State Lights played three songs, with The Iveagh Trust Community Choir doing a pop up choir experience for everyone to joined in.

Our network of Mental Health Associations organised an impressive range of events in communities all over Ireland, for the whole community, receiving great local media coverage for their work over the first two weeks of October.

World Mental Health Day has proven to be a platform for collaboration with local, like-minded agencies running targeted events within a local community context and it is great to see so many of our Mental Health Associations joining forces with groups, charities and organisations in their communities to collaborate on celebrating positive mental health and wellbeing.

All of the events were promoted on Mental Health Ireland's website, social media channels and were featured in some local media outlets.



MENTAL HEALTH WEEK EVENTS

AROUND THE COUNTRY

CHO1 – DONEGAL, SLIGO & LEITRIM, CAVAN & MONAGHAN

Our Development Officer for Donegal, Bill Vaughan organised a concert in Letterkenny to mark World Mental Health Day which highlighted positive mental health. Over 200 people were in attendance and everyone left with a deeper understanding of positive mental health.

Bill also organised a great walk in connection with Cloughaneely Mental Health Association to celebrate Mental Health Week.

Our Development Officer for Cavan & Monaghan, Miffy Hoad attended a number of events during Metal Health Week. As Miffy had only recently been appointed to her post it proved to be a great introduction and networking opportunity. She supported information stands in the local Tesco attracting feedback from over 130 people about their own experience of mental health.



Our interim Development Officer for Sligo and Leitrim, Mar Healy, was heavily involved in a number of projects during Mental Health Week. Mar collaborated with Leitrim Development Company and the HSE Health Promotion Division to support a festival of positive mental health events across county Leitrim including Positive Mental Health Talks with North West STOP, Canoeing for Young People with YWI North Connaught and Self Care for Women with North Leitrim Women's Centre, to list just a few.

Mar also supported the development, design, printing and distribution of the World Mental Health Week Brochure across County Leitrim. Mar delivered two public talks on the Healthy Mind and co-organised a pop up wellness hub in Quayside Shopping Centre with local mental health nursing students from the HSE on site to offer guidance and signposting to members of the public.

CHO2 – MAYO, ROSCOMMON & GALWAY

Our Development Officer for county Mayo, Teresa Keane, co-ordinated the Disconnect and Connect Conference with Guest Speaker and Mental Health Ireland Board Member, Dr Colman Noctor. The event was organised by Mayo Mental Health Fair Committee comprising Mental Health Ireland, Mayo Mental Health Association, Employability and the HSE Connecting for Life and The Irish Donkey Society.

Over 400 Transition Year Students attended the conference where the concept of living in an “*always on*” society was discussed. Teresa also organised The *Five Ways to Wellbeing* Conference in



Roscommon during Mental Health Week. The half day conference was free for the public to attend and opened by Mental Health Ireland CEO Martin Rogan. Five Community Workers focused on each of the *Five Ways to Wellbeing* informing attendees how they might integrate them into their daily lives.

CHO3 – CLARE, NORTH TIPPERARY & LIMERICK

John McElhinney is the Development Officer for CHO3. John sits on the organising committee for Mental Health Week in Limerick. Limerick Mental Health Association organises a very successful week jam-packed with activities for the whole community.

One of the main events is their spectacular ‘*Shine a Light on the River*’ which saw locals lining the bridges across the River Shannon shining torches out to the river towards a flotilla of boats which reflected and shone their lights back.

Ennis Mental Health Association launched their first weeklong programme of activity in 2018 with great success at the SONAS Centre in the heart of Ennis.



CH05 – WATERFORD, WEXFORD, STH TIPPERARY, CARLOW, KILKENNY

Linda Thorpe is the Development Officer for CH05. Linda sits on a number of committees/forums including South Tipperary Action Network (*STAN*), *LifelineKK*, Kilkenny, *MensanaFest*, Carlow and Waterford Wellbeing and Link-Up Forum.

During the month of October, Linda and the Mental Health Associations she supports, delivered the following events and activities:

Wexford Mental Health Association held Creativity Counts Art Expo with over 250 people in attendance over three weekends at their centre in Henrietta Street, Wexford.



SouthTipp Mental Health Association held their annual South Tipperary Positive Mental Health Festival with several hundred people attending events throughout the week.

Carlow Mental Health Association hosted their very popular Carlow *MENSANA FEST* over a two-week period. With hundreds of events to suit all members of society it was once again a huge success and a great community collaboration in Carlow Town and across the county.



CH08

Finola Colgan is the Development Officer for CH08 covering the Midlands, Meath and Louth. During Mental Health Week, Finola organised and supported a number of events including, Westmeath Age Friendly Information Day, Carers Ireland Annual Conference, Teagasc National Open Day for Beef Farmers, Shamrock GAA Club launch of Health and Wellbeing Club status.



CH09

Michael Noble is the Development Officer for CH06 serving South Dublin and County Wicklow. The main event in the county for Mental Health Week was the annual Arklow Youth Mental Health Week with talks in all of the local secondary schools and a launch event officiated by Minister Simon Harris, Minister for Health. The energy at the launch event was brilliant with amazing performances by the local secondary school students.

COMMUNITY DEVELOPMENT WORK

Across CHO areas, Development Officers support the work of local Mental Health Associations and deliver a range of mental health promotion initiatives, independently and in partnership. The main areas of work of the Development Officers are:-

1. Support the development of local Mental Health Associations;
2. Deliver Mental Health Promotion in local communities;
3. Work in partnership with the HSE and community and voluntary organisations;
4. Support the Social Inclusion of people who experience mental health difficulties in local communities.
5. Delivering accredited and evaluated Training Programmes

Development and fostering partnerships and active communication with key agencies and fellow voluntary groups is a core role of our Development Officers. Here is a snapshot of activities around the country developed and supported by our Development Officers under the headings

- Mental Health Engagement and Recovery
- Collaborations and Partnerships
- Mental Health Association Activities

DONEGAL, SLIGO & LEITRIM, MONAGHAN & CAVAN - CHO 1

We have three Development Officers serving CHO1. They are Bill Vaughan in Donegal, Rachel Reilly in Sligo & Leitrim and Miffy Hoad in Cavan & Monaghan. In 2018 we were delighted to have Mar Healy join us to cover Rachel Reilly's post while she was on leave. Here is a snapshot of their work in 2018.

Donegal

MENTAL HEALTH ENGAGEMENT AND RECOVERY

Bill attended CHO1 meetings in relation to the development of the structures of Advancing Recovery in Ireland in Donegal. He also supported Engagement Network meetings in Donegal and has had input into the network of Recovery Colleges in the North-West.

CONNECTING FOR LIFE

The Development Officer continues to support the local strategy by delivering ASIST and SafeTalk workshops and helped develop a network of people who have completed ASIST training within the country of Donegal.

COLLABORATIONS AND PARTNERSHIPS

Both new and old opportunities were strengthened in 2018 by Bill Vaughan through a long list of networking and partnership developments in Donegal. They included;

- The local HSE Mental Health Services and Health Promotion and Improvement Department
- Donegal Mind Wellness
- Donegal Local Development Company
- Irish Farmers Association
- Teagasc
- National Office for Suicide Prevention (NOSP)
- Connect Mental Health
- Alcohol Forum
- National and Secondary schools in Donegal
- LYIT
- Family Resource Centres
- Inishowen Development Partnership
- Jigsaw
- Worklink
- Pramerica
- Sita
- Abbots
- Advancing Recovery Ireland
- Men's Sheds
- Donegal GAA
- Engage Men's Health
- Disability Ireland
- MS Ireland

THE GREEN RIBBON PROJECT

Mental Health Ireland is a founding partner with *See Change*, the National Stigma Reduction agency, and, during the month of May, celebrated their month long national Green Ribbon Campaign. The aim of this campaign is to get people talking openly about mental health and is held each May.

The Development Officer, with the support of local Mental Health Associations, distributed over 1,000 Green Ribbons through local networks.

The Development Officer organized the 5th annual Green Ribbon Family walk in Ards Forrest Park in partnership with *Coilte*, the Irish Farmers Association and DLDC.

The #littlethings Campaign and yourmentalhealth.ie projects with the NOSP were consistently promoted in all training and information sessions delivered by our Development Officer.

Bill also continues to support and promote the WRAP programme throughout County Donegal.

MEDIA COVERAGE

During the year local media both print and radio were very supportive in highlighting many aspects of local Mental Health Associations and Mental Health Ireland Regional activities. These include:

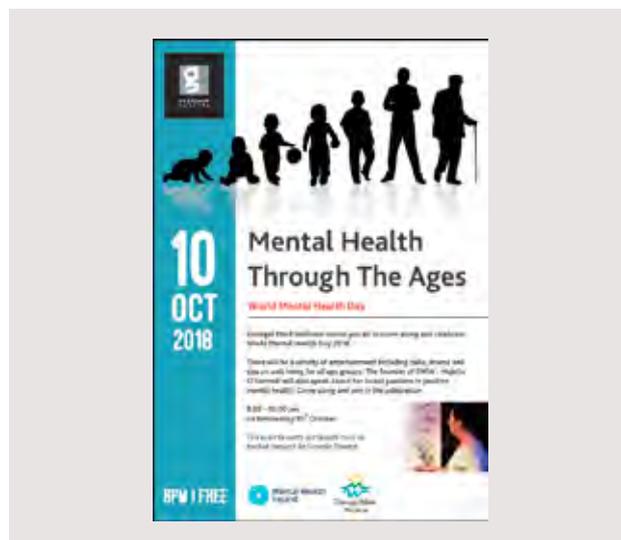
- Highland Radio
- Donegal News
- River Media New
- Inish Times
- Donegal Daily
- Donegal Mind Wellness Facebook page

The Development Officer had a number of Mental Health Promotion articles published in local media promoting various mental health topics throughout 2018 including World Mental Health Week / Green Ribbon Campaign / Suicide Awareness Day. This work is really important as it raises our profile within the county.

DONEGAL MIND WELLNESS & CONNECTING FOR LIFE

The Development Officer continued to coordinate and facilitate Stress Control programmes for the charity Donegal Mind Wellness throughout Co Donegal during 2018, as well as manage their Facebook page and advertising of the programmes and other related events.

Some activities from a selection of the Mental Health Associations in Donegal.



GET TOGETHER INISHOWEN MENTAL HEALTH ASSOCIATION

- Get Together Inishowen is a self-directed social group that meet weekly and organise social trips away for its members.
- The association supported many outings for their members to social events including dinners, cinema trips, walking and sightseeing trips.
- The Association supported and attended the Green Ribbon High Tea event.
- They raise money in several ways including pub quiz's, church gate collections and running a pop up charity shop.
- They had a stand at MHI's *Learning and Networking* Event in November

CLOUGHANEELEY MENTAL HEALTH ASSOCIATION

- The members supported the local Solas mental health walking project with lunches on World Mental Health week
- Several members attended Mental Health Ireland's National Conference in November.
- The members hosted the annual Christmas dinner for members of the Day Centre in December.



KILLYBEGS MENTAL HEALTH ASSOCIATION

- Killybegs MHA raises funds through a church gate collection and this was used to fund a mental health and gardening project in Donegal town.
- Due to small numbers, the association is considering merging with one of the other local associations.

CAVAN & MONAGHAN - CHO1

Miffy Hoad joined us mid 2018 as Development Officer for Cavan and Monaghan. Miffy has developed strong links across both counties with a view to progressing projects in 2019. In particular, the local libraries are keen to engage around projects related to Wellbeing.

MENTAL HEALTH ENGAGEMENT AND RECOVERY

The Recovery Principles are being employed throughout Cavan & Monaghan through the Home-Based Mental Health teams. Miffy also sits on the *Advancing Recovery Ireland Committee*, which meets bi-monthly and is always well attended. She also contributes to the two sub-committees on Education and Communication.

Miffy attended the Mental Health Engagement forums in Cavan & Monaghan to introduce herself in her new role with Mental Health Ireland. She is assisting the Engagement Forum committee with recommendations on increasing attendance at the forums and advised on the current literature being used with a view to making the language more accessible.

Towards the end of the year Miffy and Bill Vaughan met to propose the development of a Peer Advocacy Service following the Mental Health Engagement Process. Representatives from GROW, Aware and Mental Health Ireland were in attendance. The outcome of the meeting was a three-fold approach to Peer Support.

Initially they would seek to provide peer support for family members/carers at the point of emergency/crisis when the service user is being admitted to hospital. A peer advocate/support worker would be made available for the family member/carer. The level of support would vary depending on the individual and could range from being a 'listening ear' to active advocacy.

It was agreed that the utopian model would be a system where by family members/carers would automatically be 'kept in the loop' and their needs addressed on an '*as needed*' basis. There would be education programmes available through Primary Care for family members/carers. All staff would be fully trained in Recovery Principles and all policy and procedure would reflect the same. An initiative to '*educate the educators*' was also discussed. The work is in progress and more meetings will be held in 2019 to further the work.

The Cavan & Monaghan Recovery College will be opened in 2019 with a lot of ground work in 2018 to ensure a smooth roll out of the programmes. The Peer Educators are fully committed and will be supported by Miffy through co-production, co-facilitation, promotion and in an advisory capacity.

COLLABORATIONS AND PARTNERSHIPS

Miffy has partnered with the Social Inclusion Officer Bernie Bradley, Monaghan County Council on supporting those who work in the community on the front line in supporting others.

Initial meetings have taken place with the *CoSynCH* project which is being rolled out by Monaghan Integrated Development and Breffni Integrated Development to offer Wellbeing programmes in the county. Planning started towards building Five Ways to Wellbeing and Mental Health & Wellbeing Programmes for their participants to commence in 2019.

The *Woodlands for Health* walks are very active in both Monaghan and Cavan. Weekly walks are led by trained volunteers. The Cavan Library is the base for the Wednesday walk and an average of 25 people walk each week. In Monaghan Town there are several groups who walk at different times. One of the groups has a spin off group who are now runners.

Miffy lead the adjudication panel charged with judging the Ulster entries into Mental Health Ireland's National Art & Photography competition. The regional judging took place in Letterkenny on the 19th November. The standard of entries was very impressive and promotion of next year's competition will commence early 2019 to encourage more entries from the province.

BAILLIEBOROUGH MENTAL HEALTH ASSOCIATION

Baillieborough Mental Health Association is very active and have regular meetings and activities. Miffy attended the presentation night of their Schools Essay & Poetry Competition under the theme "*Kindness*". It was a very well attended event in the Western Hotel Monaghan town. This project was featured prominently in The Northern Standard with pictures of all the winners.

SLIGO LEITRIM – CHO1

Mar Healy was our Development Officer for Sligo and Leitrim on an interim basis covering leave for Rachel Reilly. Mar was a fabulous addition to our team and we thank her for the work she did on our behalf in the region.

MENTAL HEALTH ENGAGEMENT

Mar sat on the *Advancing Recovery in Ireland* committee in Sligo, attending monthly meetings. She met with the Recovery teams in Sligo regularly to foster relationships and explore ways Mental Health Ireland can collaborate and offer support.

Mar also participated in a one-and-a-half-day seminar to develop the CHO1 Advancing Recovery Education Plan and the implementation plan for the National Recovery Framework across CHO1. She also offered advice on the roll out of a new *Service User Mental Health Passport*.

COLLABORATIONS AND PARTNERSHIPS

Mar collaborated with Leitrim Development Company, the HSE health promotion and other local organisations to support a festival of events across Leitrim supporting positive mental health in the community. These included:

- Movie Screening of *Use your Brain, not your Fist*, Leitrim Comhairle na Nog
- Positive Mental Health Talk, North West S.T.O.P
- Ecumenical Service, Glens Centre, Manorhamilton
- Canoeing for Young People, YWI North Connaught
- Mindfulness and Relaxation, South Leitrim Community Health Forum
- Social Get Together, Glencar Feel Good Centre
- One of the Lads Arts Programme, The Glen's Theatre Centre
- Self-Care for Women, North Leitrim Women's Centre
- Childhood Worries and Anxieties: Parent's Workshop, Carrick-on-Shannon

Mar also connected with relevant local schools to encourage involvement and offer support with the Art & Photography company. She supported psychiatry registrar, Ignazio Graffo of St. Columba's, in his 'Change Your Mind' festival aimed at reducing stigma in the community around mental health issues.

Mar worked closely with the relevant stakeholders involved in Woodlands for Health in Sligo which is planned to be rolled out in Spring 2019.



Collaborating with Connecting for Life, Mar supported the Suicide Resource Officer in designing a poster with mental health services support contact details for the local community. She also collaborated with the Director of Nursing to offer information on services available and training to the travelling community and supported the update of the *Alive2Thrive* website throughout the year.

CHO2 MAYO & ROSCOMMON

Teresa Keane is our Development Officer for CHO2 covering counties Mayo and Roscommon. She is very active across both counties promoting positive mental health and wellbeing.

MENTAL HEALTH ENGAGEMENT

Mental Health Ireland continued to support *Advancing Recovery in Ireland* in CHO 2 in 2018. The Development Officer established links with the new Recovery/ ARI Lead for the area and the newly appointed Peer Educator for Mayo. Mental Health Ireland is committed to supporting local Advancing Recovery in Ireland working groups when they convene meetings and the Mental Health Engagement forums.

The Service Reform Fund (SRF), a joint initiative between Government Departments, the HSE and Genio, aims to re-configure existing services towards more person-centred supports in mental health, disability and homelessness. The Mayo SRF steering committee received a very strong business proposal for a Social Inclusion & Recovery Centre which was supported by the local Advancing Recovery in Ireland group in Mayo.

Development Officer, Teresa Keane, a member of the committee, supported the proposal which is underpinned by recovery principles and offered those using it a personalised, community-based and recovery oriented service. The model proposed has a strong emphasis on moving people forward in their recovery through transitional employment.

The unpublished **Peer Support Worker Handbook** co-produced by the ten peer support workers in Mayo was shared by Teresa with HSE Recovery Lead Michael Ryan in the hope that it would assist him with the development of The National Peer Support Worker framework. Teresa is also sharing the handbook to help co-produce the Peer Support module presently being developed by REGARI.

Mayo Recovery College, the first recovery college in Ireland set up in 2013, is a partnership project between the HSE, the Galway Mayo Institute of Technology (GMIT) and Rehab Care, and supported by Genio, a non-profit investment company, and Mental Health Ireland is the employer.

The curriculum for 2018 included topics such as Let's Talk About Recovery, Self-Esteem, Stress Management, Motivation for the Journey, Living with Depression and Keep Going – Bounce Back (Resilience). Teresa supported the college's Advocacy and Volunteering workshops through the co-production and co-delivery of these modules. The college adheres to the collaborative approach based on adult education principles as a key tool to influence and empower personal recovery.

Mayo Mental Health Fair Committee – is a new committee including people with lived experience, family members, carers, service providers and voluntary group representatives. The group was founded by Teresa Keane in 2018 ahead of the Mental Health Fairs in May and October. The aim of the committee is to work together in a co-produced and co-facilitated way in setting the

agenda and implementation of the event whilst adhering to the guidance of a National Framework for Recovery in Mental Health (2018 – 2020).



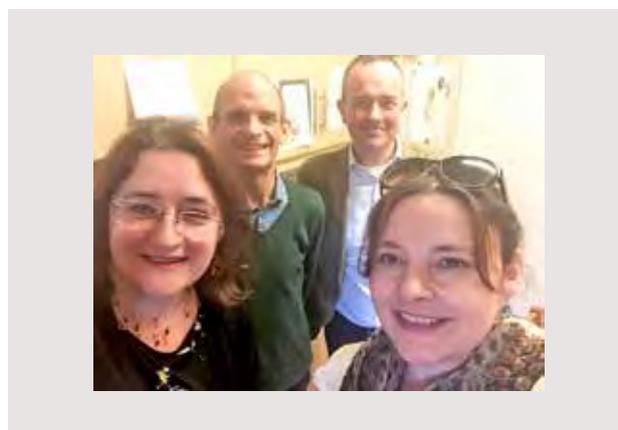
COLLABORATION & PARTNERSHIPS

Midwest Podcasts was an idea proposed and developed by Mayo & Roscommon DO Teresa Keane. The five-minute podcasts broadcast at peak times focus on positive mental health themes aimed at promoting understanding and awareness around mental health and self-care strategies.



Teresa has produced 31 podcasts covering topics including Understanding Mental Health, Relationships with others, Stress, Self-Care and Resilience and Mindfulness. This was only made possible by working closely with her partners including Flourish at the Family Life Centre, Mayo Recovery College, REGARI, and Mindspace Youth Panel.

Music in Mind is a collaborative music programme developed between the National Concert Hall and Mental Health Ireland. The aim of the programme is to provide people with mental health difficulties the opportunity to play music in an enjoyable and participative way either as part of a choral or percussion group. Dolman House in Ballina facilitated the two eight-week-long programmes. It was hugely enjoyed by a large group of participants and received excellent evaluations from all those who took part.



Roscommon, Castlereagh and Boyle Training Centres with the Head of Occupational Therapy, partnered to introduce 25 participants to the three month *Woodlands for Health* programme of 12 walks. Four walks at three venues including Lough Key, Mote Park and Castlereagh. All participants really enjoyed the programme with very positive feedback.

Teresa Keane is also a member of Mayo Suicide Prevention Alliance which raises awareness of positive mental health and wellbeing and of suicide prevention and support services in County Mayo.

Mayo Suicide Prevention Alliance produced an A to Z Directory of Mental Health Services which contains a wide range of information on the supports and services available to people who want to find resources to support their mental health in Mayo. It is also a valuable resource for health professionals and for the voluntary sector.



Teresa Keane was invited to do a series of evening talks throughout libraries in both Roscommon and Mayo. Healthy Ireland at your library is in full swing throughout Mayo and Roscommon, with Healthy Ireland book titles available to borrow from all branches. The books on the reading list deal with various strands of the Healthy Ireland programme - healthy childhood, healthy eating and active living, wellbeing and mental health, positive ageing and dealing with dependence on alcohol and/or tobacco.

MENTAL HEALTH ASSOCIATIONS

Mayo Mental Health Association is one of most active groups in the country. They have monthly activities that include the whole community

January	Official Launch of Connecting for Life
February	Functional Fitness collaboration - €1 for every lb lost donated to Mayo MHA Children's Mental Health Week
March	The Healthy Club Project – GAA clubs Open House every Tuesday for visitors to the office Beleek Woods 5KM Fundraiser - €1,118 for Mayo MHA Moving Your Mind – Initiative for rural communities connecting physical health and mental health
April	Youthreach Ballinrobe visited for an information session
May	St Gerald's College – Schools Go Orange & information session with 6 th yrs
June	Mayo MHA Art Competition themed 'Minding Yourself' and 'Friendships' Charity Cycle by AIA Loss Assessors Ltd South Midlands Golf Society Captains Dinner and fundraiser Youthreach Gaelic Football 7s – Mayo MHA Cup
July	Sponsor of SSE Airtricity Under 15 National League
August	Wake Up Wellness Workshops with Joanne Clarke
September	Islandeady GAA Sponsorship
October	World Mental Health Day and Mental Health Week Video created to celebrate mental health shown on social media and cinemas Coffee morning for Castlebar Town businesses
November	Core Principals Pilates Classes with Natalie Langan
December	St Nathy's information session 'Breathe'

Participants at Castlebar Training Centre in Mayo made their lunchtime extra special by holding a smiley pancake awareness raising event.

The group popped some smiles on their pancakes and then enjoyed them together over tea and a chat. Noel one of the participants said "so many things you have no control over but a smile is not one of them!

Participants at Clorina House in Roscommon also enjoyed a lovely breakfast of Smiley Pancakes.

As did participants from Dolmen House in Ballia Co Mayo. And Foxford National School also rose to the challenge and put some smiles on their pancakes!!

GALWAY CITY & COUNTY - CHO2

Nicola Morley is our Development Officer for Galway City and County.

MENTAL HEALTH ENGAGEMENT

Mental Health Ireland continued to support *Advancing Recovery in Ireland* in CHO2 in 2018. The Development Officer established links with the new Recovery/ Advancing Recovery in Ireland Lead for the area and the newly appointed Peer Educator for Galway. Mental Health Ireland is committed to supporting local Advancing Recovery Ireland working groups when they reconvene meetings and the Mental Health Engagement forums.

As part of Mental Health Ireland's ongoing commitment to Recovery in CHO2, Nicola joined the newly formed Galway Recovery College Operations Group, which is responsible for guiding, advising, evaluating and reviewing the progress of the Recovery College. A phenomenal amount of work has been undertaken and achieved by the Peer Educator and the Operations Group to get the college up and running from logo design, co-produced module selection, securing the location of a hub in the ILAS in NUI Galway, to training co-facilitators. The launch of the Galway Recovery College is planned for February 2019.

Nicola co-facilitated the three-day Recovery Principles and Practice Facilitators Training with two other facilitators on behalf of Advancing Recovery in Ireland in December. The aim of this training was to have a cohort of facilitators in CHO2 to deliver the Recovery Principles and Practice workshop to HSE staff.

Nicola also supported the Music in Mind project which took place in one of the day centres in the HSE Mental Health Services in Galway City.

Nicola linked in with the Suicide Resource Officer in Galway re the local Connecting for Life Action Plan and is currently working on commitments for 2019 in respect of that plan. The Development Officer was also asked to join the CHO2 Steering Committee for the Connecting for Life Action Plan. This group will hold their first meeting in January 2019.

COLLABORATION & PARTNERSHIPS

This academic year saw the roll out of Mental Health Ireland's Art and Photography Competition being judged by province. The Development Officer in Galway City and County was the project lead for Connaught this year. This involved setting up an adjudication panel which consisted of a Mental Health Association representative from Galway MHA, a local photographer, a local artist and the Development Officer.

There were over 500 entries for Connaught and the judging of the entries took place on 14th November in the Loughrea Hotel and Spa. The quality of the entries was excellent. Mental Health Ireland's Head of Communications and Fundraising, Jill O'Herlihy, attended on the day.

Our Development Officer developed links with the organisers of the Maternal Mental Health Symposium in NUI Galway and provided an information and awareness stand at their event during Mental Health Week in October 2018.

Nicola was delighted to have developed links with Galway & Roscommon Education and Training Board (GRETB) in 2018. GRETB partnered with Mental Health Ireland during Mental Health Week to promote the Five Ways to Wellbeing campaign throughout GRETB facilities to both staff and students and we hope to strengthen the working relationship and offerings throughout this ETB in 2019.



The Development Officer developed a link with the Healthy Galway City Project which is part of the Healthy Galway City Strategy 2018-2020. Mental Health Ireland have committed to providing a number of Five Ways to Wellbeing Workshops for the project in Q1 of 2019.

The Development Officer continued to liaise with the Chaplaincy Service and the Seas Suas programme in NUIG. As part of the Seas Suas Programme, Mental Health Ireland delivered a talk to over 100 volunteers in October.

MENTAL HEALTH ASSOCIATIONS

Nicola has been actively engaged with Head Office in relation to the governance requirements of the Associations in her area. This has included reviewing existing Associations and looking at the potential for developing new Mental Health Associations in Galway. There are currently three very strong Mental Health Associations in Galway City and County, including Galway Mental Health Association, Tuam and District Mental Health Association and Cosáin- Pathways to Recovery. We are delighted to continue to work with and support Volunteers in these MHA's.

Nicola Morley has been working with Galway Mental Health Association on a number of initiatives throughout Q4 of 2018. A number of these are due to take place in Q1 of 2019. These include organising a Mental Health First Aid workshop for Galway City, which Galway Mental Health Association will be supporting as the 'Host' organisation.

CHO3 CLARE LIMERICK AND NORTH TIPPERARY

MENTAL HEALTH ENGAGEMENT

Mental Health Engagement Local Forums got under way in 2018, with preparations for the commencement of the Area Forum to commence in 2019. John Mc Elhinney, Development Officer, will represent MHI on the Area Forum commencing January 2019.

In 2018, CHO3 was successful in its application for funding from the Service Improvement Fund, providing support for Mid-West ARIES (Advancing Recovery in Ireland Education Service), Individual Placement Support, and support to secure Housing.

ARIES has completed training with a panel of facilitators who facilitate workshops in the community including 'What is Recovery?', 'Understanding Mental Health Services', 'Advocacy & Empowerment', 'Diagnosis & Beyond', 'C.H.I.M.E', 'After Recovery, What Next?' and 'Living Well With Anxiety'.

John represents Mental Health Ireland on the *Advancing Recovery Practice Working Group*, which first met in October 2018, and monthly thereafter.



COLLABORATION AND PARTNERSHIPS

John represented Mental Health Ireland on the Connecting for Life Implementation Group and Partnership Sub Group. The sub group organised a conference in November 2018, held at Thomond Park, themed 'Are We Connected?'. The work of Mental Health Ireland was very well represented with John Mc Elhinney facilitating a workshop entitled 'Connecting with our Positive Selves', and was a panellist for the Q & A section of the conference.

Specifically, Mental Health Ireland is leading on the following Connecting for Life actions in CHO3, reported upon quarterly: -

- Promote and support annual 'Mental Health Week'
- Support Mental Health Associations to implement best practice guidelines and protocols on suicide prevention and volunteer recruitment.
- Support the activities in the three Peer Support Centres, Le Cheile (Limerick), Aras Follain (North Tipperary), Kilrush (West Clare MHA)

The Development Officer supported the *Music in Mind* project, a partnership initiative with the National Concert Hall which took place in Kilmallock & District Mental Health Association, and North Liberties Mental Health Association.

Woodlands for Health was hugely popular with participants in 2018, an initiative funded by Get Ireland Walking, in partnership with Mental Health Ireland, Limerick Mental Health Association, Limerick Sports Partnership, Coillte and Go-GREEN Ex.



This year's Art and Photography Competition saw Mental Health Ireland's judging take place regionally, with placed entrants progressing to the national finals. The Development Officer in Clare, Limerick and North Tipperary was the project lead for Munster this year. This involved setting up an adjudication panel which consisted of a representative from Cork Mental Health Association, a local photographer, a local artist and the Development Officer.

There were over 600 entries for Munster and the judging of the entries took place on 12th November, generously hosted by The Savoy Hotel, Limerick. The quality of the entries was excellent. Many congratulations to all students who submitted an entry.

MENTAL HEALTH ASSOCIATIONS

Ennis Mental Health Association organised a fantastic week of activities for the community during Mental Health Week.



West Clare Mental Health Association welcomed eight new committee members in 2018. The committee now has a wide range of skills and experience available, including two new members who have lived experience and are trained peer support workers.

West Clare Mental Health Association launched their Piece of Mind Booklet which highlights mental health supports and services at local and national level. The booklet was produced by Ennis Mental Health Association in collaboration with West Clare Mental Health Association, North Clare Mental Health Association and Shannon Mental Health Association. The Booklet was launched by John Burke at Kilrush Community Centre on the 15th of March 2018 and was distributed by WCMHA throughout West Clare during the year.

West Clare Mental Health Association have been working with Mental Health Ireland to establish the first Peer Support Centre in West Clare. After four years of hard work, they were delighted to sign a five-year Lease with the HSE in October 2018. They are working towards opening the Centre in Summer 2019.



The Association were joint beneficiaries of the annual Turkey Run fundraising event in the Vandeleur Walled Garden. The funds raised will go towards the upgrade and upkeep of 'The Lighthouse' Peer Support Centre.

Raheen & District Mental Health Association funded Equine Assisted Psychotherapy in consultation with Rehabilitation Psychiatry and Clonshire Equestrian centre. It is centred around

activities with the horses where attendees learn about themselves and others with a focus on personal growth and emotional development.

Raheen & District produce a newsletter called A Spot So Fair, a vital platform for individuals to express personal stories and demonstrate recovery focused initiatives throughout the services.

Limerick Mental Health Association is a very active association. Their three highlights from the year were:

1. Launch of Limerick Mental Health Association Strategic Plan.

Their volunteer board produced their first Strategic Plan in 2018. It took a lot of commitment from board members and staff, and over a year of consultation to decide their plan for the next three years.

At the core of their plan is the expectation that, given the right information and support, everyone can enjoy good mental health and well-being. They do this by raising mental health awareness in their community and supporting people experiencing mental health issues. They work in partnership with users of the service, their families as well as community services.



The Strategic Plan was launched publicly on 17th May 2018 at the Engine Innovate Centre on Cecil St. in Limerick. Staff and Volunteers from Limerick MHA generously shared their experience of developing their strategy at the national Learning & Networking event in November 2018.

In addition, the launch was a lovely, inclusive event, with speeches from the all of the stakeholders involved including Board Members, the CEO of Mental Health Ireland and volunteers.



Limerick Mental Health Association were delighted to run the first *Woodlands for Health* programme in Limerick. In collaboration with Mental Health Ireland, Limerick Sports Partnership, Get Walking Ireland and Coillte and supported by Centra Raheen. This walking group is still going strong and is appreciated by Limerick Mental Health Association members.

CH05 - WEXFORD, WATERFORD, CARLOW, KILKENNY & SOUTH TIPP

MENTAL HEALTH ENGAGEMENT

Linda Thorpe, Development Officer for CH05 currently plays an active role on the implementation and development committee of the *Advancing Recovery Ireland* group in Wexford and Waterford.

The following three projects were developed in 2019, all co-produced with service users, family members and professional staff.

1. **Welcome Pack for Department of Psychiatry at Waterford Regional Hospital**
2. **Flow Chart regarding access to services for all GP services**
3. **Research into best practice for Peer Support**

Linda attends Recovery College meetings in the area to support the rollout of their training programmes. She is also a member of the Regional Advancing Recovery in Ireland committee. In 2018 she supported and strengthened capacity building of peers through the Involvement centres in Carlow & Kilkenny which was of paramount importance.

An Involvement Centre was opened in Clonmel in South Tipperary in Autumn 2018 which was a great success, after many years of hard work and dedication to the objectives of Advancing Recovery in Ireland.

Linda Thorpe is an active member of both Wexford and Waterford **WRAP groups**. She supports the programmes through delivering, fostering and strengthening of WRAP networks and programmes. Linda is committed to the development of the WRAP movement in Wexford and Waterford.

In CH05 there are five separate Connecting for Life Committees, one for each county. Linda sits on all five committees and is actively engaged in the strengthening, maintaining and support of the implementation of these plans.

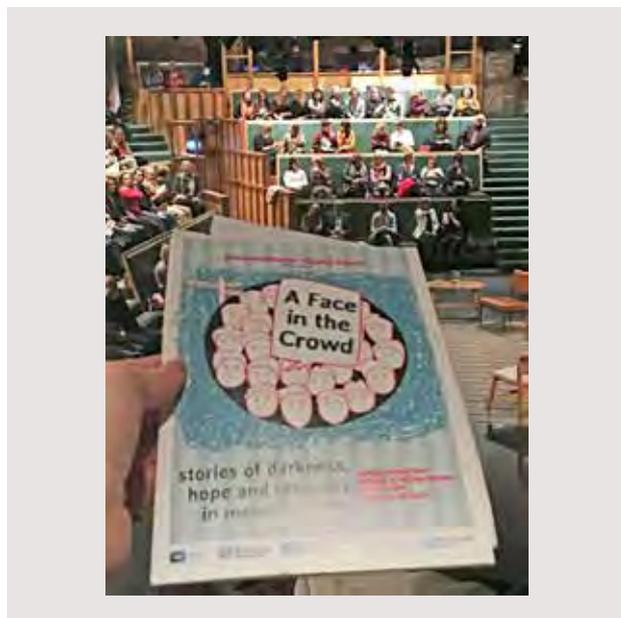
COLLABORATIONS AND PARTNERSHIPS

Woodlands for Health is a programme in partnership with Wexford Sports Partnership, Get Ireland Walking, Coillte, Wexford Mental Health Association, Wexford Mental Health Services and Mental Health Ireland. This prescribed walking programme was an outstanding success. The programme ran for ten weeks and was well attended.

Discover/Recover Theatre Project- “A Face in the Crowd”

The model of the project is to invite participants to engage with the topic of mental health and suicide through the mediums of:

- Live drama performance
- Post-Performance Workshop facilitated by mental health professionals
- Project Booklet



Through partnerships between the **Waterford/Wexford Mental Health Services**, the **Wexford Mental Health Association**, local schools and local theatre production the project has grown and reached so many local students in the counties.

The final performance was held in January in Smock Alley, Dublin as part of the First Fortnight Mental Health Culture & Arts Festival. It was a wonderful night and truly successful project. Monies are now being sought to complete a piece of research on this project to provide the evidence-based criteria to enable it to be rolled out nationally. Linda Thorpe has actively supported the project throughout.

“The real human experience of mental health difficulties, are all around us, but we often don’t see it. It is rarely spoken about and the details of the impact on individuals and families are rarely shared. This project, through the sharing of sincere true life stories, offers not only a rare glimpse into a hidden world, but also offers enlightenment and hope”.

The following is a list of organisation/community groups with which Linda Thorpe our Development Officer was actively involved in 2018:

- Waterford Local Sports Partnership
- Healthy City- Waterford through Wellness/Link-Up group Waterford
- Public Participation Network, Community Department, Wexford County Council
- PPN-Waterford & Wexford
- Shine, Grow, Aware, Samaritans
- Active Retirement Groups
- Irish Countrywomen’s Association
- Rotary Club Wexford/Gardai
- Hope & Hospice Homecare Cancer support services Wexford
- Acquire Brain Injury Ireland
- Spinal Injury Ireland
- Teach Tom – Peer Support Kilkenny
- Irish Wheelchair Association
- L.G.B.T.I. – South Tipperary Area
- Macra
- FDYS – Youth Services Wexford
- Enniscorthy Rugby Football Club

In the South East, Linda Thorpe represented Mental Health Ireland as Chairperson of LINK-UP Wexford. Linda also sits on the committees of, working in a collaborative way, strengthening and maintaining connections, with

1. **S.T.A.N.-South Tipperary Action Network**
2. **LifelinKK- (combination of Lifeline & Link-Up groups)**
3. **Waterford Wellness & Link-up Forum.**

By working in this way Linda is able to network with many different and diverse organisations within the Mental Health field enabling the Development Officer to extend recovery into communities, fostering positivity and creates hope for a better future for all.

MENTAL HEALTH ASSOCIATIONS

2018 was a very active year in the Southeast. The Development Officer worked with each of the Mental Health Associations in a collaborative way, supporting them by fostering and strengthening connections and by delivering training.

WICKLOW, DUN LAOGHAIRE & DUBLIN SOUTH EAST - CH06

Michael Noble covers the areas of Wicklow North, Dun Laoghaire and Dublin South East.

MENTAL HEALTH ENGAGEMENT

The North Dublin *Triologue* was supported by Michael Noble throughout the year. A Service Reform Fund event took place in Kildare which Michael participated in.

The Mental Health Engagement Forum meetings took place throughout the year to establish coproduced activities for the area and Michael sat on these committees.

Michael participated in a number of committees throughout 2018 including:

- Connecting for Life
- The Bray Partnership Disability Group
- Co Wicklow Volunteer Bureau
- The Department of Social Protection Disability Consultative Group
- Jigsaw D15
- Finglas Positive Wellness Committee

COLLABORATIONS AND PARTNERSHIPS

The Development Officer liaises with HSE staff, local Mental Health Associations and service users to organise and fund a range of respite activities for people in the communities in CH06.

Michael Noble is heavily involved with the *Woodlands for Health* programme. Wicklow was the location for the pilot programme and it is still going strong. Two Mental Health Associations, Coillte and HSE staff and services users came together to deliver the programme in Co Wicklow.

The *Music in Mind* programme in partnership with The National Concert Hall was rolled out by two Mental Health Associations with great success.

The Development Officer supported Dublin City and County Libraries, as part of the Healthy Ireland Initiative, to provide public talks and information areas within local libraries.

A number of meetings were held to support the establishment of a new Mental Health Association in CH06 and as a result Clondalkin Mental Health Association was formed in late 2018.

MENTAL HEALTH ASSOCIATIONS

Arklow Mental Health Association hosted a five-day break for services users in Co Wexford in July where they visited Hook Head and other tourist spots. The Association attended two *'Music in Mind'* events funded by the National Concert Hall. All attendees really enjoyed the sessions and would highly recommend them to other groups.

MIDLANDS, MEATH & LOUTH - CH08

MENTAL HEALTH ENGAGEMENT

Finola Colgan is the Development Officer responsible for the Midlands, Meath and Louth. Fostering and developing partnerships and active communication with key agencies and other voluntary groups is a core role of the Development Officer.

Mental Health Ireland is committed to supporting the development of peer involvement and has a national relationship with *Advancing Recovery in Ireland*. Finola attends Advancing Recovery in Ireland Engagement Days and the monthly meetings of the Louth/Meath ARI Committee.

Finola delivered a presentation to Service Users, Family Members and Carers at their July meeting. The outcome was Mullingar Mental Health Association agreeing to fund the co-production of an Information/help card.

Finola has regular meetings with the Suicide Resource Officers in CH08 and attended and supported the launch of the CH08 Connecting for Life Strategy in Mullingar in October 2018. A powerful selection of photos from *"Our Vision Our Voice"* were exhibited at the meeting.



COLLABORATIONS AND PARTNERSHIPS

Finola worked with Meath Sports Partnership and Meath GAA to develop the Wellness Information Board. They hosted a County launch of the Wellness Information Board which was presented to 52 Clubs as a key strategy of their Health and Wellbeing Policy.

Laois GAA and Laois Sports Partnership had a joint launch where 48 clubs were presented with their Wellness Information Boards in the Leinster Council Office Portlaoise.





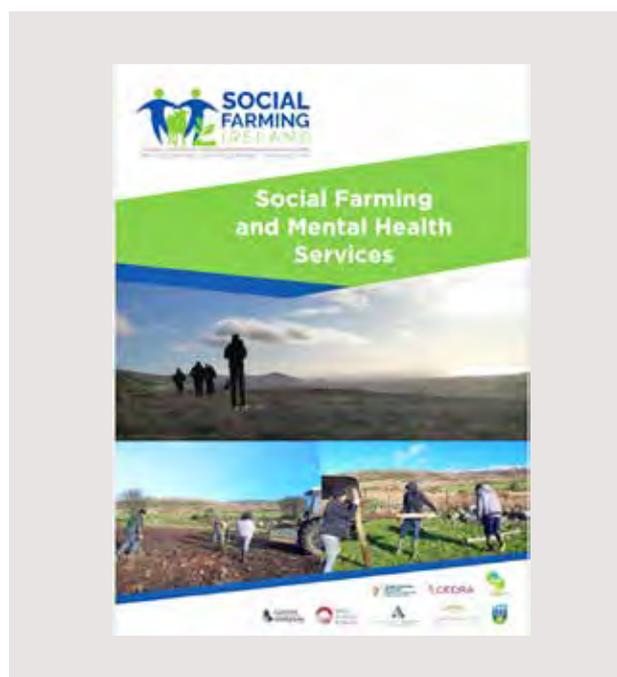
The Development Officer attends quarterly meetings with North Eastern Regional Drug & Alcohol Task Force and has introduced the Task Force to the Mental Health and Wellbeing Workshops.

Finola also presented at the TUSLA quarterly meetings during 2018 with the Louth/Meath Family Resource Networks in Dundalk, Drogheda and Navan.

Offaly MOJO is an evidence based mental health and wellbeing programme for men who are motivated to make changes in their lives. It is an interagency programme funded by the National Office for Suicide Prevention (NOSP), and supported by local agencies to provide a coordinated response to men who are in distress or those who are affected by unemployment. The Development Officer is a member of the IAG and delivers a Mental Health and *Five Ways to Wellbeing* Workshop on each 12 Week Programme.

CH08 has identified the need to promote positive mental health awareness within the farming community in association with their core business, as the organisation recognises the impact of stress within their community.

The 'Coping With the Pressures of Farming' booklet is a key initiative which is co-produced, co-authored and edited by the Development Officer and Teagasc. It has continued to be a strategic and influencing publication for which there is consistent demand. Professor David McDaniel London School of Economics spoke and highlighted the publication as a key resource at the European Federation for Mental Health Conference on the theme, Mental Health in the Work Place, held in Bucharest.



MENTAL HEALTH ASSOCIATIONS

The 11 Mental Health Associations in CH08 are volunteer led groups. The Development Officer attends local Mental Health Associations meetings and AGMs throughout the year and provides ongoing support to help them in the delivery of their activities.

Two eight-week *Music in Mind* sessions, in partnership with The National Concert Hall and Mental Health Ireland, were hosted in conjunction with local Mental Health Services and the local Mental Health Associations.

Between the three centres, over sixty participants took part. A new development within the project during 2018 was to invite family members to participate. There was uptake on this in the Mullingar and Birr centres. Renewed applications were made by Tullamore, Birr, Kells/Navan, and Mullingar Mental Health Associations. All four have been successful and the session will commence early in 2019.

Photo voices "*Our Vision Our Voice*" is a unique collaborative photography project now in its second year encouraging participants to examine through the camera lens their lived experiences of mental health in Longford/Westmeath. The project is facilitated by artist Rosaleen Heavin, local social artist with Mullingar and Longford Adult Mental Health Services, Mullingar

To view and download a free copy of this publication please visit Teagasc www.teagasc.ie or Mental Health Ireland www.mentalhealthireland.ie

 **Screen shot this page and view later**



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Child and Adolescent Mental Health Services and psychiatry for Later Life and Mullingar Mental Health Association. Significant funding is also allocated by Westmeath Arts Council and this is greatly appreciated.



Woodlands for Health in partnership with the HSE Triologue Mental Health Centre, Portlaoise, Mental Health Ireland, Get Ireland Walking and Coillte has had great successes in CHO8. The aim of this walking programme is to provide an opportunity for individuals with a mental health referral to walk in a nature-based environment. While an outcome of the programme is to improve participant wellbeing, this encompasses many factors including; improve and improved awareness.

On average between 18-22 mental health service users participated in the 12 week programme in 2018.

Social Inclusion Events organised by local Mental Health Associations for services users during 2017 include the following:

Mental Health Associations in CHO8 organise Christmas Socials for their members and the wider communities. They also supported day trips and holidays for their members which are always very successful and an opportunity for everyone to get together and experience new places and opportunities as a group.

All the Associations are engaged in fundraising to support their programme of activities and developments and in particular to support social inclusion of people with mental health difficulties within in their local communities.



These fundraising events include attendance at the Mini Marathon, church gate collections and raffles. In Dundalk Mental Health Association they host their annual Rose Day fundraiser in August each year.

Peer Recovery Educators

Mental Health Ireland now has ten Peer Educators on our team with plans to bring more people with lived experience on board. In 2018 Mental Health Ireland recruited two Recovery Educators and two Project Workers in CHO3 to support and advance the work of ARIES in the Mid-West.



Two more Peer Education and Development Officers were employed in CHO6, based in The National Forensic Mental Health Service in Dublin to co-design and co-facilitate Recovery Education modules with Advancing Recovery Ireland. The innovative Evolve Recovery College was initiated during 2018.

Two new Peer Educators were hired in CHO2 to service Roscommon/Galway with the REGARI Recovery College. They are tasked with developing a new Recovery College to service the people of Galway City.

The National Peer Educator Network was established to support the Peer Educators and to provide them with a platform for information sharing and learning and development. The first meeting took place on October 3rd and was a great success. This network extends its support to Recovery Educators who are involved with other Recovery Colleges around the country.

2. Living Life Well

Our strategic theme of *Living Life Well* places the person with lived experience at the centre of their own recovery. Mental Health Ireland recognises and values the insights and expertise of lived experience and understands that this is pivotal to our role as we lead and inform society's understanding of mental health and recovery.

The Living Life Well arm of our strategy incorporates all of our recovery orientated, co-production and peer-led initiatives with people with lived experience. Our work complements and progresses the HSE's National Framework for Recovery in Mental Health and Ireland's mental health policy, *A Vision for Change* (2006).



Living Life Well is an invitation towards hope and progression, to enjoy life and not to be completely defined by one's mental health needs. It also complements our work in Promoting Positive Mental health as it can greatly impact on the global health status and social connectedness for people using mental health services. It is designed to promote self-agency, autonomy and independence.

In Ireland, we need to illustrate that recovery is not only possible or probable but a very real and attainable outcome from serious mental illness. Without the expectation of recovery, there can be a reluctance to seek professional help. We know that late referral tends to compromise the course, duration and outcome of treatment. This is why we need to lift the profile of recovery in the public consciousness.

We also work to redefine stigma as discrimination, by radically changing social attitudes and understanding. At Mental Health Ireland all of our projects, plans, programme and initiatives are advanced in coproduction from the outset. By actively seeking and including the voice of people with lived experience and their family members, we greatly improve the quality of our work. Co-production must be more than a slogan, it must be lived out in all of our behaviours.

Mental Health Ireland aims to be a pragmatic partner in bringing ideas into action and to create the framework for innovative ideas to come into being. Working with pioneers like Jutta Kirkamm at the Mayo Recovery College, we have been able to bring this fresh and hopeful approach to many other communities and settings across Ireland. This is what we mean by Living Life Well.

The Mayo Recovery College is a HSE mental health service innovation in collaboration with GMIT and the first of its kind in Ireland. The college emphasises the role of dialogue, narrative and education as powerful agents in mental health promotion and care.



Jutta Kirkamm was appointed as the first recovery college peer educator in 2013 and began to form and influence a fresh approach to advancing recovery through constructive dialogue and high quality transformative adult learning. The role demanded curiosity, creativity and a receptiveness to

diversity from the start. In all these domains, Jutta proved to be accomplished, confident and compassionate.

The college has come to represent real change in terms of progressive service reform, in that it promotes social inclusion, influences services delivery, fosters personal accounts of recovery and goes a significant way in redefining the relationship between professional and service user. This is a testament to Jutta and her colleagues.

Over 600 registered students have engaged in recovery education since the establishment of the college. A unique feature of the college supported by Jutta from the start, is its open format that invites all students from across the community to participate. The student profile includes people with lived experience, family members, those with an interest in mental health issues and health and social care professionals. The activity at the College is centred on significant collaboration between service users, family members and mental health professionals.

ARI – ADVANCING RECOVERY IN IRELAND (HSE)

Mental Health Ireland facilitates the employment of the Advancing Recovery in Ireland team who are charged with the implementation of the HSE National Framework for Recovery in Mental Health (2018-2020). Mental Health Ireland works collaboratively with the Advancing Recovery in Ireland team in supporting them in achieving its goals through its work on the Recovery Education Advisory Group and Communications and Marketing group.



Mental Health Ireland continues to work collaboratively with the HSE on the following projects:

- Service Reform Fund Project
- Advancing Recovery Ireland
- The Evolve Recovery College at the National Forensic Mental Health Services
- The Recovery College Mayo
- Roscommon/East Galway Mental Health Services
- Recovery College South East
- Service Improvement Programme in CH03
- MindSpace Mayo

Our Development Officers work closely with recovery groups and organisations in their areas. Their collaboration with these networks is highlighted in the Mental Health Promotion section of this report.

CERTIFICATE COURSE IN MENTAL HEALTH IN THE COMMUNITY (UCC)

This Level 6 course, affiliated to University College Cork, has proven to be very popular with a wide range of participants, including people with lived experience, family members, educators, homeless service providers and community leaders.

Mental Health Ireland made provision to support up to 33 participants who met the criteria to avail of the scholarship funding in 2018 which can contribute up to 50% of the course fees. The course took place in Cork, Cavan, Dublin and Clare in 2018.

CERTIFICATE IN PEER SUPPORT WORKING IN MENTAL HEALTH (DCU)

At Mental Health Ireland, through our scholarship programme in 2018, we provided funding to support eight people with lived experience to complete the Certificate in Peer Support Working in Mental Health run by Dublin City University.

We aim to reduce structural barriers and promote equity, and through these initiatives we aim to reduce or remove the financial barriers that could prevent full participation in these educational programmes.

TONY LEAHY SCHOLARSHIP

One person synonymous with the recovery movement was Tony Leahy (RIP), Business Manager, National Service Improvement Unit, HSE, who passed away in November. Tony had a special affinity and empathy for people who used mental health services and their families and was a strong advocate on their behalf, making sure their voice could be heard.



To honour his pioneering work and extraordinary legacy of respect and reform in mental health in Ireland, Mental Health Ireland decided, in consultation with Tony's family, that from 1st January, 2019, Mental Health Ireland's educational bursaries fund will be known as the Tony Leahy Scholarship. This Fund is dedicated to support education and training programmes advancing the areas of co-production and recovery amongst people who use the services and their families.

OUR VOLUNTEERS

We have hundreds of volunteers located in communities all over the country and we are so grateful to them for supporting and promoting Mental Health Ireland's mission, vision and values through their work.



Our Mental Health Association members and our Board, work with Mental Health Ireland in a voluntary capacity, giving their time, energy and expertise whenever needed and for this we are very thankful.



MHI's Chairperson, Fiona Ross is spearheading a Working Group entitled Valuing our Volunteers with Barbara Davis as Programme Manager. This Working Group is co-produced and includes people with self-experience, family members and Mental Health Association representatives. The purpose of the group is to monitor work in progressing the objectives set out in the *Organisational Fitness* aspect of our strategy.

Mental Health Ireland will place a special focus on Task Specific volunteering where a volunteer can contribute in a way that is aligned to their particular skillset, interests and abilities. We are attracting a growing number of 'virtual volunteers' who do extraordinary work online, writing blogs, posting events and raising funds.

In 2018 we hosted a Christmas thanking event for our supporters and volunteers. It was lovely to see some travel from very far to attend the informal gathering.



PARTNERSHIP PROJECTS

FIRST FORTNIGHT ARTS FESTIVAL

MHI continues to be a supporting partner to the **First Fortnight** Arts Festival now in its 8th year which takes place annually in the first two weeks of January. It was created to challenge mental health prejudice through the creative arts. Mental Health Ireland attended and promoted all of the events on social media and our website.

During 2017 the Festival Organisers received European funding so the 2018 Arts Festival extended its reach into Europe. First Fortnight leaders participated in the International Initiative for Mental Health Leaders in Stockholm in May 2018.

First Fortnight 2018 had live music, film, theatre, discussion, sport and arts events staged in 17 counties across Ireland to create open discussion and understanding of mental health problems, and challenge prejudice and discrimination.

Launching the official festival programme, First Fortnight co-founder and project manager, JP Swaine, said: "First Fortnight has become synonymous with fresh, creative and innovative ways to spark the national conversation on mental health. Each festival that passes seems to encourage a new crop of artists to work creatively in response to mental health as an issue in Irish society

and it has been hugely encouraging to meet with artists who have been developing their work with the expressed purpose of contributing to the First Fortnight."

WOODLANDS FOR HEALTH

Woodlands for Health is an Eco Therapy programme of forest based walking for mental health patients, prescribed by medical professionals, which complements the development of Community Mental Health Services and advances Recovery, one of the fundamental principles in Ireland's mental health policy, A Vision for Change (2006-2016).

Following the successful evaluation of the programme and proof of concept of the Woodlands for Health programme in Wicklow and Dublin in 2018, Mental Health Ireland received additional funding to expand the project to other community groups.



Nine local areas submitted an expression of interest to participate in 2018 and by year end, the guided woodland walks were made available across Limerick, Roscommon, Wexford, Donegal and Laois. It is anticipated that the demand for this programme will grow in 2019.

This project is a collaboration initiative between Wicklow Mental Health Association, Mental Health Ireland, Coillte, Get Ireland Walking and local partnerships and is closely aligned to Healthy Ireland objectives.



GREEN RIBBON CAMPAIGN

The Green Ribbon campaign is co-ordinated by *SeeChange*. It is an anti-stigma campaign that runs for the month of May. There are events taking place all over the country and people are encouraged to wear a Green Ribbon for the month to support the campaign and let others know they are open to conversations about mental health.



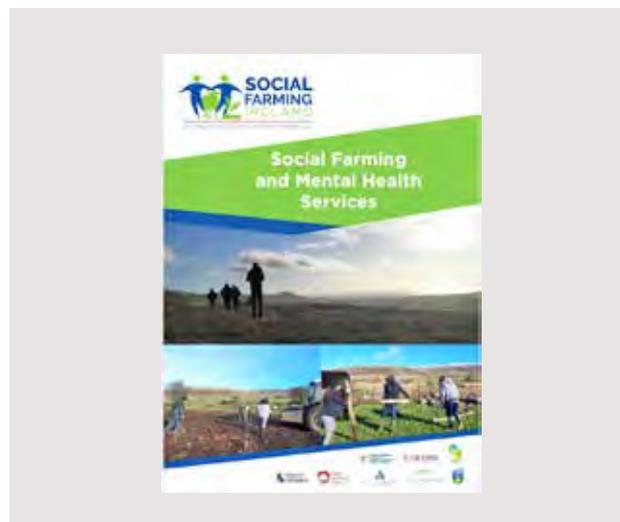
Mental Health Ireland partners with Green Ribbon, The Irish Farmers Association and Coillte to roll out nationwide Talk & Walk Woodland Walks. In 2018, six guided walks were organised by the committee at Killaloe, Co. Clare, Avondale Forest Park, Wicklow, Portumna Forest Park, Galway; Emo Forest, Co. Laois; Ards Forest Park, Donegal and Raheen Woods, Castlebar, Mayo.



All walks were well attended by young and old, with some great opportunities for the community to connect before, during and after the walks. Mental Health Ireland had representation at each of the events, providing literature for attendees to take away.

COPING WITH THE PRESSURES OF FARMING

The collaboration between Mental Health Ireland and Teagasc which resulted in the publication of *Coping with the Pressures of Farming* in September 2017 has continued to be a strategic and influencing publication for which there is consistent demand resulting in the need for an additional print run in 2018. This publication was also referenced at a European Conference organised by Mental Health Europe when Professor David McDaid, London School of Economics, highlighted the publication as a valuable resource for Mental Health in the Workplace.



Social Farming Ireland provides nationwide farm outcome-based placements for people, including people with disabilities and those recovering from mental ill health. Social Farming is a practice of offering activity on family farms as a form of social support. Training was delivered in four venues to over 150 prospective and current social farmers. The HSE provided safeguarding training and Mental Health Ireland provided a mental health module.

MUSIC IN MIND

Music in Mind, developed by the National Concert Hall's Learning & Participation programme, consists of 16 weekly sessions of 90-minute drumming or choral sessions for people who experience mental health concerns. It is a great way for people with lived experience of mental health difficulties to engage with the joy of music in a fun and structured way.

In 2018, Music in Mind expanded its reach to 13 centres with 488 participants throughout Ireland with plans to expand to 16 in 2019. The programme was delivered in Arklow, Birr, Carlow, Gateway Rathmines, Kells, Kilmallock, Kildare, Manorhamilton, Mullingar and Wexford.



An evaluation process is integrated into the programme before it started, after each session and at the end of the course. The results highlighted extremely positive benefits on the mental health and wellbeing of the programme participants. An evaluation of the uplifting Music in Mind programme will be published in April 2019.

3. Organisational Fitness

MENTAL HEALTH IRELAND STRATEGIC PLAN 2019 - 2021

MHI's Strategic Plan "Empowerment – from Ideas to Actions 2019 -2021" was formally launched by Mr. Simon Harris, T.D. Minister for Health at our National Learning and Networking Event titled "Sharing and Supporting to Succeed Together" held in the Glenroyal Hotel, Maynooth on November 10th, 2018.



Our Strategy describes how Mental Health Ireland and the Mental Health Associations will advance three complementary objectives, Promoting Positive Mental Health and Wellbeing, Living Life Well and Organisational Fitness.

Guided by the national policy objectives in Healthy Ireland, A Vision for Change, The Framework for Recovery in Mental Health (2018-2020), Connecting for Life and Sláintecare, which emphasise recovery, empowerment, and co-production, we know that we can extend our reach, bringing solid, evidence-based, well-planned, high quality initiatives to all communities across Ireland.

This report is set-out to reflect the three complementary themes of the Strategic Plan:

1. MENTAL HEALTH PROMOTION

2. LIVING LIFE WELL

3. ORGANISATIONAL FITNESS



A number of Working Groups have been established to prioritise and advance the implementation of our actions in our strategy. Each of these Groups has a Board Member as a Project Sponsor and a senior staff member acting as Project Manager. Our Strategy Working Groups includes members, volunteers, people with lived experience and family members/carers with specific skills and knowledge. All working groups will work in the spirit of co-production.

Our work at all levels is guided by our shared Mission, Vision and Values. The report is available for download and in hard copy on request from our head office. At Mental Health Ireland we believe that our role is to bring innovative ideas forward into pragmatic projects which will benefit individuals and communities.

NATIONAL INFORMATION AND SHARING EVENT

Mental Health Ireland hosted the first National Information and Sharing Event for our Mental Health Associations and volunteers. With over 150 members in attendance the two-day conference was a huge success. Minister Simon Harris opened the event for us, whilst launching our three-year strategy as outlined above.



There was a 'Brag and Steal' section where the Mental Health Associations were invited to display projects and programmes that worked well for them to share with other volunteers. This was a very helpful exercise for all of the members and everyone brought ideas back to their Associations following the breakout sessions.

Attendees chose from five interactive workshops covering the following themes:

- Developing a Strategic Plan for your Association
- What Does Recovery Mean?
- Understanding the Role and Function of Recovery Colleges
- Mental Health Promotion
- Charity Regulator - Preparing Your Mental Health Association

The workshops received a great reaction and provided an opportunity for members to explore areas of interest to them or where they needed support.

PARTNERSHIPS

NATIONAL PARTNERSHIPS

In 2018, Mental Health Ireland continued its collaboration with a number of stakeholder organisations including the HSE (at national and local levels), the National Office for Suicide Prevention (NOSP), Connecting for Life, HSE's Health & Wellbeing Division, Healthy Ireland (Hi), HSE National Office for Social Inclusion, Woodlands for Health, Coillte, See Change, Green Ribbon Campaign, First Fortnight Arts Festival, Mental Health Reform, National Disability Authority, Housing Regulation Agency and the Charities Regulator.

We continue to form active alliances and develop new links with mental health promoting partners in the Office of Tobacco Control, NUI Galway, Irish Cancer Society, Irish Heart Foundation, Association for Health Promotion in Ireland, Mens Sheds, Ombudsman for Children and Volunteer Ireland.



INTERNATIONAL INITIATIVE FOR MENTAL HEALTH LEADERSHIP (IIMHL)

Mental Health Ireland's CEO is a Board member with IIMHL which hosted Exchange and Network meetings under the theme Building Bridges Beyond Borders in Stockholm, Sweden from 28th May to 3rd June 2018. Other Irish delegates including Clinical Leaders, Service Reform staff, ARI personnel, Chief Operations Officer and the Director of the National Office for Suicide Prevention attended the events. IIMHL is a conduit for innovation and brings together mental health leaders from Ireland, England, Scotland, UAS, Canada, Australia, New Zealand, Sweden and the Netherlands.

IIMHL is a platform for international exchange amongst mental health innovators and is designed to encourage networking with peers on projects across the globe. All Irish delegates attended

exchange meetings on a range of topics including: iCircle, Mentally Healthy Cities and Urban Planning; Digital Technologies in Mental Health and Advocacy and Inclusion of Young People in Mental Health Service Design.

These events attract leaders from all aspects of mental health and facilitates international exchange meetings between policy writers, clinicians, peers, family members, researchers, NGOs and service providers. IIMHL allows staff working in mental health agencies across the world to compare notes with their international peers, showcase their work to problem solve and gain new insights and shared learning.

MENTAL HEALTH EUROPE

MHI's Administration Manager is a Board member of Mental Health Europe and was re-elected at the General Assembly in April 2018 for a further three-year period.

MHE's Beyond the Biomedical Paradigm Taskforce produced a Short Guide on Psychiatric Diagnosis. The Guide aims to introduce the lay reader to psychiatric diagnosis and its manuals, while promoting a recovery, person-centred and human rights based approach to diagnosis. MHI's Development and Training Manager reviewed the document with a number of stakeholder/co-producer groups to gather information to assist with the development of the guide. The general consensus was that there were significant changes needed as the guide takes a purely medical perspective. A new 'Guide to Recovery' is currently being co-produced. MHI is collaborating with Mental Health Europe and it is anticipated that this Guide will be available in 2019.

THRIVE LONDON

Internationally there is a growing trend towards recognising mental health as an environmental and ecological issue. Thrive places a special emphasis on how and where we live, the built environment, urban planning, housing, civic spaces, and design to improve the quality of life. Work developed by Dr Arthur Evans in Philadelphia was adopted by the Mayors of a number of major cities including New York and London. In New York over \$85m has been allocated to improve mental health for all of its citizens, and in London's Lord Mayor Sadiq Khan, has actively supported the London Thrive movement.

Thrive also brings civic leaders, arts, culture, business and community leaders together to weave, repair and restore that rich community framework which can become torn in a busy urban life. At Mental Health Ireland we would like to see a similar initiative happening in a number of Irish cities and so we would like to learn more about the experience of other cities who have progressed this approach.

The CEO, Development and Training Manager and Mental Health Promotion Manager attended a meeting with the Thrive London initiative in July. Thrive promotes mental health across whole populations in urban areas and there is great potential for MHI to host a Thrive project in the Irish context.

COMMUNICATIONS

WEBSITE

Our website is often the first port of call for people with queries about mental health and wellbeing. We want our site to be an attractive, accessible and authoritative portal for good quality, and fresh information, on mental health in Ireland. The site is regularly updated with news from MHI, our MHAs, our supporters and fundraisers and information about MHI's programmes and projects and interesting information about mental health and wellbeing.

In 2018, we also began to develop some new video resources designed to reach new audiences.

Traffic to the site significantly increased in 2018 and we put this down to more social sharing of our content, a more inquisitive and open society when it comes to mental health and a greater interest in our work.

291,901 Sessions

Number of active engagements with the site

220,213 Users

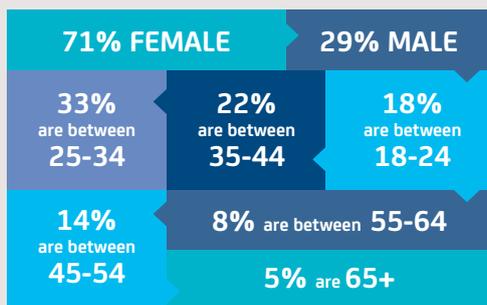
Number of people who logged into the site

546,512 Page Views

Number of pages viewed

85% New Visitors

15% Returning Visitors



How visitors found us:



159,021
ORGANIC
SEARCH

Visitors searching for words including mental health references



34,357
DIRECT

Visitors searching Mental Health Ireland directly



19,864
PAID

Visitors clicking on links to the site via social media



8,052
SOCIAL

Visitors clicking on links to the site via social media



6,046
EMAIL

Visitors clicking on links to the site via our newsletter



3,422
REFERRAL

Visitors arriving from a link on another website

Literature

Mental Health Ireland produce five different pieces of literature communicating aspects of positive mental health and wellbeing. The literature is issued to workplaces, hospitals, community groups, schools and individuals all over Ireland and is also downloadable from our website.



They include a Five Ways to Wellbeing leaflet and bookmark, Manage & Reduce Stress booklet, A Guide to Living with Anxiety and Building Resilience leaflet, which is being discontinued in 2019. Our new Mental Health Promotion Manager, Aisling, appointed in 2018 plays a key role in ensuring the quality of the information we produce in literature and online – so that it is aligned to best practice in mental health promotion.

Newsletter

Another way people receive information from Mental Health Ireland is via our Newsletter. In 2018, we sent 34 newsletters to each subscriber on our growing subscriber list which increased by over 7,400 subscribers over the year.

Our newsletters provide information about Mental Health Ireland's activities, events and programmes, general mental health and wellbeing information and fundraising asks. We use our newsletters to stay connected with our supporters, learn what they need from us and support them in whatever way we can.

Social Media

Mental Health Ireland's social media communications is an integral element of our outreach to those interested in our organisation. We have a high level of contact with our followers on all platforms with each growing year on year.



10,600 to 14,100
followers

an increase of
3,500 followers
in 2018



10,379 to 14,737
followers

an increase of
4,358 page likes
in 2018



1,800 to 3,100
followers

an increase of
1,300 followers
in 2018

FUNDRAISING

Mental Health Ireland had a very successful 2018 in terms of fundraising. Our Head of Fundraising, Jill O'Herlihy, entered into her second year in the role and hit the ground running!

We experienced great success as early adaptors of Facebook's Birthday Fundraisers and have become an authority on the subject, in particular on how to thank and communicate with the people who set up the fundraisers.

Jill O'Herlihy was invited into Facebook to talk to the Facebook For Social Good team and the charity sector on how Mental Health Ireland is managing the process. Jill was asked to feedback any issues to the Facebook Fundraiser design team to assist them with their build.



As shown in our accounts section, the total amount raised via Facebook Fundraising for the year was €400,000, a phenomenal amount by any standards and we are very, very, thankful to every person who set a Facebook Fundraiser up in aid of Mental Health Ireland and especially to all their friends and family. At Mental Health Ireland we are very careful to avoid impacting on the fundraising initiatives undertaken by MHAs throughout the country.

We had many individual fundraisers connect with us and raise money in aid of Mental Health Ireland. People ran marathons for us, walked the *Women's Mini Marathon*, put themselves through Hell & Back adventure races, shaved their heads, cycled across Europe and sky dived. To each and every one of our supporters, we extend a massive thank you for the awareness you raised about promoting positive mental health and wellbeing and, of course, the funds raised.



One of our fundraisers was Ger Prendergast. At the start of 2018, he set himself the task of completing 52 Ironman events in 52 weeks. It was an unbelievable challenge to set and we were delighted to support him towards achieving that goal. We joined him on his 52nd Ironman to celebrate his wonderful achievement. To you Ger, we want to say a massive thank you, your dedication is so inspiring. Ger described his achievement at our Learning and Networking event in Maynooth.



During 2018, Mental Health Ireland concentrated on connecting with fundraisers in as many ways possible and thanking everyone for every donation. We also engaged more with corporate fundraisers to encourage them to engage with our wellbeing and fundraising initiatives.

Jill was nominated for an Image Business Woman of the Year Award in the Social Entrepreneurship Category for her work in Fundraising with Mental Health Ireland, which was a great accolade for someone so new to the industry.

The fundraising target for 2018 was set at €60,000, with a final total of €476,207 raised. These funds will support Mental Health Ireland to invest in promoting positive mental health via programmes and projects for community groups, schools and workplaces. It has also facilitated the hiring of two staff on two year contracts in the Communications and Fundraising Department and the Mental Health Promotion Department.

During 2018, Jill O’Herlihy was supported by her mentor Simon Scriver in a number of sessions.



SMILEY PANCAKE

Mental Health Ireland’s Smiley Pancake Event takes place on Pancake Tuesday. Everyone is invited to pop a smile on their pancake and then text MHI to 50300 to donate €4 to Mental Health Ireland.

This year attracted a higher number of corporate participants with offices using their canteens at break times to encourage staff to pop a smile on their pancakes and donate in aid of Mental Health Ireland. Feedback from one corporate bank was that it was wonderful to see the staff stick around in the canteen and actually chat about non work related things.



Many of our Mental Health Associations hosted Smiley Pancake Events in aid of their own Associations inviting their local communities to join them in making their pancakes smile! This project is designed to be a low-threshold, easily accessible, fun event to raise awareness of mental health and is particularly popular with children, families and workplaces. There was great engagement with the Smiley Pancake hashtag on social media across Twitter, Facebook and Instagram with the hashtag encouraging many to take part and text in their €4 donations.

5000 STEPS TO WELLBEING

For the second year, Mental Health Ireland held their 5000 Steps to Wellbeing Walk in UCD on their Woodland Walking track. This year Mental Health Ireland partnered with HealthyUCD which was a great success. We had a great turn out on the day with many families bringing their dogs along and we had a high number of foreign students studying in UCD participating too.

We invited guest speakers to talk about the Five Ways to Wellbeing in advance of the walk and provided refreshments for all the walkers afterwards.



TRAINING

Our new Development and Training Manager, Catherine Brogan, joined us from Advancing Recovery Ireland. In her new role, Catherine manages all training output to community and corporate groups. The training offering from Mental Health Ireland includes a half day workshop and two-hour presentation entitled Mental Health and Wellbeing.

We also deliver a significant amount of training to communities, service users and family members, fellow NGOs and in workplaces. Current accredited programmes include; ASIST, SafeTalk, Five Ways to Wellbeing, Mental Health First Aid, Stress Control, and our own Mental Health & Wellbeing.

In 2018, Mental Health Ireland commissioned Dr Katrina Collins to review the current training programme '*Mind Your Mental Health*'. The outcome of this resulted in the co-production of three 4 hour interactive workshops in Mental Health and Wellbeing aimed at the specific needs of the community, employees and managers.

Training Provided	No. of Sessions	No.'s Attended
MYMH Information Sessions	115	4406
MYMH Full Day	15	218
MYMH Half Day	40	610
General Mental Health Info. Sessions (Full Day)	1	14
General Mental Health Info. Sessions (Half Day)	61	1646
ASIST	27	546
Five Ways to Wellbeing	2	123
Facilitation Skills Training	3	39
Mental Health First Aid	25	314
Mental Health & Wellbeing	7	74
Mindfulness	11	150
SafeTalk	16	320
Stress Control	8	111
WRAP	5	65
TOTAL	336	8636

To support the implementation of the above programmes, Mental Health Ireland held two QQI Level 6 (Quality and Qualifications Ireland) course in Training, Delivery and Evaluation for our Development Officers and external trainers to demonstrate its commitment to quality accreditation of all those delivering Mental Health Ireland's programmes.

GOVERNANCE AND ACCOUNTABILITY

Mental Health Ireland's Board members are volunteers who commit their time and talents to guide and govern the

organisation with individual and collective skills and perspectives influencing decision making at national level.

Governance Committee

The principal objective of the Governance Committee is to ensure good corporate governance and ensure Mental Health Ireland continues to comply with the Governance Code for Community, Voluntary and Charity organisations

During 2018 the Committee:

- Reviewed terms of reference for itself and other committees
- Reviewed the Risk Management policy and established a comprehensive risk register
- Reviewed compliance with the Charities Governance Code
- Reviewed listing of policies and adopted new policies on privacy
- Reviewed insurances
- Reviewed compliance with GDPR
- Reviewed ongoing implementation of the new contact relationship management system (CRM)
- Updated the Directors Handbook

CHARITY REGULATION

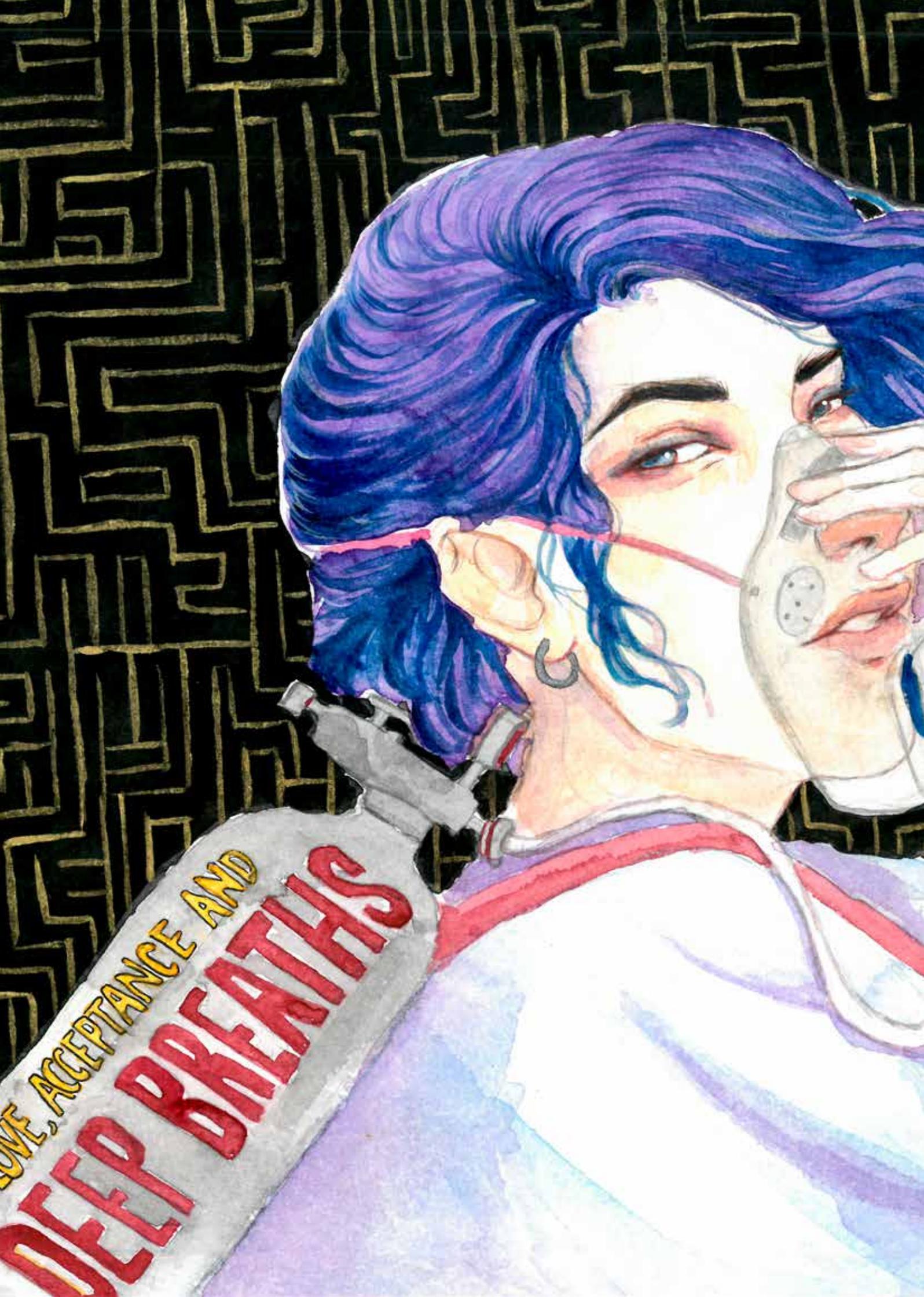
Mental Health Ireland continued to engage with Mental Health Associations to ensure that they are familiar and engaging with the charities registration process.

In April 2018, Mental Health Ireland produced a Guidance Document on How Charity Regulation will affect Mental Health Associations, to assist all Associations in making decisions whether to register, merge or discontinue as a Mental Health Association. Six Regional Workshops were held informing Mental Health Associations of Mental Health Ireland's Strategy and the fact that they would no longer be able to use Mental Health Ireland's CHY number. Mental Health Ireland Head Office Staff and the Development Officer team supported and worked with Mental Health Associations during the year to assist them with the process.

At the latter end of 2018, a new Charities Governance Code was issued by the Charities Regulator which is due for implementation by 2020. Staff from the Charities Regulator attended and presented two information workshops at the National Information and Learning Event. For Mental Health Associations who have decide to register with the CRA, Mental Health Ireland provided a Toolkit with guidance to registration and templates for adaptation by Mental Health Associations.

Garda Vetting

MHI provides a Garda Clearance service to all its Mental Health Associations and to other organisations in the Mental Health field. All Mental Health Associations committee members and volunteers are Garda vetted through Mental Health Ireland.



LOVE, ACCEPTANCE AND
DEEP BREATHS



Directors' Report and Audited Financial Statements

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND

**Directors Report and Audited Financial Statements
For the financial year ended
31 December 2018**

**Registered number: 24379
Charity Number: CHY 5594
Charity Registration: No. 20008642**

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Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND COMPANY INFORMATION

Chairperson	Fiona Ross
Chairman of Finance Committee	Neil Hughes
Directors	Pat Bracken Charles Burke Denis Creedon Martha Griffin Neil Hughes Colm Murphy Seamus McNulty Colman Noctor Anthony O'Boyle Fiona Ross
Company Secretary	Neil Hughes
Auditors	JPA Brenson Lawlor, Brenson Lawlor House, Argyle Square, Morehampton Road, Dublin 4.
Bankers	Bank of Ireland, Smithfield, Dublin 7.
Solicitors	Partners at Law, Dun Laoghaire, Co. Dublin.
Business address / Registered Office	1-4 Adelaide Road, Glasthule, Co. Dublin.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

The Directors present their annual report and audited financial statements of the company for the financial year ended 31 December 2018.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of Companies Act 2014 and although not obliged to comply with the Charities SORP (FRS 102), the organisation has implemented its recommendations where relevant in these accounts. The main activities of the organisation are charitable.

The content of the Directors' Annual Report is set out under the following headings:

- Objectives and activities
- Achievements and performance
- Financial review
- Structure, Governance and Management
- Reference and Administrative details
- Exemption from disclosure and
- Funds held as custodian trustee on behalf of others

OBJECTIVES AND ACTIVITIES

In the latter months of 2017, a draft Strategic Plan was developed, discussed and reviewed by the MHI Board. The document was recognised as broad ranging and ambitious with the aim of bringing greater clarity of purpose to the work of Mental Health Ireland (MHI) and its Mental Health Associations (MHAs). MHI co-produced its strategy with its Volunteers and Board Members, people with lived experience, family members and our national team. In addition, MHI collaborated with its funders within the HSE, linking with leaders in mental health, suicide prevention, health promotion and social inclusion. As MHI has an excellent working relationship with many voluntary agencies in the mental health arena, they also liaised with a number of fellow NGO agencies so as to avoid duplication of effort. The Charities Regulatory Authority and the Mental Health Commission were also consulted. We had an opportunity to study the evidence from researchers and the academic sector in Ireland and internationally to be certain that our plans reflected a solid evidence base and representative of best practice.

We consulted with our international colleagues - International Initiative for Mental Health Leadership (IIMHL) and Mental Health Europe (MHE) inviting their input and advice. We will continue to build on these links as we implement our strategic plan. As we refined and developed the strategy we returned to consult with our Volunteers in six regional meetings and two AGMs, which included a number of workshops. We fully recognise that this challenging and ambitious plan will take a collective effort to implement (or realise).

MHI also met with service planners in the HSE to outline the strategic direction incorporating MHI's vision, mission and values. Similar to 2017, the work of MHI and MHAs will complement the *HSE's National Service Plan 2018, Healthy Ireland and Connecting for Life*.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

OBJECTIVES AND ACTIVITIES (CONTINUED)

MHI's Strategic Plan "Empowerment – from Ideas to Actions 2019 -2021" was formally launched by Mr. Simon Harris, T.D. Minister for Health at our National Learning and Networking Event titled "**Sharing and Supporting to Succeed Together**" held in the Glenroyal Hotel, Maynooth on November 10th, 2018.

Our Strategy describes how MHI and the MHAs will advance three complementary objectives *Promoting Positive Mental Health and Wellbeing* and *Living Life Well*. These twin objectives will be underpinned by a focus on developing and sustaining our *Organisational Fitness* at all levels. Guided by the national policy objectives in *Healthy Ireland, A Vision for Change, The Framework for Recovery in Mental Health (2018-2020), Connecting for Life* and *Sláintecare*, which emphasise recovery, empowerment, and co-production, we know that we can extend our reach, bringing solid, evidence-based, well-planned, high quality initiatives to all communities across Ireland.

ACHIEVEMENTS AND PERFORMANCE

This report is set-out to reflect the three complementary themes of the Strategic Plan:

1. Promoting Positive Mental Health and Well-being
2. Living Life Well
3. Organisational Fitness

A number of Working Groups have been established to prioritise and advance the implementation of our actions in our strategy. Each of these Groups has a Board Member as a Project Sponsor and a senior staff member acting as Project Manager. Our Strategy Working Groups includes members, volunteers, people with lived experience and family members/carers with specific skills and knowledge. All working groups will work in the spirit of co-production.

Our work at all levels is guided by our shared Mission, Vision and Values.

Many of the programmes featured in this report may be predominantly reported under one theme but because of our integrated model may also advance a second strategic theme simultaneously.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

1: PROMOTING POSITIVE MENTAL HEALTH AND WELLBEING

In order to achieve better mental health and wellbeing for all, MHI addresses its mental health promotion work at three levels: *Strengthening individuals*; *Strengthening Communities* and *reducing structural barriers*. MHI works in collaboration with MHAs to identify and disseminate mental health promotion activities and tools for a stronger and unified voice in our work. Some projects which emanated through MHAs, following a proof of concept process, have been brought to scale and rolled out in other areas of the country. Examples of projects delivered at national and/or local level are listed hereunder.

Mental Health Promotion and Wellbeing Working Group

Colman Noctor, is this Working Group's Sponsor and Aisling Doherty is the Project Manager, other members include Nicola Morley and Catherine Brogan. This Working Group may co-opt other members as required.

Terms of Reference and *Standing Orders* were agreed and the Working Group discussed current programmes, sectoral needs and strategic opportunities.

Woodlands for Health

Following the successful evaluation and proof of concept of the *Woodlands for Health* programme in *Wicklow* and *Dublin*, MHI received additional funding to expand the project to other community groups. Nine local areas submitted an *expression of interest* to participate in 2018 and by year end, the guided woodland walks were made available across *Limerick*, *Roscommon*, *Wexford*, *Donegal* and *Laois*. It is anticipated that the demand for this programme will grow in 2019.

This project is a collaboration initiative between *Wicklow MHA*, *MHI*, *Coillte*, *Get Ireland Walking* and local partnerships and is closely aligned to Healthy Ireland objectives.

Art and Photography

The Art and Photography Competition continues to grow in popularity with post-primary schools and colleges. An Exhibition of Winning Entries was held in Dublin City Council Offices, Woodquay from 12th to 16th March, 2018 with the Awards Ceremony held on 15th March. It was a great success with fantastic feedback from students, parents and teachers.

A video was made on the evening to enable MHI to promote the project in 2019. A selection of winning entries are included in MHI's Annual Calendar.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Green Ribbon Talk & Walk

Now in its sixth year, the *Green Ribbon Talk & Walk* Woodland Walks is a partnership between Coillte, IFA, Green Ribbon and MHI. Six guided walks were organised by Coillte at Killaloe, Co. Clare, Avondale Forest Park, Wicklow, Portumna Forest Park, Galway; Emo Forest, Co. Laois; Ards Forest Park, Donegal and Raheen Woods, Castlebar, Mayo.

World Mental Health Day/Week

At national level, *World Mental Health Week* was launched at St. Patrick's Cathedral in collaboration with the Cathedral and See Change. This open public event addressed the international theme *Young People and Mental Health in a Changing World*. The cathedral was a stunning setting for this spoken word and musical event which included personal and professional insights, local talent and the voice of young people with self-experience of mental health issues.

Our network of MHAs organised an impressive range of events - public information, arts events and celebrations and received great media coverage for their work over the first two weeks of October. WMHD has proven to be a platform for collaboration with local, like-minded agencies running targeted events within a local community context. All events were promoted and featured on MHI's Social media channels.

Surveys and Research

In line with our goal to utilise effective research and evaluation methods to ensure all our work is aligned to best practice in mental health promotion, MHI commissioned IPSOS/MRBI to conduct an *Omnibus Telephone Survey* to assess public understanding and interest in mental health issues. The results of the survey will be used to reflect the direction and focus of our mental health promotion programmes.

University of Limerick

UL has provided support through the development of *pre* and *post* participation questionnaires for participants to measure the impact of *Woodlands for Mental Health*.

Training Programmes

Four new Mental Health and Wellbeing programmes were developed, piloted and evaluated which include:

- Mental Health & Wellbeing Workshop – *community setting*
- Mental Health & Wellbeing Workplace Workshop - *employees*
- Mental Health & Wellbeing Workplace Workshop – *managers*
- Five Ways to Wellbeing Workshop

These workshops will be delivered by our Development Officer Team with support from external trainers in 2019. These programmes have been designed to provide participants with the knowledge and understanding necessary to nurture and enhance mental health and wellbeing. All MHI Development Officers and External Trainers are QQI accredited.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Policies

MHI supports and actively contributes to the development of a Mental Health Promotion Framework in collaboration with the HSE and the Department of Health. During 2018, MHI made submissions to various agencies including the *Oireachtas Joint Committee on the Future of Mental Health, Vision for Change Oversight Group* and *VHI* in relation to *VHI Insights paper*.

In addition to playing an active role in the formation of public policy in health care, MHI will also be supporting the development and implementation of policies and strategies that impact the wider determinants of health including housing, environment, work and education.

Networking with Key Mental Health Promotion Partners

National Partnerships

In 2018, Mental Health Ireland continued its collaboration with the following organisations – HSE (*at national and local levels*), National Office for Suicide Prevention, Connecting for Life, HSE's Health & Wellbeing Division, Healthy Ireland (Hi), HSE National Office for Social Inclusion, *Woodlands for Health*, Coillte, See Change, Green Ribbon Campaign, First Fortnight Arts Festival, Mental Health Reform, National Disability Authority, Housing Regulation Agency and the Charities Regulator.

We continue to form active alliances and develop new links with mental health promoting partners in the *Office of Tobacco Control, NUI Galway, Irish Cancer Society, Irish Heart Foundation, Association for Health Promotion in Ireland, Mens Sheds, Ombudsman for Children* and *Volunteer Ireland*. It is important that MHI is recognised as a competent and capable health promotion agency with a national reach and perspective.

First Fortnight Arts Festival

MHI continues to be a supporting partner to the **First Fortnight** Arts Festival now in its 8th year which takes place annually in the first two weeks of January. It was created to challenge mental health prejudice through the creative arts. MHI sponsored, attended and promoted a number of events on social media. During 2017 the Festival Organisers received European funding so the 2018 Arts Festival extended its reach to Europe.

European and International Partnerships

International Initiative for Mental Health Leadership (IIMHL)

MHI's CEO is a Board member with IIMHL which hosted Exchange and Network meetings under the theme *Building Bridges Beyond Borders* in Stockholm, Sweden from 28th May to 3rd June 2018. Sixteen Irish delegates including Clinical Leaders, Service Reform staff, ARI personnel, Chief Operations Officer and the Director of the National Office for Suicide Prevention attend the events. IIMHL is a platform for international exchange amongst mental health innovators and is designed to encourage networking with peers on projects across the globe. All Irish delegates attended exchange meetings on a range of topics including: *iCircle*, Mentally Healthy Cities and Urban Planning; Digital Technologies in Mental Health and Advocacy and Inclusion of Young People in Mental Health Service Design.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

These events attract leaders from all aspects of mental health and facilitates international exchange meetings between policy writers, clinicians, peers, family members, researchers, NGOs and service providers. IIMHL allows staff working in mental health agencies across the world to compare notes with their international peers, showcase their work to problem solve and gain new insights and shared learning.

Mental Health Europe

MHI's Administration Manager is a Board member of Mental Health Europe and was re-elected at the General Assembly in April 2018 for a further three-year period.

MHE's Beyond the Biomedical Paradigm Taskforce produced a Short Guide on Psychiatric Diagnosis. The Guide aims to introduce the lay reader to psychiatric diagnosis and its manuals, while promoting a recovery, person-centred and human rights based approach to diagnosis. MHI's Development and Training Manager reviewed the document with a number of co-produced groups to gather information to assist with the development of the guide. The general consensus was that there were significant changes needed as the guide takes a purely medical perspective. A new '*Guide to Recovery*' is currently being co-produced. MHI is collaborating with Mental Health Europe and it is anticipated that this Guide will be available in 2019.

Thrive London

The CEO, Development and Training Manager and Mental Health Promotion Manager attended a meeting with the *Thrive London* initiative in July. *Thrive* promotes mental health across whole populations in urban areas and there is great potential for MHI to host a *Thrive* project in the Irish context.

5,000 Steps to Wellbeing

The national 5,000 steps to *Wellbeing Walk* was held in partnership with UCD on 7th October, 2018. Our Communications and Fund-Raising Manager developed an ancillary campaign called *Own Walks* to encourage people to organise their own local *Wellbeing Walks* in their communities, schools and workplaces.

Coping with the Pressures of Farming

The collaboration between MHI and Teagasc which resulted in the publication of *Coping with the Pressures of Farming* in September 2017 has continued to be a strategic and influencing publication for which there is consistent demand resulting in the need for an additional print run in 2018. This publication was also referenced at a European Conference organised by Mental Health Europe when Prof. David McDaid, London School of Economics highlighted the publication as a valuable resource for Mental Health in the Workplace.

Social Farming Ireland provides nationwide farm outcome-based placements for people, including people with disabilities and those recovering from mental ill health. Social Farming is a practice of offering activity on family farms as a form of social support. Training was delivered in four venues to over 150 prospective and current social farmers. HSE provided safeguarding training and Mental Health Ireland provided a mental health module.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Communications

There has been a significant increase in the number of subscribers to MHI's newsletter and Facebook page with additional followers on Twitter. Web traffic has increased by 50%.

To accelerate and improve how our messages are communicated and to explore new online and creative methods to reach new audiences, work has commenced on the redesign of MHI's website which should be completed by May, 2019.

2: LIVING LIFE WELL

The theme *Living Life Well* places the person with lived experience at the centre of their own recovery. MHI recognises and values the expertise of lived experience and understands that this is pivotal to our role as we lead and inform society's understanding of mental health and recovery. The *Living Life Well* arm of our strategy incorporates all of our recovery orientated, co-production and peer-led initiatives with people with lived experience. MHI's work complements and progresses the HSE's National Framework for Recovery in Mental Health and Ireland's mental health policy *A Vision for Change (2006)*.

ARI – Advancing Recovery in Ireland (HSE)

MHI facilitates the employment of the ARI team who are charged with the implementation of the HSE *National Framework for Recovery in Mental Health (2018-2020)*. MHI works collaboratively with the ARI Team in supporting them in achieving its goals through its work on the Recovery Education Advisory Group and Communications and Marketing group. The actions contained in the *Living Life Well* theme of the MHI Strategy *'Empowerment – From Ideas to Actions'* also dovetail with the actions in the *National Framework for Recovery in Mental Health* and through working co-productively are achieving better outcomes for people who use mental health services, their family/carers and those who provide services.

MHI continues to work collaboratively with the HSE on the following projects: Service Reform Fund (SRF) Project (HSE Mid-West CHO 3), ARI (Advancing Recovery Ireland) (CHO 6) National Forensic Mental Health Services (NFMHS - CHO 6) Recovery College Mayo (MMHS CHO 2), Roscommon/East Galway Mental Health Services (CHO 2), Recovery College South East (CHO 5) and MindSpace Mayo (CHO 2).

Peer Educators SRF Project (CHO3)

In February 2018, two recovery educators and two project workers were recruited by MHI and seconded to the HSE for a 24 month period, utilising Service Reform funding to advance the work of the successful ARIES project in the Mid-West (CHO 3). The focus of ARIES/SRF is to develop services particularly in the areas of advancing recovery practice, employment and community living.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Peer Educator, Recovery College, Mayo MMHS – (CHO 2)

MHI employs the Principal Peer Educator, Mayo Recovery College in Castlebar who is seconded to Mayo Mental Health Services.

Peer Education and Development Officers NFMHS – (CHO 6)

The National Forensic Mental Health Service (NFMHS) is the only forensic mental health service in the Republic of Ireland. It works with local mental health services and prisons across Ireland. NFMHS partnered with Mental Health Ireland to develop and deliver *Advancing Recovery in Ireland* peer education services. Funded under the Service Reform Fund and the ARI Recovery Education Programme, two Peer Education and Development Officers – one full-time and one part-time were appointed in April, 2018 on a two year contract with the purpose of co-designing and co-facilitating Recovery education modules and supporting the development of the Recovery College within the service.

The EVOLVE Recovery College was officially opened at the NFMHS on November 12th and launched its first prospectus for the academic year to May, 2019, including a variety of modules that support their students on their unique recovery journeys. They welcome student registrations from service users, family members and carers and members of staff. Every aspect of the Recovery College is co-produced.

Recovery College- South East (CHO5)

Following consultation with the HSE in CHO5, the Peer Recovery Educator role in the South East Recovery College, based in Kilkenny, joined the Staff at MHI in September 2018.

Peer Educator Posts – Roscommon/East Galway – HSE (CHO 2)

In collaboration with the HSE in CHO2, two new Peer Educator posts have been developed to serve Roscommon/East Galway with the REGARI Recovery College, with a second part-time post (33 hours per week) for Galway City and County. The two new Staff members joined our team in September and will provide capacity building and educational recovery services as well as develop a new Recovery College to service the people of Galway City to people using the service in CHO 2.

Mental Health Ireland now have 10 Peer Educators on our staff and in order to support and provide them with an information sharing platform, a Learning and development forum and Network has been established. The respective roles of MHI and ARI with the HSE Recovery College/Education Co-ordinators' were agreed.

The MHI Development Officer Team are closely aligned with all the Recovery Colleges and provide a strong link from the Recovery College to the communities.

Gateway – Rathmines

Gateway is a peer-led project which offers its members a wide variety of activities and works with a broad range of community partners to promote greater social inclusion and belonging. It has an Advisory Group which is made up of Gateway members and representatives of statutory and voluntary organisations. MHI manages the project, employs the Gateway Staff and is supporting Gateway to become a company and charity in their own right. Gateway is funded by the HSE under a detailed Service Arrangement.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

West Clare MHA – Avonree House

MHI's Chairperson and CEO signed lease documents for Avonree House in Kilrush, Co. Clare. This will allow the West Clare MHA to establish a peer-led Recovery Hub. Local volunteers have raised funds to refurbish the building which was originally built as a residential setting and group home and it is anticipated that the Hub will open in Q2, 2019.

Mindspace Mayo

Mindspace Mayo operates from Market Square, Castlebar. The service provides a welcoming space for young people to call in, get information and access a one-to-one support worker. This free, confidential and low-threshold service supports young people aged 15 – 25 who are going through a difficult time to ensure they get the support they need. There were 418 referrals – 59% female and 41% male in 2018. Outcome measures show that young people who attended Mindspace reported significantly reduced levels of psychological distress at the end of their sessions. Mindspace staff work closely with the Adult Mental Health Service, Psychology Service, Child & Adolescent Mental Health Service and Primary Care Professionals to ensure ease of access to each of these services as required. MHI employs three staff members who are seconded to Mindspace together with a sessional GP who provides a *walk-in* clinic once a week.

Living Life Well Working Group

Board Member, Martha Griffin is this Working Group's Sponsor and Catherine Brogan is the Project Manager. This Working Group is co-produced and includes people with lived experience, family members and Peer Educators. The Group will monitor our work in progressing the objectives set out in the *Living Life Well* theme of our strategy.

Mental Health Engagement National Forum Training Development Programme

MHI were commissioned by the HSE *National Office for Mental Health Engagement* to review and re-develop the National Forum Training Programme. The first co-produced 3½ day programme will be delivered to Forum members including, 24 Service Users/ Family Members / supporters as well as the 9 Area Leads and 24 Service Providers in Q1 2019. This training was co-produced to build upon the skills and knowledge of Service Users and Family Members active in the local Engagement Forums.

National Office for Suicide Prevention (NOSP)

MHI collaborated with NOSP in a review of bereavement support services available across the country. This included a mapping of current service provision, literature review and supporting the development of a framework for bereavement support services and associated training. Mental Health Ireland have also been key to the development of National Standards for the provision of suicide prevention services which is now in its final stages of development and due for roll out in 2019. MHI is one of the two agencies who represent NGOs on the *Connecting for Life Cross Sectoral Interdepartmental Steering Group*. Our role is to attend the Steering group meetings and represent the voice of the NGO sector as well as communicate the outcomes back to this sector. This role was a Ministerial appointment.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Supporting access for Individuals to 3rd level Recovery Programmes

Certificate Course in Community Mental Health (UCC)

This Level 6 course has proven to be very popular with a wide range of participants including: people with lived experience, family members, educators, homeless service providers and community leaders. MHI made provision to support up to 33 participants who met the criteria to avail of the scholarship funding in 2018 which can defray up to 50% of the course fees.

Certificate in Peer Support Working in Mental Health (DCU)

MHI through its scholarship programme provided funding to support eight people with lived experience to complete the Certificate in Peer Support Working in Mental Health run by Dublin City University.

One person synonymous with the recovery movement was Tony Leahy (RIP), Business Manager, National Service Improvement Unit, HSE, who passed away in November. Tony had a special affinity and empathy for people who used mental health services and their families and was a strong advocate on their behalf, making sure their voice could be heard. To honour his pioneering work and extraordinary legacy of respect and reform in mental health in Ireland, Mental Health Ireland decided, in consultation with Tony's family that from 1st January, 2019, MHI's educational bursaries fund will be known as the *Tony Leahy Scholarship*. This Fund is dedicated to support education and training programmes advancing the areas of co-production and recovery amongst people who use the services and their families.

Contracted Training

The popular *Music in Mind* community integration project delivered by the National Concert Hall and co-ordinated by MHI continued during 2018 with some Mental Health Associations availing of sessions which were held in Arklow, Birr, Carlow, Gateway Rathmines, Kells, Kilmallock, Kildare, Manorhamilton, Mullingar and Wexford.

3. ORGANISATIONAL FITNESS

Our aim is to develop a sustainable, agile and *fit-for-purpose* organisation which is enabled to leverage the opportunities presented in our strategy. The goals to improve our *Organisational Fitness* include *Exceptional Governance and Accountability; Building a sustainable and resourced organisation* and working partnerships

Governance and Accountability

MHI's Board members are volunteers who commit their time and talents to guide and govern the organisation with individual and collective skills and perspectives influencing decision making at national level.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Charity Registration

MHI continued to engage with MHAs to ensure that they are familiar and engaging with the charities registration process.

In April 2018, MHI produced a Guidance Document on *How Charity Regulation will Affect Mental Health Associations* to assist all MHAs in making decisions whether to register, merge or discontinue as an MHA. Six Regional Workshops were held informing MHAs of MHI's Strategy and the fact that they would no longer be able to use MHI's CHY number. MHI Head Office Staff and the Development Officer team supported and worked with MHAs during the year to assist them with the process.

At the latter end of 2018, a new Charities Governance Code was issued by the Charities Regulator which is due for implementation by 2020.

Staff from the Charities Regulator attended and presented two information workshops at the National Information and Learning Event. For MHAs who have decided to register with the CRA, MHI provided a *Toolkit* with guidance to registration and templates for adaptation by MHAs.

Valuing Volunteers

MHI's Chairperson, Fiona Ross is this Working Group's Sponsor and Barbara Davis is the Programme Manager. This Working Group is co-produced and includes people with self-experience, family members and MHA representatives. The Group will monitor work in progressing the objectives set out in the *Organisational Fitness* aspect of our strategy.

MHI will place a special focus on *Task Specific* volunteering where a volunteer can contribute in a way that is aligned to their particular skillset, interests and abilities. MHI has attracted a growing cadre of *virtual volunteers* who do extraordinary work online, writing blogs, posting events and raising funds. Their work is acknowledged at an annual *thank you* event.

National Information and Sharing Event – "Sharing & Supporting to Succeed Together"

Our successful National Information and Sharing Event was held on 9th and 10th November 2018 attended by 150 people from MHAs, ARI, HSE staff as well as Board members and staff from MHI. Simon Harris T.D. Minister for Health launched MHI's Strategy and our Chairperson addressed volunteers on their valuable contribution and their importance in contributing to the delivery and implementation of the new strategy.

There were 5 interactive workshops addressing the aforementioned themes of the strategy which involved presentations by local MHAs and other agencies sharing their knowledge and developments to-date. The *Brag and Steal* afforded the opportunity to MHAs across the country to showcase their innovations and to share their learnings with other MHAs. The feedback from participants was very positive with a clear request for a similar event in 2019.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Annual General Meeting – May 2018

The AGM was held in the Ashling Hotel on 19th May 2018. Three Board members who had completed their first three year term of office were re-elected.

Hugh Kane, Chairman of the *Vision for Change Oversight Group* gave an insight into the work of this group and its future direction. The feedback from the AGM was very positive.

Members also had an opportunity to contribute to the formation of our new Strategy in three facilitated workshops on *Mental Health Promotion and Wellbeing*, *Living Life Well* and *Organisational Fitness*.

Governance Committee

The principal objective of the Governance Committee is to ensure good corporate governance and ensure MHI continues to comply with the Governance Code for Community, Voluntary and Charity organisations

During 2018 the Committee:

- Reviewed terms of reference for itself and other committees
- Reviewed the Risk management policy and established a comprehensive risk register
- Reviewed compliance with the Charities Governance Code
- Reviewed listing of policies and adopted new policies on privacy,
- Reviewed insurances
- Reviewed compliance with GDPR
- Reviewed ongoing implementation of the new contact relationship management system (CRM)
- Updated the Directors Handbook

QQI Accredited Training

Quality and Qualifications Ireland (QQI) were commissioned to provide training and accreditation for our Development Officers' and Contracted Trainers ensuring quality and consistency in developing, delivering and evaluating mental health programmes being offered by MHI.

Managing our Training Delivery & Output

MHI is now a major provider in the mental health training arena with many requests coming from our Volunteer base, community groups and the corporate sector. Our strategic plan places a special emphasis on refining our training offering to bring a more structured response to these training requests.

At MHI we deliver a significant amount of training to communities, service users and family members, fellow NGOs and in workplaces. Current accredited programmes include; *ASIST*, *SafeTalk*, *Five Ways to Wellbeing*, *Mental Health First Aid*, *Stress Control*, and our own *Mental Health & Wellbeing*. Through our *Scholarship Programme* we also support service users to participate in the UCC Community Mental Health Course and the DCU programme.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Human Resources

MHI Staff Handbook has been fully updated, incorporating recent legislative changes in consultation with our HR Consultants. The Handbook is designed so that it can be easily updated and amended to accommodate any further legislative changes or new policy requirements. It has been circulated to all members of staff.

Recruitment

2018 was a busy year for MHI in relation to recruitment. In January, MHI advertised for two new posts and following interview, Catherine Brogan was appointed as National Development and Training Manager, taking up her role in March 2018. As former Business Manager of ARI, Catherine continued to support the ARI programme with the HSE pending the recruitment of her successor. This dual commitment continued until June 2018. Catherine's role incorporates the management of the Development Officer Team and the evaluation/reconfiguring of MHI's training programmes. She plays a central role in developing our Peer-led, Co-Produced and Recovery based initiatives in collaboration with our volunteers throughout Ireland.

Aisling Doherty was appointed as Mental Health Promotion Officer and joined the Head Office Team in February, 2018. Aisling's role is to develop and devise Mental Health Promotion strategies and to ensure all of our programmes, activities and materials have a strong evidence base. Her role also extends to designing health and mental health promotion programmes for people with significant mental health needs.

Four posts were recruited under the Service Improvement initiative in CHO3 (Mid-West) project for a two-year period. Based in Limerick, the successful candidates took up their posts in February, 2018.

NFMHS (CHO6) two Peer Education and Development Officer posts – one full-time and one part-time filled in April 2018. Following consultation with the HSE in CHO5, the Peer Recovery Educator in the South East Recovery College, based in Kilkenny, joined the Staff at MHI in September 2018.

In collaboration with the HSE in CHO2, two new Peer Educator posts have been developed to serve Roscommon/East Galway with the REGARI Recovery College, with a second part-time post (33 hours per week) for Galway City and County. Two new Staff member joined our team in September and will provide capacity building and educational recovery services to people using the service in CHO2.

Housing Projects

In 2015, the Board of Mental Health Ireland decided to de-register as an *Approved Housing Body (AHB)*. MHI is supporting its MHAs who have legacy commitments around housing to move to a more sustainable model operated by providers with specialised expertise for the needs of residents in these community settings.

MHI liaises with the Housing Regulation Agency and is represented on its Mental Health Task Group, the Department of the Environment, Heritage and Local Government and the Residential Tenancies Board.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

GDPR and Data Protection

In compliance with article 39 of GDPR, all staff received 4 hours GDPR awareness training ensuring all staff have a basic knowledge of data protection regulations. This will, in turn protect MHI against human error risks such as a security breach, mishandling of data or relying on incorrect bases for processing.

Work has commenced on producing an organisation-wide Data Protection Policy setting out the data protection principles and legislation which will be completed in 2019.

The privacy policy on the organisation's website and data protection policy are clearly set out in the Staff Handbook. This will be reviewed and up-dated to reflect any legislative changes as they occur.

Customer Relationship Management (CRM)

Considerable time has been spent on developing and testing a CRM system for the organisation. This is a four phased process. Phase one which was implemented in October related to the setting-up of a contacts database and calendar of staff activities and developments. Phase 2 related to donations and fund-raising. Staff have received training on the efficient use of the system and technical support is available on an on-going basis. The last two phases will be completed by Q2 in 2019.

Garda Vetting

MHI provides a Garda Clearance service to all its MHAs and to other organisations in the Mental Health field. All MHA committee members and volunteers are Garda vetted through MHI.

Training & Development Working Group

The *Training & Development Working Group* was established in November 2018. Fr Colm Murphy is the Sponsor for this Working Group and Catherine Brogan is the Programme Manager.

Plans have been made to hold a meeting in early January 2019 to agree Terms of Reference and a work programme for the year ahead.

FINANCIAL REVIEW

The organisation undertook to report its audited accounts under the SORP (FRS102) method in 2017 and continues report under SORP (FRS102) in 2018. This is the recommended standard for charities from 1st January 2015. The accounts show a surplus of €247,249 in 2018 compared to a surplus of €151,181 in 2017. The surplus brings the overall reserves to €938,029 at end of 2018, this includes unrestricted reserves of €624,403 and designated reserves of €83,919. This equates to 4 months reserve cover of ongoing monthly costs, aligned to our funder's expectations.

MHI's income of €3,081,379 in 2018 is up €192,197 from 2017 income of €2,889,182 as a result of MHI partnering on new projects with the HSE and increased on fundraising.

98% of MHI income was funded by the HSE under formal Service Arrangements.

**MENTAL HEALTH IRELAND
DIRECTORS' REPORT
FOR YEAR ENDED 31 DECEMBER 2018**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Mental Health Ireland is a Company Limited by Guarantee (CLG) which complies with the Companies Act 2014. MHI is a registered charity and consults with the Charities Regulatory Authority on an on-going basis to ensure planning for future developments takes place. The annual charities return was submitted in 2018. MHI's Charity Regulatory Authority No is 20008642.

We comply with the Governance Code for community, voluntary and charitable organisations in Ireland. We confirm that a review of our organisation's compliance with the principles in the Code was initiated in December 2017, and completed in the first quarter of 2018. This review is based on an assessment of our organisational practice against the recommended actions for each principle. The review sets out actions and completion dates for any issues that the assessment identifies need to be addressed.

Board and Committee Meetings

<i>Attendance at Board and Sub-Committee Meetings 2018</i>											
Committee	No. of meetings held	Pat Bracke n	Charlie Burke	Colman Noctor	Denis Creedon	Fiona Ross	Fr Colm Murphy	Martha Griffin	Neil Hughes	Seamus McNulty	Tony O'Boyle
Main Board	6	5	1	3	6	6	5	4	4	5	5
Finance & Audit Committee	6				5				5		5
Governance & Risk Committee	5					5		4		4	

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

STRUCTURE, GOVERNANCE AND MANAGEMENT

Progressing our Strategic Goals

To advance our strategic objectives the Board established a number of working groups. A number of the Working Groups have held first meetings and have prepared *Terms of Reference* for Board comment and approval. This process is to avoid duplication of effort and to mandate each group to pursue the Strategic Goals assigned. Future Board meetings will include feedback and update on progress against these objectives over the lifetime of our strategy plan (2019-2021).

Board Members and our Strategic Plan Thematic Working Group Membership

<i>Strategy Working Group</i>	<i>Remit</i>	<i>Programme Sponsor</i>	<i>Programme Manager</i>
Finance & Audit Committee	Finance, Accounts, Audit	Neil Hughes	Tina Robertson
Governance & Risk Committee	Governance, Policy & Risk	Seamus McNulty	Carol Moore
Mental Health Promotion	MHP Policy, Programmes, Objectives and	Colman Noctor	Aisling Doherty
Living Life Well	Peer Led, Co-Production and Recovery initiatives	Martha Griffin	Catherine Brogan
Training & Development	New Programme Development & National Projects + MHI Training	Colm Murphy	Catherine Brogan
Volunteers & Volunteering	Volunteer Support, Safeguarding, Vetting & Membership	Fiona Ross	Barbara Davis
Communication Awareness & Understanding	MHI Public Awareness, Messaging, Campaigns	Denis Creedon	Jill O'Herlihy
Fundraising	Fundraising	Tony O'Boyle	Jill O'Herlihy
Woodlands for Health	Health Promotion & Social Inclusion	Charlie Burke	Aisling Doherty

**MENTAL HEALTH IRELAND
DIRECTORS' REPORT
FOR YEAR ENDED 31 DECEMBER 2018**

REFERENCE AND ADMINISTRATIVE DETAILS

Name of charity	Mental Health Ireland
Charity number	CHY 5594
Address	1-4 Adelaide Road, Glasthule, Co.Dublin.

The names of the persons who at any time during the financial year were directors of the company are as follows:

Pat Bracken
Charles Burke
Denis Creedon
Martha Griffin
Neil Hughes
Colm Murphy
Seamus McNulty
Colman Noctor
Anthony O'Boyle
Fiona Ross

CEO whom responsibility for the day to day management of the charity is delegated

CEO Martin Rogan

Names and address of professional advisors

Auditors

JPA Brenson Lawlor,
Brenson Lawlor House,
Argyle Square,
Morehampton Road,
Dublin 4

Solicitors

Partners at Law,
Dunlaoghaire,
Co.Dublin.

EXEMPTION FROM DISCLOSURE

The charity has availed of no exemptions, it has disclosed all relevant information.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

FUNDS HELD AS CUSTODIAN TRUSTEE ON BEHALF OF OTHERS

The charity does not hold any funds or other assets by way of custodian arrangement.

Likely future developments

The charity plans to continue the activities outlined above in its objectives and activities in forthcoming years subject to satisfactory funding arrangements.

Events after the end of the financial year

There were no post balance sheet events which require disclosure.

Political donations

The charity did not make any political donations during the year.

Accounting Records

The measures taken by the directors to secure compliance with the requirements of sections 281 to 285 of the Companies Act 2014 with regard to the keeping of accounting records are the implementation of necessary policies and procedures for recording transactions, the employment of competent accounting personnel with appropriate expertise and the provision of adequate resources to the financial function. The accounting records of the company are located at the charities premises, 1 – 4 Adelaide Road, Glasthule, Co. Dublin.

Directors' compliance statement

The Board of Directors acknowledge that they have a responsibility to ensure that the organisation is fully compliant with their obligations under the Companies Act 2014. To this end, the audit and finance subcommittee review the internal controls in place on an annual basis. They confirm that:

- Adequate controls are in place in order to meet the obligations of the company,
- Appropriate arrangements and structures are in place that is, in their opinion, designed to secure material compliance with the company's relevant obligations.

Statement on relevant audit information

In the case of each of the persons who are directors at the time this report is approved in accordance with section 332 of Companies Act 2014:

(a) so far as each director is aware, there is no relevant audit information of which the company's statutory auditors are unaware, and

(b) each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's statutory auditors are aware of that information.

**MENTAL HEALTH IRELAND
DIRECTORS' REPORT
FOR YEAR ENDED 31 DECEMBER 2018**

Auditors

In accordance with section 383(2) of the Companies Act, 2014, the auditors, JPA Brenson Lawlor, will continue in office.

Approved by the board of directors and signed on its behalf by

Fiona Ross, Chairperson
Director

Neil Hughes, Chairman of the Finance Committee
Director

Date: 22nd March 2019

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2018

DIRECTORS' RESPONSIBILITIES STATEMENT

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and accounting standards issued by the Financial Reporting Council including FRS 102, the Financial Reporting Standard applicable in the UK and Ireland (Generally Accepted Accounting Practice in Ireland). Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the surplus or deficit of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- observe the methods and principles in the charities SORP;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors' report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the board of directors and signed on its behalf by

Fiona Ross, Chairperson
Director

Neil Hughes, Chairman of the Finance Committee
Director

Date 22nd March 2019

MENTAL HEALTH IRELAND INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MENTAL HEALTH IRELAND

Opinion

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2018 which comprise the Statement of Financial Activities, Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

In our opinion the financial statements:

- give a true and fair view of the state of the company's affairs as at 31 December 2018 and of its surplus for the year then ended;
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and
- have been prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The director is responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MENTAL HEALTH IRELAND

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that in our opinion:

- the information given in the Director's Report is consistent with the financial statements; and
- the Director's Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited, and the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of director's remuneration and transactions specified by sections 305 to 312 of the Act are not made.

Responsibilities of director for the financial statements

As explained more fully in the Director's Responsibilities Statement, the director is responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the director is responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the director either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

MENTAL HEALTH IRELAND INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MENTAL HEALTH IRELAND

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: [http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-\(Ireland\)/ISA-700-\(Ireland\)](http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-(Ireland)/ISA-700-(Ireland)). This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Ian Lawlor
for and on behalf of JPA Brenson Lawlor

22nd March 2019

Chartered Accountants
Statutory Audit Firm

Argyle Square
Morehampton Road
Donnybrook
Dublin 4
D04 W9W7

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR YEAR ENDED 31 DECEMBER 2018

	Designated funds €	Unrestricted funds €	Restricted funds €	Total 2018 €	Total 2017 €
Income					
Donations (Note 4)	-	476,207	-	476,207	44,815
Earned from charitable activities (Note 4)	-	1,299,615	1,280,784	2,580,399	2,826,792
Earned from other activities (Note 4)	5,600	19,173	-	24,773	17,575
Total income and endowments	5,600	1,794,995	1,280,784	3,081,379	2,889,182
Cost of Raising Funds					
Fundraising Costs	-	9,892	-	9,892	16,532
Expenditure on charitable activities					
Staff Costs	-	1,058,518	712,242	1,770,760	1,623,282
Depreciation of Fixed Assets	-	3,637	-	3,637	9,792
Operational Costs	13,800	427,957	608,083	1,049,840	1,104,927
Total expenditure	13,800	1,500,004	1,320,325	2,834,130	2,738,001
Net (Outgoing)/Income	(8,200)	294,991	(39,541)	247,249	151,181
Net (Outgoing)/Income	(8,200)	294,991	(39,541)	247,249	151,181
Transfers between funds	50,000	(50,000)	-	-	-
Net movements in funds for the year	41,800	244,991	(39,541)	247,249	151,181
Reconciliation of Funds					
Total Funds Brought Forward	42,119	379,412	269,249	690,780	539,611
Total Funds Carried Forward	83,919	624,403	229,708	938,029	690,792

MENTAL HEALTH IRELAND
STATEMENT OF COMPREHENSIVE INCOME FOR THE FINANCIAL YEAR
ENDED 31 DECEMBER 2018

	2018 €	2017 €
Surplus for the financial year	247,249	151,181
Total comprehensive income	<u>247,249</u>	<u>151,181</u>

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2018

	Notes	2018 €	2017 €
Fixed assets			
Tangible assets	9	<u>2,832</u>	<u>6,474</u>
		2,832	6,474
Current Assets			
Debtors	10	230,662	231,219
Cash at bank and in hand	11	<u>920,475</u>	<u>534,257</u>
		1,151,136	765,476
Creditors: amounts falling due within One year			
	12	<u>(215,939)</u>	<u>(81,158)</u>
Net current assets		<u>935,197</u>	<u>684,318</u>
Total assets less current liabilities		<u>938,029</u>	<u>690,792</u>
Reserves and funds			
Designated Reserves	15	83,919	42,119
Accumulated funds – restricted	16	229,708	269,249
Accumulated funds – general	17	<u>624,403</u>	<u>379,424</u>
		<u>938,029</u>	<u>690,792</u>

Approved by the board of directors and signed on its behalf by:

Fiona Ross, Chairperson
Director

Neil Hughes, Chairman of the Finance Committee
Director

Date 22nd March 2019

**MENTAL HEALTH IRELAND
STATEMENT OF CASH FLOWS
FOR YEAR ENDED 31 DECEMBER 2018**

	2018 €	2017 €
Net cash flows from operating activities	386,221	167,953
Net (decrease)/increase in cash and cash equivalents	<u>386,221</u>	<u>167,953</u>
Cash and cash equivalents at beginning of financial year	534,257	366,304
Cash and cash equivalents at end of financial year	<u>920,478</u>	<u>534,257</u>

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

1. General Information

These financial statements comprising the Statement of Financial Activities, the Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes on pages 24 to 27 constitute the individual financial statements of Mental Health Ireland Limited for the financial year ended 31 December 2018.

Mental Health Ireland is a charity limited by guarantee, incorporated in the Republic of Ireland. The Registered Office is 1 – 4 Adelaide Road, Glasthule, Co. Dublin, which is also the principal place of business of the charity. The nature of the charities operations and its principal activities are set out in the Director's Report on pages 1 to 20.

Statement of Compliance

The financial statements have been prepared in accordance with Charity SORP (FRS 102) "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102). The charity constitutes a public benefit entity as defined by FRS 102.

Currency

The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. Going Concern

The charity is substantially dependent on the HSE to cover its operating expenses and to meet its stated objectives as stated in the director's report. The directors believe that income will continue at an adequate level for the foreseeable future so that the company can continue in operational existence. The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the charity's ability to meet its liabilities as they fall due and continue as a going concern. In these circumstances the financial statements are prepared on a going concern basis.

3. Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice-Charities SORP (FRS 102) "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102) and the Companies Act 2014, except for the entity invoking the true and fair view override with regard to the profit and loss and balance sheet formats in Schedule 3 of the Companies Act 2014 as permitted in Section 3.4 of FRS102 and Section 291(5) of the Companies Act 2014.

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

Fund Accounting

The following funds are operated by the charity:

Restricted Funds

Restricted funds are to be used for the specified purposes as laid down by the donor/grantor. Expenditure which meets these criteria is allocated to the fund.

Unrestricted Funds

General funds represent amounts which are expendable at the discretion of the directors in furtherance of the objectives of the charity and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

Income

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Donations and fundraising income

Donations and fundraising income are credited to income in the period in which they are receivable. Donations received in advance for specified periods are carried forward as deferred income.

Membership Fees

These are recognised in the Statement of Financial Activities of the year in which they are receivable.

Grants and Donations

The charity receives government grants in respect of certain projects. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred income.

Donated Services and facilities

Where practicable, donations of goods and services are included in donations in the financial statements at their fair value. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh the benefits, then the income and associated expenditure is not recognised.

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met. The receipt of economic benefit from the use by the charity of item is probable and that economic benefit can be measured reliably.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

3. Accounting Policies (continued)

Income (continued)

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market, a corresponding amount is then recognised in expenditure in the period of receipt.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

There was no donated service and facilities during the year ended 31 December 2018.

Investment income

Interest and investment income is included when receivable and the amount can be measured reliably, this is normally upon notification of the interest paid or payable by the bank.

Expenditure Recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

It is categorised under the following headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- Other expenditure.

Costs of raising funds

Cost of raising funds includes expenditure directly associated with generating fundraising income, including attracting voluntary income and grant income.

Expenditure on charitable activities

Expenditure on charitable activities comprise those costs incurred by the charity in the pursuit of the charities objectives and in the delivery of its activities and services. It includes both costs that can be allocated directly such as wages and salaries and costs of an indirect nature necessary to support the delivery of its activities and services.

Other expenditure

Other expenditure represents those items not falling into the categories above.

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

3. Accounting Policies (continued)

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the activities and services of the charity. Support costs are allocated to expenditure on charitable activities. Costs relating to a particular project are allocated directly others are apportioned on an appropriate basis such as staff time.

Retirement benefit costs

The company operates a defined contribution scheme. Retirement benefit contributions in respect of the scheme for employees are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme. The assets are held separately from those of the company in an independently administered fund. Differences between the amounts charged in the income and expenditure account and payments made to the retirement benefit scheme are treated as assets or liabilities.

Unrestricted pension expenses relate to the pension expenses of Mental Health Ireland. Restricted pension expenses relate to Gateway, ARI and Mindspace Mayo.

Tangible fixed assets

All tangible fixed assets are initially recorded at historic cost. This includes legal fees, stamp duty and other non-refundable purchase taxes, and also any costs directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management, which can include the costs of site preparation, initial delivery and handling, installation and assembly, and testing of functionality.

A review for impairment of tangible fixed asset will be carried out if events or changed in circumstances indicate that the carrying value of any tangible fixed asset may not be recoverable. Shortfalls between the carrying value of tangible fixed assets and their recoverable amounts will be recognised as impairments. Impairment losses will be recognised in the Statement of Financial Activities.

Depreciation

Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost or valuation, less estimated residual value, of each asset systematically over its expected useful life, on a straight line basis, as follows:

Fixtures, Fittings & equipment	20% Straight line
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Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

3. Accounting Policies (continued)

An amount equal to the excess of the annual depreciation charge on revalued assets over the notional historical cost depreciation charge on those assets is transferred annually from the revaluation reserve to the income and expenditure reserve.

The residual value and useful lives of tangible assets are considered annually for indicators that these may have changed. Where such indicators are present, a review will be carried out of the residual value, depreciation method and useful lives, and these will be amended if necessary. Changes in depreciation rates arising from this review are accounted for prospectively over the remaining useful lives of the assets.

Trade and other debtors

Trade and other debtors are recognised initially at transaction price (including transaction costs) unless a financing arrangement exists, in which case they are measured at present value of future receipts discounted at a market value. Subsequently these are measured at amortised costs less any provision for impairment.

A provision for impairment of trade receivables is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the agreement.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

Cash and cash equivalents

Cash consists of cash on hand and demand deposits.

Trade and other creditors

Trade creditors are measured at invoice price, unless payment is deferred beyond normal business terms or is financed at a rate of interest that is not a market rate. In this case the arrangement constitutes a financing transaction, and the financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2018**

3. Accounting Policies (continued)

Provisions are recognised when the company has a present legal or constructive obligation as a result of past events; it is probable that an outflow of resources will be required to settle the obligation and the amount of the obligation can be estimated reliably.

Deferred Income

The charity recognised deferred income, where the terms and conditions have not been met or uncertainty exists as to whether the charity can meet the terms or conditions otherwise within its control, income is then deferred as a liability until it is probable that the terms and conditions imposed can be met.

Some of the grants received are subject to performance related conditions or time periods, when these performance related or other conditions are met the deferred income is released to income in the statement of financial activities.

Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Judgements and key sources of estimation uncertainty

The directors consider the accounting estimates and assumptions below to be its critical accounting estimates and judgements:

Going Concern

The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the company's ability to meet its liabilities as they fall due, and to continue as a going concern. On this basis the directors consider it appropriate to prepare the financial statements on a going concern basis. Accordingly, these financial statements do not include any adjustments to the carrying amounts and classification of assets and liabilities that may arise if the company was unable to continue as a going concern.

Comparative Figures

Where necessary comparative figures have been regrouped on a basis consistent with the current year.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

3. Accounting Policies (continued)

Employee benefits

When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service. The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received. The charity operates a defined contribution pension plan for the benefit of its employees. Contributions are expensed as they become payable.

Taxation

No charge to current or deferred taxation arises as the charity has been granted charitable status under section 207 and 208 of the Tax Consolidation Act 1997, Charity No CHY 5594.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2018**

4. Income from charitable activities

Income for 2018 analysed as follows:	Unrestricted funds €	Restricted funds €	Total 2018 €	Total 2017 €
<u>Earned from charitable activities</u>				
H.S.E. - Core (National)	768,205	-	768,205	768,216
H.S.E. - Core (South East)	78,000	-	78,000	78,000
H.S.E. - CHO1 (Sligo / Leitrim)	66,906	-	66,906	57,727
H.S.E. - CHO1 (Cavan / Monaghan)	43,988	-	43,988	30,316
H.S.E. - CHO1 (Donegal)	53,957	-	53,957	52,835
H.S.E. - CHO2 (West)	119,892	-	119,892	137,748
H.S.E. - CHO8 (Louth / Meath)	27,320	-	27,320	49,532
H.S.E. - CHO8 (Midlands)	49,000	-	49,000	49,000
H.S.E. - CHO3 (Midwest)	63,997	-	63,997	64,000
Jigsaw Project	-	270,600	270,600	337,733
MindSpace Mayo	5,000	303,544	308,544	256,628
Gateway Project	-	197,810	197,810	158,334
A.R.I. Project	5,000	273,664	278,664	240,119
Service Improvement Fund (previously ARIES)	13,350	115,661	129,011	42,590
MOJO	-	(11,132)	(11,132)	323,338
National Forensic MHS	5,000	44,041	49,041	-
Peer Recovery South East	-	19,122	19,122	-
Áras Folláin	-	-	-	100,000
Peer Recovery West (ex. MMHS)	-	67,474	67,474	30,676
Social Inclusion (Refugees)	-	-	-	50,000
Total earned from charitable activities	<u>1,299,615</u>	<u>1,280,784</u>	<u>2,580,399</u>	<u>2,826,792</u>
<u>Earned from other activities</u>				
Annual Subscription	5,237	-	5,237	7,518
Other Income	3,035	-	3,035	887
Training **	<u>16,501</u>	-	<u>16,501</u>	<u>9,170</u>
Total earned from other activities	<u>24,773</u>	<u>=</u>	<u>24,773</u>	<u>17,575</u>
<u>Donations</u>				
Donations / Fundraising	<u>476,207</u>	<u>=</u>	<u>476,207</u>	<u>44,815</u>

** includes €5,600 which related to designated income.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

Income for 2017 analysed as follows:

	Unrestricted funds €	Restricted funds €	Total 2017 €	Total 2016 €
<u>Earned from charitable activities</u>				
H.S.E. - Core (National)	768,216	-	768,216	768,216
H.S.E. - Core (South East)	78,000	-	78,000	78,000
H.S.E. - CHO1 (Sligo/Leitrim)	57,727	-	57,727	50,179
H.S.E. - CHO1 (Cavan/Monaghan)	30,316	-	30,316	-
H.S.E. - CHO1 (Donegal)	52,835	-	52,835	51,396
H.S.E. - CHO2 (West)	137,748	-	137,748	102,034
H.S.E. - CHO8 (Louth/Meath)	49,532	-	49,532	32,450
H.S.E. - CHO8 (Midlands)	49,000	-	49,000	49,000
H.S.E. - CHO3 (Midwest)	64,000	-	64,000	37,866
Jigsaw Project	1,667	336,066	337,733	718,088
Mindspace Mayo	5,000	251,628	256,628	238,055
Gateway Project	-	158,334	158,334	166,051
A.R.I. Project	5,000	235,119	240,119	125,324
ARIES (Previously RISE)	1,250	41,340	42,590	50,841
MOJO	12,000	311,338	323,338	161,647
Education/Research programme	-	-	-	64,351
Áras Folláin	-	100,000	100,000	-
MMHS Mayo Recovery College	-	30,676	30,676	-
Social Inclusion (Refugees)	-	<u>50,000</u>	<u>50,000</u>	-
Total earned from charitable activities	<u>1,312,291</u>	<u>1,514,501</u>	<u>2,826,792</u>	<u>2,693,498</u>
<u>Earned from other activities</u>				
Annual Subscription	7,518	-	7,518	12,609
Other Income	887	-	887	3,011
Training	<u>9,170</u>	-	<u>9,170</u>	<u>10,605</u>
Total earned from other activities	<u>17,575</u>	=	<u>17,575</u>	<u>26,225</u>
<u>Donations</u>				
Donations / Fundraising	<u>44,815</u>	=	<u>44,815</u>	<u>29,391</u>

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2018**

5. Surplus on ordinary activities before taxation

Surplus on ordinary activities before taxation is stated after charging / (crediting):

	2018	2017
	€	€
Depreciation of tangible assets	3,637	9,792
Audit Remuneration (including VAT)		
-Audit Fees	10,086	10,086
-Non - Audit Services	677	677
	<u> </u>	<u> </u>

6. Directors' remuneration and transactions

All Directors who served during the year, none received any remuneration from the charity. They received reimbursement for travel expenses incurred for board meetings attended.

Key Management Personnel

The CEO's salary for the year was €88,069 (2017:€79,495) in addition to 7% of gross salary paid as employer contribution into a pension on behalf of the CEO. Travel and subsistence in the amount of €6,362 (2017:€8,405) was also paid.

7. Staff costs

The average monthly number of persons employed by the company during the financial year analysed by category, was as follows:

	2018	2017
	Number	Number
Head Office	10	9
Development Officers	7	8
Jigsaw Project	-	1
Gateway Project	4	3
A.R.I. Project	4	4
Mindspace Mayo	4	4
MOJO & Peer Research	-	1
Service Improvement Fund (previously ARIES)	4	-
Peer Recovery West	2	1
National Forensic MHS	1	-
Total	<u> </u> 36	<u> </u> 31

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

7. Staff costs (continued)

Their aggregate remuneration comprised:

	2018 €	2017 €
Wages and salaries	1,540,739	1,422,627
Social security costs	166,127	143,058
Pension Costs	63,894	57,596
	<u>1,770,760</u>	<u>1,623,282</u>

All the amounts stated above were treated as an expense of the company in the financial year. No amount was capitalised into assets.

The number of higher paid employees including the CEO was:

Salary band	2018	2017
€60,000- €70,000	3	4
€70,001- €80,000	1	1
€80,001- €90,000	1	-
	<u>5</u>	<u>5</u>

8. Retirement benefit information

	2018 €	2017 €
Retirement benefit charge	<u>63,894</u>	<u>57,596</u>

Defined contribution scheme

The company operates a defined contribution scheme, 'Pension Scheme Fund', for its employees. The scheme is externally financed in that the assets of the scheme are held separately from those of the company in an independently administered fund.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2018**

9. Tangible fixed assets

	Fixtures, Fittings & Equipment 2018 €
Cost or valuation	
At 1 st January 2017	55,032
Additions	-
	<hr/>
At 31 st December 2018	55,032
	<hr/>
Depreciation	
At 1 st January 2017	48,563
Charge for the financial year	3,637
	<hr/>
At 31 st December 2018	52,200
	<hr/>
Net Book Value	
At 31 st December 2018	2,832
	<hr/>
At 31 st December 2017	6,747
	<hr/> <hr/>

10. Debtors

	2018 €	2017 €
Trade debtors	157,175	202,580
Other debtors	31,636	-
Prepayments and accrued income	41,851	28,639
	<hr/>	<hr/>
	230,662	231,219
	<hr/> <hr/>	<hr/> <hr/>

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

11. Components of cash and cash equivalents

	2018 €	2017 €
Cash at bank and in hand	920,475	534,257
	<u>920,475</u>	<u>534,247</u>

12. Creditors: amounts falling due within one year

	2018 €	2017 €
Trade creditors	27,266	26,182
Deferred Income	165,604	2,561
Other creditors	-	235
Accruals	23,069	52,180
	<u>215,939</u>	<u>81,158</u>

Included in deferred income are amounts due of €165,564:

- Jigsaw rent €67,650- rent for January to March 2019.
- Peer Recovery South East €20,000, relates to 2019.
- Fora Member Training €55,147, relates to training to be given in 2019.
- Gateway projects €22,807 funding for project worker and relief panel for 6 months in 2019.

Included in deferred income for 2017 is an amount due of €2,561 in relation to funds to be expended in 2018 in relation to a DO in Donegal.

13. Net cash flows from operating activities

	2018 €	2017 €
Surplus for the financial year	247,249	151,178
Depreciation on tangible assets	3,637	9,792
Decrease in debtors	557	116,768
(Decrease) in creditors due within one year	(28,265)	(62,346)
Increase/ (Decrease) in deferred income	163,043	(47,439)
	<u>386,221</u>	<u>167,953</u>

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2018**

14. Events after the end of the financial year

There were no events after the reporting date which require disclosure.

15. Designated Funds

	1 Jan 2018	Income	Expenditure	Transfer from Unrestricted	31 Dec 2018
	€	€	€	€	€
Tony Leahy Scholarship Fund	42,119	5,600	(13,800)	50,000	83,919
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	42,119	5,600	(13,800)	50,000	83,919
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Designated Funds previous year

	1 Jan 2017	Income	Expenditure	Transfer from Unrestricted	31 Dec 2017
	€	€	€	€	€
Tony Leahy Scholarship Fund	58,369	-	(16,250)	-	42,119
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	58,369	-	(16,250)	-	42,119
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

16. Restricted Funds

	1 Jan 2018	Income	Expenditure	Transfer	31 Dec 2018
	€	€	€	Unrestricted	€
<i>Project</i>				€	
Jigsaw Project	225	270,600	(270,600)	-	225
Mindspace Mayo	6,128	303,544	(298,396)	-	11,276
Gateway Project	94,155	197,810	(204,662)	-	87,302
A.R.I. Project	13,050	273,664	(214,816)	-	71,898
Service Improvement Fund (Previously ARIES)	23,865	115,661	(136,546)	-	2,980
MOJO	50,385	(11,132)	(39,252)	-	-
Education/Research	18,947	-	-	-	18,947
Peer Recovery West	-	67,474	(57,598)	-	9,877
Social Inclusion (Refugees)	45,196	-	(23,932)	-	21,265
Áras Folláin	17,298	-	(17,298)	-	-
National Forensic	-	44,041	(43,431)	-	610
Peer Recovery South East	-	19,122	(13,793)	-	5,329
Total	269,249	1,280,784	(1,320,324)	-	229,708

Restricted Funds previous year

	1 Jan 2017	Income	Expenditure	Transfer from	31 Dec 2017
	€	€	€	Unrestricted	€
<i>Project</i>				€	
Jigsaw Project	6,123	336,066	(341,964)	-	225
Mindspace Mayo	22,975	251,628	(268,475)	-	6,128
Gateway Project	107,036	158,334	(171,215)	-	94,155
A.R.I. Project	6,077	235,119	(228,146)	-	13,050
ARIES (Previously RISE)	7,542	41,340	(25,016)	-	23,865
MOJO	19,892	311,338	(280,845)	-	50,385
Education/Research programme	27,201	-	(8,255)	-	18,947
Social Inclusion (Refugees)	-	50,000	(4,804)	-	45,196
Áras Folláin	-	100,000	(82,702)	-	17,298
MMHS – Mayo Recovery	-	30,676	(30,676)	-	-
Total	196,846	1,514,501	(1,442,098)	=	269,249

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2018**

17. Unrestricted Funds current year

	1 Jan 2018	Income	Expenditure	31 Dec 2018
	€	€	/Transfer €	€
Unrestricted funds	379,412	1,794,995	(1,550,004)	624,403
	_____	_____	_____	_____
Total unrestricted funds	379,412	1,794,995	(1,550,004)	624,403
	=====	=====	=====	=====

Unrestricted Funds previous year

	1 Jan 2017	Income	Expenditure	31 Dec 2017
	€	€	/Transfer €	€
Unrestricted funds	284,396	1,374,681	(1,279,653)	379,424
	_____	_____	_____	_____
Total unrestricted funds	284,396	1,374,681	(1,279,653)	379,424
	=====	=====	=====	=====

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2018

18. Operating Lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2018	2017
	€	€
Within one year	-	-
Between one and five years	-	-
Over five years	-	-

MHI is still in the process of transferring Jigsaw Galway to Jigsaw National and all commitments in relation to this lease will be transferred. At present Jigsaw provides funds to MHI to cover the costs of rent on a quarterly basis until such a time as the lease is assigned. MHI does not pay the landlord the rent until they receive the funds from Jigsaw.

19. Reconciliation of capital and reserves

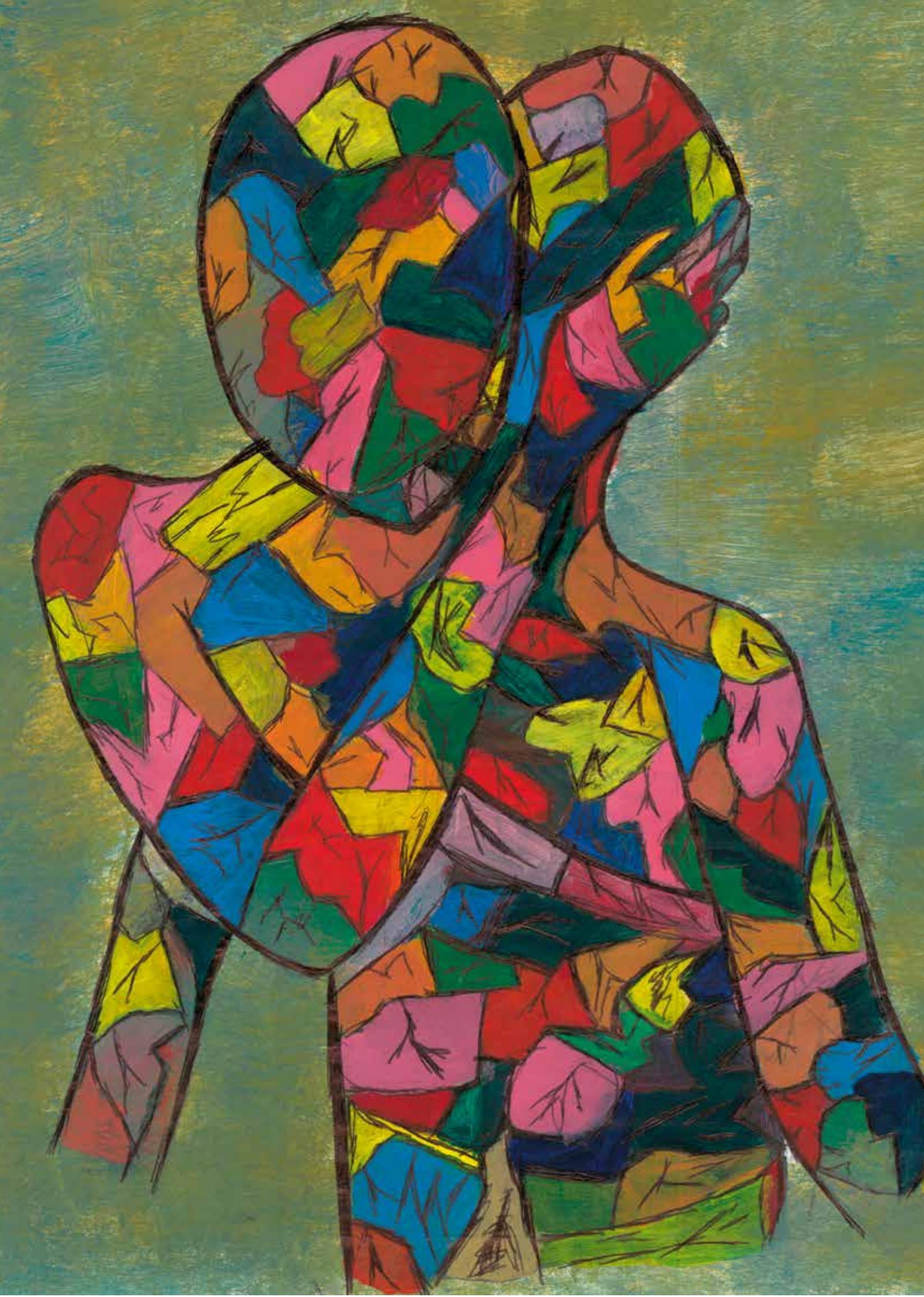
	2018	2017
	€	€
At the beginning of the year	690,780	539,611
Surplus for the year	247,249	151,181
	<hr/>	<hr/>
Closing reserves	938,029	690,792
	<hr/> <hr/>	<hr/> <hr/>

20. Related party transactions

Mental Health Ireland supports a number of local Mental Health Associations across Ireland. Those Mental Health Associations who completed a Memorandum of Understanding process were authorised to use Mental Health Ireland's Charity No. 5594 until 30 June 2018. Since that date, Mental Health Associations have been required to register directly with the Charities Regulator to obtain their own Charity Number. Mental Health Ireland provide support and guidance to all MHAs who are registered members of Mental Health Ireland.

21. Approval of financial statements

The board of directors approved these financial statements and authorised them for issue on 22nd March 2019.





**Mental Health
Ireland**

Designed and produced by www.zestcreative.ie

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