How Do iCope?

KINGSTON ICOPE NEWSLETTER

ISSUE 2 SPRING 23

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OUTREACH WORK

As part of our Outreach Project, Kingston iCope is keen to continue strengthening our bonds with local organisations and community groups, as we recognise that the best way to promote positive mental well-being amongst different members of the local community is by working together.

We have attended meetings with Kingston Council's **BAME Mental Health Partnership**. This initiative brings together different BAME community group members and key stakeholders, to collaboratively develop access to mental health services for these groups. This was a valuable opportunity to improve knowledge of Kingston iCope amongst the wider community, as well as gain insight into the challenges faced by BAME groups when accessing our services.

We recently met with **Staywell's Community Connecters,** who provide social prescribing link worker services to GP Primary Care networks in Kingston. By linking people with appropriate sources of support in the community and drawing on individual strengths and interests, Staywell supports people to make positive life changes and live well independently. We were able to gain a better understanding of the model of support underpinning Staywell's work, as well as improve our shared understanding of each other's referral criteria and pathways.

iCope

Psychological Therapies Service

Have your Say:

CLIENT EXPERIENCES

At iCope, we strive to ensure the continual improvement of our services, and it is vital that our client's views and needs are central to this. We regularly collect feedback as part of our Patient Experience Project and have included some key takeaways from our January - March 2023 report below.

> "I am very grateful for the compassionate and considered care I have received, my therapist was always professional and made me feel at ease, as well as being accommodating with organising my sessions and with supporting me with my difficulties. I would highly recommend this service to anyone experiencing their own difficulties and who would benefit from support."

92% of respondents felt that staff listened to them and treated their concerns seriously at all times.

88% of respondents felt confident in their therapist's skills and abilities at all times.

> "My experience was overall great, my concerns and fears were taken seriously and never felt I was left alone with my thoughts. I've gotten great advice and I will try to use all the techniques I have learned so far to manage my anxieties in the future as well. Also I was told if I ever feel the need of additional support after I am dismissed, I am welcome to get in contact again, which is really nice to have in mind."

What We Do:

TREATMENT OPTIONS

At iCope, we offer a range of evidence-based psychological treatments that have been recommended for the NHS. By collaboratively exploring client's difficulties during an initial assessment therapists and clients can work together to find a suitable treatment option.

INDIVIDUAL TREATMENT

- CBT-Based Guided Self Help
- Cognitive Behavioural Therapy
- Brief Psychodynamic Therapy
- Dynamic Interpersonal Therapy

ONLINE

- Silvercloud Online Therapy (Self-help)
- Silvercloud Online Therapy (Guided)

GROUPS

- Feeling Good Group
- Stress and Worry Management Course
- Overcoming Low Self Esteem
- Mums in Mind
- Understanding Depression
- Living with Pain
- Living with Long Covid

IS THIS THE RIGHT SERVICE FOR YOU?

Kingston iCope delivers **short-term structured psychological therapies** to adults registered with a **GP in the borough of Kingston** experiencing **mild-moderate symptoms** of mental health problems including Depression and Anxiety disorders (e.g. Generalised Anxiety Disorder, Panic Disorder, Health Anxiety, Obsessive-Compulsive Disorder, Phobias and Post-traumatic stress disorder).

There may be instances where our service would not be the most suitable, for instance where an individual is at high risk of harm to themselves or others, currently receiving psychological support elsewhere, or primarily struggling with issues related to substance dependency. In these cases, we may be able to signpost or refer to a more appropriate service. For further information about our referral guidelines, you can contact us by phone at: 020 3317 7850, by email at: kingston.icope@candi.nhs.uk or refer to our website: https://www.icope.nhs.uk/kingston/

Spotlight:

STRESS AWARENESS MONTH

WHAT IS STRESS AWARENESS MONTH?

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. Long-term stress can be detrimental for our health, so it is important to learn ways to gain some control over it.

WHAT IS STRESS?

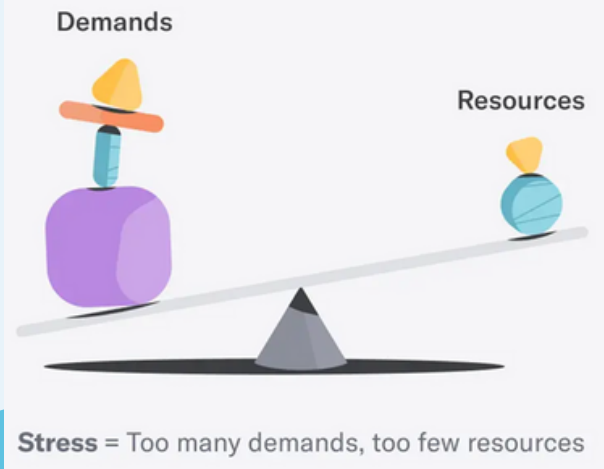
Stress is a normal part of life for all of us. Stress is the word used to describe the feeling of not being able to cope with problems or potential problems in your life. Avoiding the triggers of our stress is not always possible, or even desirable, as some challenges can help us to learn new skills or strengths or achieve valued goals! We feel stressed when there is an imbalance of perceived demands or pressure and our perceived resources or ability to cope.

WHAT IS THE IMPACT OF STRESS?

Stress can affect us in many ways. Physical symptoms of stress can include headaches, stomach problems and sweating. Emotions affected by stress can include feeling anxious, low or irritable. Behaviours engaged in when stressed can include withdrawing from activities, overdoing activities or changes in eating and sleeping. Thoughts that people may experience when stressed include I cannot cope, this is too much, and I will never be able to manage.

THE STRESS MANAGEMENT COURSE

The Stress and Worry Management Course is an integral part of the programme of support offered by Kingston iCope. This 8-week course supports people in deepening their awareness and understanding of what causes and maintains stress in their lives. By drawing on key principles of CBT (Cognitive Behavioural Therapy) and Mindfulness-based stress management, this group aims to help individuals overcome feelings of helplessness and develop healthier ways of coping with the stresses of life.



Spotlight:

STRESS AWARENESS MONTH

THE FEELING GOOD GROUP

Our Feeling Good Group is a 6-week course which aims to equip clients with practical tools to help them understand and manage their emotional well-being, with a focus on overcoming stress, anxiety and low mood. The group promotes peer support and discussion, whilst emphasising respect for personal boundaries so there is never pressure to contribute more than you are comfortable with. We explore a range of topics including managing worry, changing unhelpful behaviours, and thought-challenging and relaxation techniques.

USEFUL STRESS MANAGEMENT APPS

There are a range of mental well-being apps which provide access to valuable stress management tools at the touch of a button! Here are some examples which are available on most commonly used app stores:

Headspace – a mindfulness app which teaches you to be kind to your mind by creating life changing habits to support mental health and find a healthier, happier you.

Mindshift – a CBT based app which teaches relaxation skills, helps to develop new ways of thinking and suggests healthy activities.

MoodKit – a CBT based app which includes activities on wellness, guides through challenging problematic thoughts, provides space for tracking symptoms and is a journal.

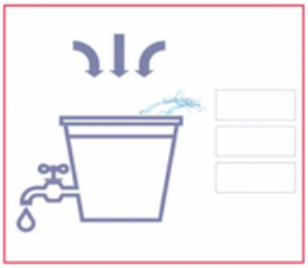
Calm – a meditation, sleep and relaxation app.

Wellbeing Corner:

STRESS MANAGEMENT TOOLS

THE STRESS BUCKET

The ability to cope with stress varies from person to person and what one person finds stressful may not be a problem for another. The stress bucket is an analogy we can use to help us recognise our own triggers and coping mechanisms. Our stress tolerance is represented by the size of our bucket and the water represents all the stresses in our lives. We cannot change the size of our bucket, but we can develop coping strategies to keep our bucket from overflowing, and those are the taps that drain our water to prevent overflowing.

Step 1: Draw your stress bucket	Step 2: Write above your bucket any stressors in your life.	Step 3: Write on the right hand side how you can tell when your stress bucket is overflowing.	Step 4: Write underneath the tap current coping strategies you have to release stress.
			
Key Questions to Ask Yourself 1. What does my bucket look like? 2. What is the size of my bucket? 3. How much water is already in my bucket?	**Key Questions to Ask Yourself** 1. What are my short and long term stressors? 2. Why do they cause me stress? 3. Are all of these stressors necessary?	**Key Questions to Ask Yourself** 1. What is my stress signature? 2. Am I aware of signs that I am experiencing too much stress? 3. How could I monitor these signs more closely?	**Key Questions to Ask Yourself** 1. What are my current coping strategies? 2. How healthy are my current coping strategies? 3. Which any coping strategies will I use going forwards?

POSITIVE COPING STRATEGIES

There are a range of actions we can take to try to manage and reduce stress in our lives. Why not try some of the following?

- Take a break from screens and social media
- Eat healthily
- Get plenty of sleep
- Stretch and take deep breaths
- Exercise
- Do activities that you enjoy
- Try a new hobby

- Connect with people
- Reduce alcohol and caffeine consumption
- Be more mindful
- Take a break from work and home
- Take a walk outside
- Do something for someone else