# Pre call for Expressions of Interest to recruit MECC for Mental Health Lead Trainers and Trainers

The Royal Society for Public Health (RSPH) and Health Education England (HEE) North **will be calling in June 2022, for expressions of interest from primary and community care organisations across the North West** to nominate individuals who can become mental health promotion Lead Trainers and Trainers for a new Making Every Contact Count (MECC) for Mental Health training programme.

The project aims to target non-mental health specialist staff working in **primary and community care settings/services**, including, but not limited to:

* Social prescribing
* GP surgeries
* Primary care services based at hospitals such as GUM clinics
* Community Pharmacy
* Health and social care
* District nursing
* Falls services
* Health visiting
* School nursing
* [Allied Health Services](https://www.england.nhs.uk/ahp/role/)
* Emergency services such as ambulance and fire services.

## The training programme

The end-user training has been designed to be delivered virtually or in a classroom setting. The content is organised in three modules:

* Module One: Introduction to MECC for Mental Health
* Module Two: Knowledge and Skills – having a MECC for Mental Health Conversation
* Module Three: Signposting and Pathways

Each module requires the delivery of three guided learning hours, nine guided learning hours in total. However, the modules are standalone and can be delivered independently.

Lead Trainers and Trainers will be upskilled to deliver this content over a 2.5 days training session. We will provide them a full set of training materials, including a slide deck with Tutor notes, a 30-minute online learning per module and the learner workbook.

The materials have been developed and tested in collaboration with HEE (Health Education England), local stakeholder organisations and an Expert Reference Group including subject matter experts and those with lived experience.

Please [click here to read content](https://i.emlfiles4.com/cmpdoc/8/1/1/1/2/1/files/73377_content-plan-mecc-for-mental-health-april-2021.pdf?utm_campaign=2914826_MECC%20-%20April%20newsletter&utm_medium=email&utm_source=The%20Royal%20Society%20for%20Public%20Health&dm_t=0,0,0,0,0).

## Benefits to organisations

This is an opportunity for organisations to demonstrate leadership in mental health promotion as an integral part of their person-centred care approach and in support of COVID-19 recovery plans. Organisations hosting Lead Trainers and Trainers will build their internal capacity for mental health promotion in a systematic and sustainable way.

Furthermore, to recognise and facilitate their support, we will provide organisations with a training grant (£1000 for Lead Trainers and £200 for Trainers) towards covering the time their nominees will spend supporting the project.

## Benefits to individuals

Their involvement is an opportunity for professional development and peer learning through:

* RSPH Membership: two years of membership at [Associate grade](https://www.rsph.org.uk/membership/grades/associate.html) for Trainers, and [Member grade](https://www.rsph.org.uk/membership/grades/member.html) for Lead Trainers.
* Ongoing subject related professional development opportunities including webinars and refresher sessions.
* Accredited training and access to training support materials
* Access to a trainer hub which will support interaction and peer-learning of the regional network of MECC for mental health trainers.

## Requirements for Lead Trainers

**Each Lead trainer** must commit to an equivalent of **8.5 days** over a period of approximately 6 months:

* 1. Attend the MECC for MH train the trainer (TtT) session (approximately 2.5 days equivalent divided in three sessions of online learning).
  2. Register as MECC for MH Lead Trainer (involves email exchange and attendance to a 1 hour workshop laying out the expectations of the project such as quality assurance and evaluation requirements, targets and timescales).
  3. Support the development of the TtT programme through feedback and evaluation and quality assurance activities (approximately 1 day involving communication with trainees, attending interviews as requested by the evaluation partner, observing a proportion of their trainees’ sessions).
  4. **Delivery of a TtT session to** **7 local Trainers** (2.5 days equivalent)
  5. Support the recruitment of trainees (approximately 2 hours).
  6. Delivery 1:1 sessions with each of their trainees (approximately 1.5 days involving up to an hour per trainee and some email exchange).

Please note that this is a guide and whilst the time requirements are not likely to change much, the tasks may be modified according to locality’s/trainees needs.

## Selection criteria for Lead Trainers

All Lead Trainers must have:

* Excellent training delivery skills
* Experience in delivering Train the Trainer programmes
* Excellent communication skills
* Good understanding of health behaviour change models and practices
* Good understanding of mental health promotion
* Good understanding of person-centred approaches
* Good understanding of the MECC approach
* An interest in delivering this training beyond the project.

Furthermore, Lead Trainers must be based at or have links to primary and community care within a Northern STP/ICS area. It is also desirable that Lead Trainers have completed a MECC training programme.

To nominate a Lead Trainer, the organisation must provide an email/letter of support to the individual and ask him/her to complete a form which will be provided by RSPH via call for expressions of interest which will be launched in June 2022.

## Requirements for Trainers

**Each Trainer** must commit to an equivalent of **4 days** over a period of approximately 6 months:

1. Undertake the MECC for MH train the trainer session (approximately 2.5 days equivalent divided in three sessions of blended learning).
2. Register MECC for MH Trainer (involves email exchange and attendance to a 1 hour workshop to lay out the expectations of the project such as quality assurance and evaluation requirements, targets and timescales).
3. Organise and deliver training for 12-15 individuals. Each Trainer should **train at least 12 individuals** from their organisation or local network (1 or 2 days equivalent depending on bookings).
4. Support the development of the training programme by providing feedback and evaluation (up to 1 hour).
5. Attend a 1:1 session with their Lead Trainer (up to 1 hour long).
6. Attend all refresher sessions (4 sessions of up to one hour long).

Please note that this is a guide and whilst the time requirements are not likely to change much, the tasks may be modified according to locality’s/trainees needs.

## Selection Criteria for Trainers

All **Trainers** must have:

* Experience in delivering training to adults
* Excellent communication skills
* Interest in mental health promotion.

It is also desirable that Trainers had:

* Completed a MECC training programme
* Good understanding of the MECC approach
* Good understanding of mental health promotion
* Good understanding of health behaviour change models and practices
* Good understanding of person-centred approaches.

Furthermore, Trainers must be based at or have links to primary and community care within a Northern STP/ICS area.

To nominate a Trainer, the organisation must provide an email/letter of support to the individual and ask him/her to complete a form which will be provided by RSPH via call for expressions of interest which will be launched in June 2022.

## Organisational support

Key to the delivery of high quality MECC for mental health training is the commitment and support from the employing organisation who would also champion this initiative. Lead Trainers and Trainers will only be selected if there is an explicit support from the senior and/or clinical management.

## Deadline

TBC, the call for expressions of interest will be sent out in June 2022.

## Contact us

For further information, please contact the Project Manager at RSPH, Nelly Araujo on [naraujo@rpsh.org.uk](mailto:naraujo@rpsh.org.uk)