

Steps to Wellness – it’s early days but waiting lists targeted and service users reassured

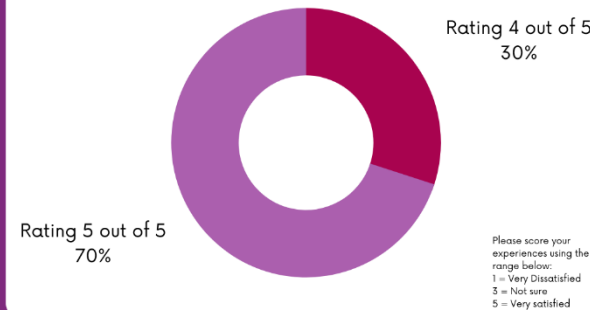
Early service user feedback on the new Steps to Wellness initiative, in partnership with Southern Health Social Care Trust and East London Foundation Trust (ELFT), is telling us that the majority of people feel that the service met their expectations and that they benefited well from the interventions offered and especially found learning from others really helpful.

Dr Jan McGall, Director of Mental Health and Disability in the SHSCT, said: “We are starting to see our waiting times come down, it is early days but we are hopeful that going forth this will be an efficient way to be able to react more quickly to service users being referred to mental health services”

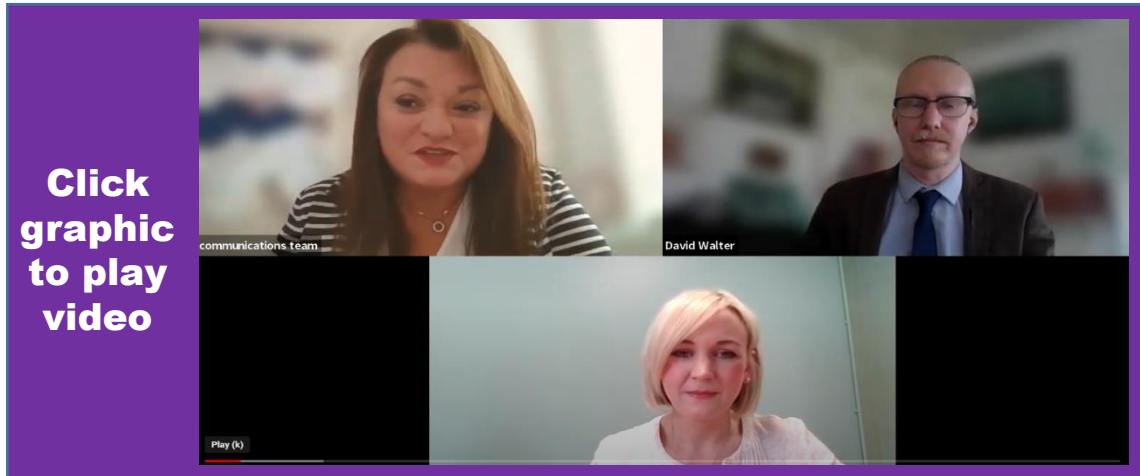
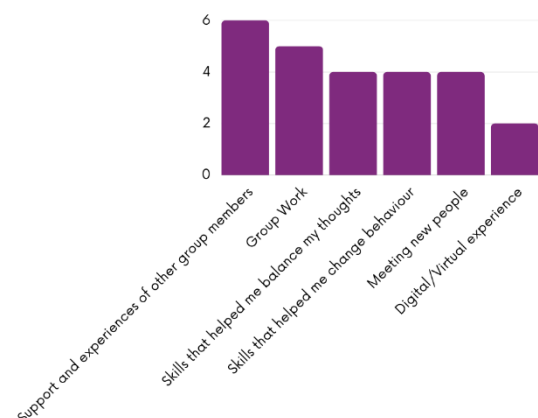
She added that these new ways of offering services, has benefitted both service users and staff.

“For our teams it’s actually given them a real opportunity to upskill, to increase their learning and deliver differently and it’s been really good to hear.

TOTAL rating of first session



Service user response to 'What parts of your treatment did you find most helpful?'



“I think that the most successful group so far has been the perinatal group and we know during COVID that's been really hard for new mummies with babies because they haven't been able to go anywhere so there's been really good. You don't have to pack up baby and come into a setting. So we're seeing new things that we wouldn't have thought of but actually have worked really well for the population that we're here to serve.”

In our latest TruST TV, Jan McGall, Director of Mental Health and Disability Services and Clinical Lead David Walter, discuss how Steps to Wellness is progressing.

Service user response:
[\(Click here to view more feedback from our first groups\)](#)