

**A STRATEGY FOR CHANGING THE WORLD**

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**PLATF** **FORM**

For mental health and social change

Knowing what we stand for helps us to focus our efforts. The following pages introduce some of our key brand attributes.

**Noun: Wellbeing**

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**“WELLBEING INVOLVES A SENSE OF PURPOSE, OPTIMISM, HOPE, AGENCY, AND DIRECTION”**

**SHAWN GINWRIGHT - HOPE, HEALING, AND CARE**

Our vision

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## **Sustainable wellbeing for all**

**Sustainable** meaning long lasting

**Wellbeing** meaning a sense of purpose, optimism, hope, agency, and direction

**All** meaning us, our community, the people we work with and beside, humankind, animals and nature

Our mission

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## **To be a platform for connection, transformation and social change**

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We believe that each of us has innate strengths to build on, whatever our past experience, life circumstances or current situation. These assets are found in individuals, families, communities and organisations. Equally our lives and feelings are informed by the traumas we have experienced. Our work is focussed on supporting people through the trauma they have experienced, towards recovery, finding the best ways for the individual to become independent, connected with their community and well.

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In our actions we are:  
**connected, compassionate, brave and curious**

**CONNECTED**

- We value deep connection to others
- Our connection includes people, nature, other organisations, the wider world and beyond
- We treat everyone as our equal and an individual

**COMPASSIONATE**

- Treat everyone with compassion and honesty
- Kindness and empathy is at the heart of our approach
- We don't judge people, we value difference and respect lived experience

**BRAVE**

- We are ambitious and bold about changing the current paradigm in approached to mental health
- We inspire and support "alternative" approaches and are not afraid to swim against the tide to stand up for what we believe
- We are pioneering, disruptive, brave and determined in creating positive change in the world

**CURIOUS**

- We are explorers and are always interested in great ideas, wherever they may be from
- We are inquisitive and curious about others' research, evidence and approaches
- We want to be part of a social movement exploring new ways of approaching sustainable wellness for all

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## Sustainable wellbeing for all through;

### 1. PUBLIC SECTOR TRANSFORMATION AND SYSTEM CHANGE

We know that the mental health system and wider health, social care and public sector systems are no longer fit for purpose. They are based on illness/deficit models that take power and agency away from the citizen. We are part of a growing social movement aiming to transform the way public services are delivered and the way communities and individuals are enabled to have autonomy and agency over their own lives, growth and recovery.

#### What will we do?

Building on existing knowledge, research and emerging practice we will seek to develop our own theory of change underpinned by our unique asset based, trauma informed and healing focused approach and demonstrate this in pilot transformation sites to provide an evidence based theory of change. We will seek to use this to influence future design of public services in the UK.

### 2. PROJECTS AND SERVICES

We provide support and other mental health services to around 4000 people a year through our current portfolio of projects and services – circa £7m annual income. Our work is located within five Welsh Health Board areas and fourteen local authorities. Moving forward all projects and services will be grouped into three areas of work;

**Crisis prevention and home:** e.g. crisis, sanctuary, housing and support

**Meaningful and purposeful life:** e.g. employment, training and skills development, community development, community based dementia work, peer support, young people's work etc

**Therapies, wellbeing centres, training and learning:** Breathe counselling space, city-based wellbeing centres, therapeutic retreat, workplace wellbeing services, professional training and development

#### What will we do?

In our experience our work has the greatest impact where we have a range of integrated services that people can access and move between, dependant on need at the time. For example - crisis prevention – somewhere safe to go as an alternative to hospital when things get tough, support to live independently at home, access to training and skill development to increase confidence and give meaning and purpose to life and, access to self-management peer support groups.

We will be seeking strategic relationships that welcome a collaborative approach to identifying and shaping solutions that we can deliver in line with our values and approach – asset based, trauma informed and healing focused.

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## Sustainable wellbeing for all through;

### 3. CONVENING, COMMUNICATION, CAMPAIGNING

To maximise our potential to contribute to meaningful transformation, be part of a social movement for change, to openly share our approaches to sustainable wellbeing for all, to be curious about other exciting new ideas and organisations and to always continue to learn, we aim to be connected on all levels. We will communicate, campaign and convene for change.

#### **What will we do?**

**Convening:** Bringing people together to think, learn, research, plan, influence and innovate

**Communicating:** Communicate in all mediums about our work, evidencing and publicising our social impact, sharing and teaching

**Campaigning:** We will run and be part of targeted campaigns seeking to achieve positive social change and sustainable wellbeing for all

### Medical model

#### **A Straight Talking Introduction to Psychiatric Diagnosis**

by Dr Lucy Johnston

A revolution is underway in mental health. If the authors of the diagnostic manuals are admitting that psychiatric diagnoses are not supported by evidence, then no one should be forced to accept them. If many mental health workers are openly questioning diagnosis and saying we need a different and better system, then service users and carers should be allowed to do so too. This book is about choice. It is about giving people the information to make up their own minds, and exploring alternatives for those who wish to do so.

#### **Lost Connections: Uncovering the Real Causes of Depression - and the Unexpected Solutions** by Johann Hari

#### **Creating a Psychologically Informed Environment: Implementation and Assessment**

#### **The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement** by Shawn Ginwright Ph.D.

#### **Hope, Healing, and Care: Pushing the Boundaries of Civic Engagement for African American Youth** by Shawn Ginwright Ph.D.

Healing is the process of restoring health and well-being to individuals and communities. Conceptually, healing is an important dimension of civic engagement given the ways in which poverty, racism, and violence have threatened vibrant community life in black neighborhoods. Daily trauma, hopelessness, and nihilism “prevent us from participating in organized collective struggle aimed at ending domination and transforming society” (hooks 1993)... community organizations provide pathways to well-being. Well-being is a result of power and control over internal and external forms of oppression... Building pathways to well-being requires collective power and control in order to create the conditions that foster a higher quality of life.

### What makes a healthy, vibrant community?

#### **Great view from critical psychiatry on disease model and psychiatric medication**

#### **Kinder communities by carnegieuktrust.org.uk**

#### **Asset based community development**

#### **Trauma informed care and why it matters**

#### **scottishrecovery.net/what-helps**

#### **relationalwelfare.wordpress.com/about**

#### **participle.net/families**

#### **Whats wrong with resilience**

#### **We must address the socioeconomic causes of psychological distress**

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