

What you need to do to be part of EOLAS

EOLAS is now available to be rolled out in your area.

The EOLAS Team is identifying services (clinicians, service users and families) where the EOLAS Programme can be delivered.

Delivery of EOLAS requires the support of service management and local sector mental health teams, as well as service users and family members interested in becoming EOLAS facilitators.

If you are interested to know more about training for EOLAS, contact the EOLAS Team.

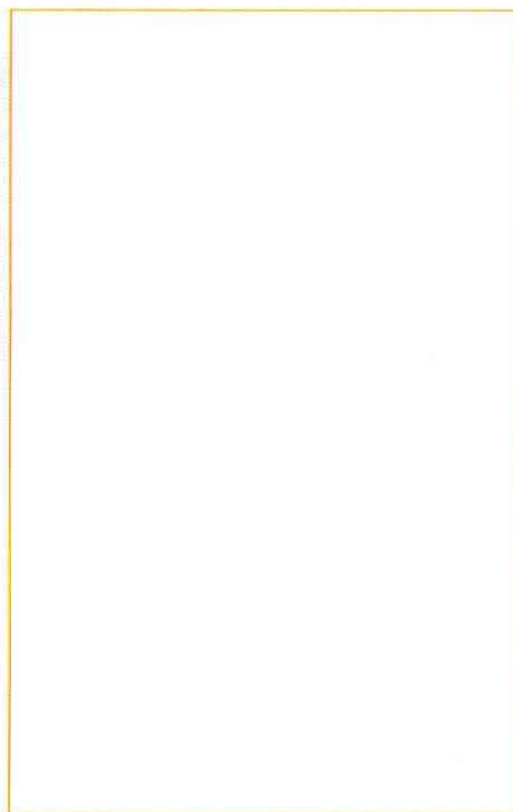
Discuss your interest with your local sector team and service management.

EOLAS is funded to support the roll-out of the programme in a limited number of services each year. **ACT NOW TO BE INCLUDED IN THE ROLL-OUT FOR 2013 AND SUBSEQUENT YEARS!**

Contact Details

The EOLAS Project has an office with KYS (Kildare Youth Service), based in Naas.

For more information, contact:



The EOLAS Mental Health Information and Learning Programme

Information Leaflet
for Facilitators

What is the EOLAS Programme?

EOLAS is a new and innovative information and learning programme in mental health, which provides participants with information about mental health diagnosis, causes of mental health difficulties, treatment options, ways of managing symptoms, dealing with stigma and pathways to Recovery.

EOLAS is designed for people who have developed serious mental health difficulties (such as schizophrenia or bipolar disorder) and also their families and close friends.

EOLAS is unique: it has been developed and is delivered in collaboration with service users, families and friends along with clinicians, voluntary and statutory agencies.

EOLAS is firmly based on the Recovery approach to mental health.

EOLAS is evidence-based and undergoing continuous evaluation by the School of Nursing and Midwifery in T.C.D.

How can you become an EOLAS facilitator?

The EOLAS Programme is being rolled out in services in Ireland, initially in the Dublin/Leinster areas. Sites are selected on the basis of interest, commitment and readiness of local management teams. The delivery of EOLAS at local sites is supported by the EOLAS Project Team.

EOLAS consists of two parallel programmes, (one for services users and the other for families/close friends). Each programme consists of 8 group sessions lasting 90 minutes or so and runs over 8 consecutive weeks

Each programme is delivered by two fully trained co-facilitators, one of whom is a peer facilitator (i.e. a service user or family member) and the other a clinician.

If you wish to be a facilitator in your local service, you will receive 4 days training in group facilitation skills and co-facilitation with a peer facilitator as well as in the specific content and delivery of the EOLAS Programme. The training will also help you to tap into and utilize your own personal (or clinical) experience in delivering the programme to participants.

Through participation, you will gain invaluable training and experience in the delivery of an innovative psychoeducation programme, which will greatly enhance your Curriculum Vitae.

What does the research tell us about EOLAS?

100% of participants would recommend the EOLAS Programme to others.

Nine out of ten rated their satisfaction and enjoyment of the programme as high/extremely high.

Having a user of services/family member as a facilitator on the programme was a positive experience.

"We were providing something that's largely been absent. It's [education] not been available for relatives. It may or may not have been available to service users in a less formal sense, but certainly for the family members I think it was well-received because it was filling a vacuum." (Clinician Facilitator)

"You feel empowered in a couple of ways... I do feel that I can talk to the psychiatrist or the doctor about that [medication and triggers] now." (Service User Participant)

"She [service user facilitator] was so confident and then she identifies with us because she suffered like us... You know, she'd say, 'Oh I know, yeah, that's what happens.'" (Service User Participant)

"It was great that everybody could come together and you know learn from each other, you know that was useful." (Family Member Participant)

"I think that's all people want... they want information and they want to meet other people who are in similar boat. I think people feel very isolated." (Family Member Participant)