



The Gift of Time

Improving the person's experience with
the implementation of the Tidal Model

Tidal & What's It All About!!

- An approach to exploring the theory of mental health
- Helps person reclaim the story of their problems of human living
- Focuses on helping people deal with problems of human living
- Uses specific human values to guide the helping and enabling practice of mental health recovery


Key Tidal Question

- How can we help people address, deal with, overcome or come to terms with their problems of living?


What have we done

- A new model of mental health nursing practice: ***The Tidal Model***
- Uses specific human values to guide the helping and enabling practice of mental health recovery
- How can we help people address, deal with, overcome or come to terms with their problems of living?

The Way We Were

- Medical model
 - Problem orientated
 - Time to settle in!!!
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Overview of Holistic Assessment

- How did the problem begin?
 - How did this affect you?
 - How did you feel?
 - How did things change over time?
 - How were your relationships affected?
 - How do you feel now?
 - What do you think it all means?
 - What does this say about you as a person?
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Overview of Holistic Assessment

- What needs to happen now?
- What do you hope the nursing team will do for you?
- Who is important to you? Why?
- What is important to you?
- What is your personal philosophy?
- How will you know the problems have been solved?
- What needs to change for this to happen? What will be different about you? What will other people experience?

The One to One Session


Purpose- help people become aware of:

- Changes going on within them
- How they might develop these changes
- How nursing team or others can play a part in promoting small but steady change

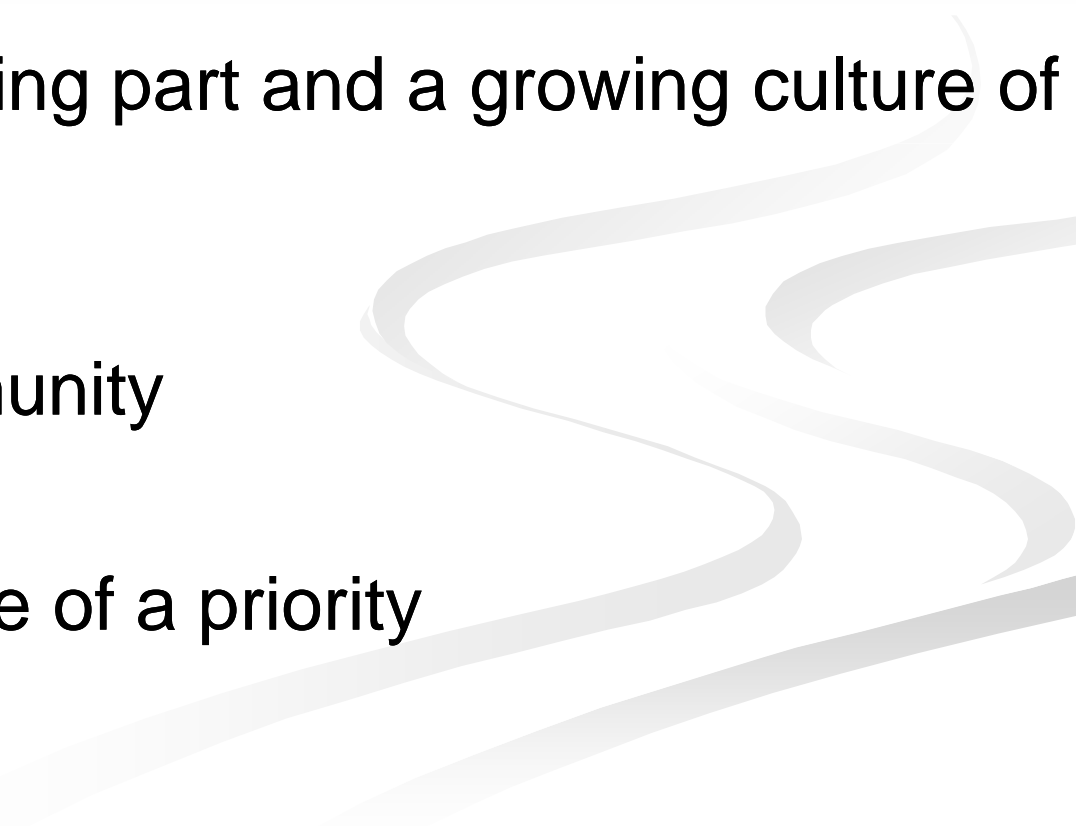
Where we are now?

- Detailed attention to their life story
- Recorded live in their own voice
- Recovery focussed
- Focus on peoples concerns- not nursing concern
- Find out peoples aspirations, dreams, wants & discuss responsibilities
- Nurses do as little as is needed
- Creative within the approach

Tidal Groups

- Discovery group
 - Solutions group
 - Information sharing group
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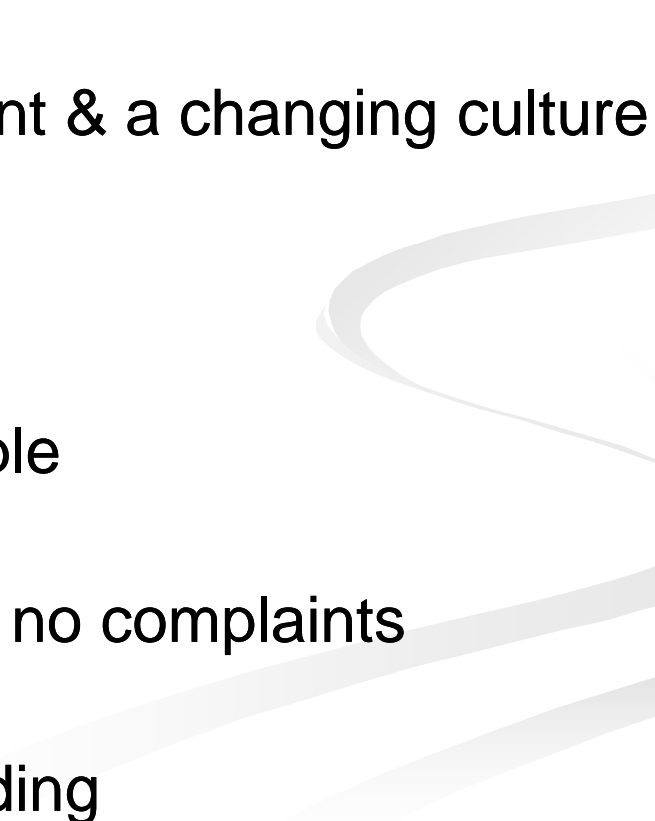
Improving the Social Experience

- More therapeutic group work, less boredom!!
 - More people taking part and a growing culture of responsibility
 - Links with community
 - Group work more of a priority
 - More resources
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Improving the Social Experience

- Experience being a helper for a change
- Getting to know each other
- Share their experiences of problems with living
- Gain support from others in similar situations
- Explore new ways for coping with problems

Transformation in Care

- Nurses talking to people: face-to-face time
 - Improved environment & a changing culture
 - Working with values
 - Work alongside people
 - More compliments & no complaints
 - Less people absconding
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Testimonies (*Solutions group*)

- *“I found it interesting listening to what other people had to say and thought it was a positive discussion. Gave me something to do in the morning as well”*
- *“You realize your problem does have a solution”*
- *“The problems discussed today weren’t relevant to me but enjoyed listening”*


Testimonies (*Discovery group*)

- *“Beneficial to realise there are people who are in the same “boat” as I am”*
- *“Very enjoyable, like mixing with patients which makes me talk which I wasn’t good at”*
- *“Enjoyed discussion. Helped to bring me out of myself & communicate. The group flowed thru’ easily with everyone having a go”*

Testimonies

- *“Unsure at first but find it beneficial, more time with clients”*
- *“Patients not ignored now N/A job is more interesting”*
- *“Allows staff to learn/consolidate skills”*
- *“It generates creative energy with staff who are now positively engaged with patients and visibly enthusiastic about delivering care” (Senior Nurse)*

The Way Ahead

- Tidal journey continues
 - More training
 - Good management principles
 - Steering group
 - Evaluate
 - Living the model
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That's All Folks!!!!

