

# 'Five ways to wellbeing – the SYHA approach to good work, good mental health and good systems

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20.04.20

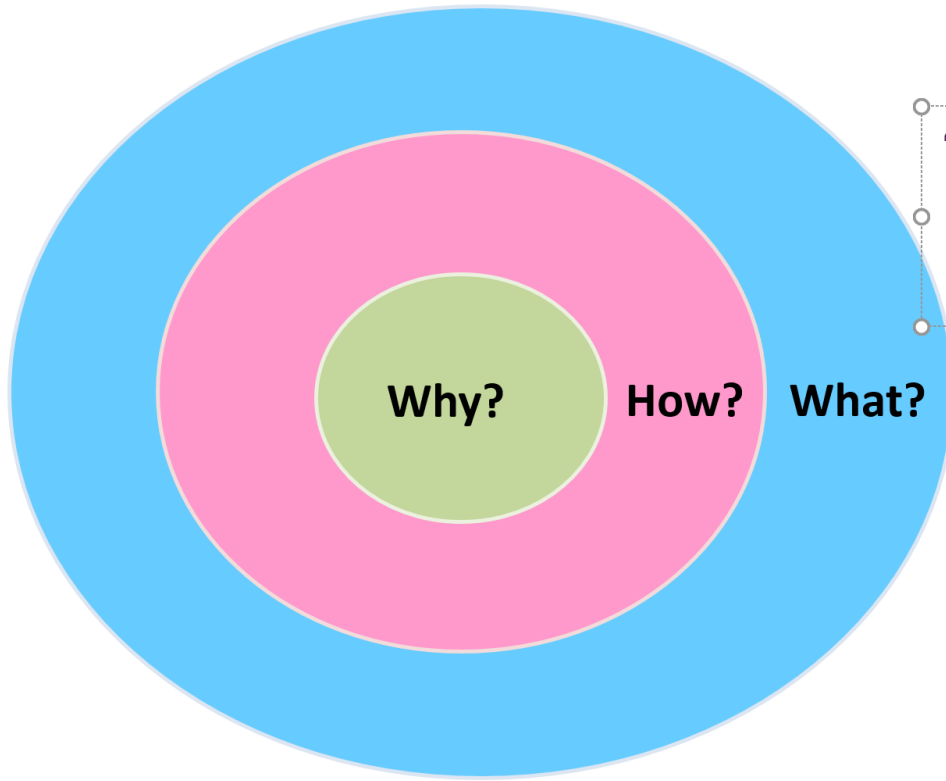


## I will cover

- SYHA's approach
- How we have developed our services
- Two case studies
- SYHA people and good mental health
- Systems Leadership



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“How Great  
Leaders  
Inspire  
Action”

Simon Sinek  
TED Talk



With SYHA you can settle at home, live well and realise your potential



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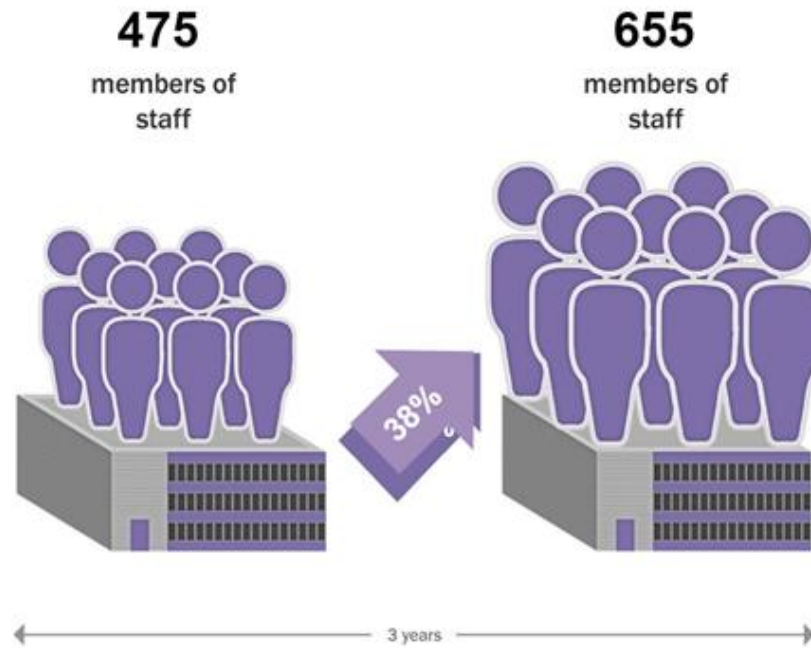
# Regulator of Social Housing



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## Growth





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Public Health  
England





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Five ways to  
**wellbeing**





## Examples of services (1)

- Social prescribing
- Over to you
- Building Better Opportunities
- WorkingWin
- Ageing Better

## Examples of services (2)

- Connect 3
- Co:Create
- Housing First
- Living Well



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workingwin   
the health led  
employment trial



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- **Bridging the gap:** We wanted to integrate employment specialists into health settings and bring health experts into our employment services
- **Strengths-based approaches** - from assessment to staff training and group supervision - would be integral to everything we did
  - We see our customers for their skills, interests and contributions, not as a problem or pressure to be solved. They're the heroes of our stories and we're proud to serve them in whatever way we can
- **Red-lines:** We would never deliver a contract that imposed sanctions on people who chose not to participate



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## PARTICIPANTS

December 2019

# 6,118

TRIAL PARTICIPANTS

## 3,058

TREATMENT GROUP



## 3,060

CONTROL GROUP

## REFERRALS

# 60%

### HEALTH REFERRALS

60% of our referrals are from the health and community care sector. We co-locate with GPs, IAPT and Physiotherapy teams across the region. The other 40% of our referrals are self, private & public sector organisation referrals.



**414** Participants have taken up education or volunteering in the last year

## OUTCOMES

# 1,169

### JOB OUTCOMES

We've helped 210 participants return to work, 433 participants retain their employment and 526 participants find new employment in sectors like retail, health, social care, hospitality, education and manufacturing

210

Returned to work

433

Retained employment

526

Found employment

workingwin<sup>✓</sup>  
the health led  
employment trial



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*Rotherham  
Housing First*



**Blake Wright** – October 10, 2017 at 2:44pm

I'm loving the honesty with [#worldmentalhealth](#) day today! I must be honest and say that I do not have the confidence myself to fully open up on some of the issues that I have faced in life so I admire those of you who have the courage to do so. I will try and speak about some of my experiences.

I firmly believe that we all as individuals have our own problems- the media would call these "demons" but I want to try and avoid this word. Anyone who claims to be perfectly healthy in terms of [expand](#) >

cc: SAMS Project

👍 LIKE   ↩️ REPLY   ➦ SHARE   ⋮

Andrew Laycock, Victoria Briers-Bott, Clare Oliffe, and 49 others like this

🔍 #Worldmentalhealth..., #Worldmentalhealth



**Morwenna Foden** – October 10, 2017 at 3:18pm from iPad

Go [Blake Wright](#)! Thanks for sharing - what a great story of how work can build positive mental health and I'm so proud that SYHA has done this for you.

cc: Blake Wright

👍 LIKE   ↩️ REPLY   ➦ SHARE   ⋮

Tony Stacey, Helen Phoenix, Rachael Needham, and Blake Wright like this



**Ruby Smith** – October 10, 2017 at 8:23pm

I've really enjoyed all the [#worldmentalhealthday](#) conversations today too Blake - that you for being part of it.

👍 LIKE   ↩️ REPLY   ➦ SHARE   ⋮

Tony Stacey and Rachael Needham like this



**Rachael Needham** – October 11, 2017 at 8:38am

Thank you for sharing [Blake Wright](#) :-)

cc: Blake Wright

# A seat at the table...and making the tea

- Sheffield Provider Executive
- Doncaster Better Care Fund working group
- Barnsley Health and Wellbeing Board Advisory Group
- Well North
- LEP- European Structural Investment Fund