

Association for Psychological Accreditation

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THE APA FRAMEWORK FOR POSITIVE MENTAL HEALTH

THE SYNOPSIS



POSITION STATEMENT

APA has produced a new, balanced, focused and collaborative environment for the development, empowerment, and long-term enhancement of effective mental health awareness for communities around the world.

APA's custom-built programmes, structures and collaborative support pathways are trauma informed, and psychologically based.

For the 1st time National leadership teams can have a solid base from which to successfully demonstrate the benefit of multi-disciplined, interlinking, and inter-agency collaboration, in the field of Mental Health, incorporating Mental Health awareness from the outset, rather than as an operational or funding necessity. APA is keen to showcase that by working with a professional psychological organisation, such as APA, National Leaders can include the knowledge, understanding and experience of the psychological sector, into their national systems of human and social growth.

This forensic inclusion in key areas, reduces the unsustainable costs of poor Mental Health and supports growth towards a more resilient population. This focus will give all communities a completely new platform from which to develop their own sustainable growth.

The framework designed by APA, like the SHARD (The tallest building in London), stands on a floating platform that is untouched by the failures and weaknesses of the past. This framework will mark the arrival of a new era in the world of Mental Health, with the focus on the future and the potential of the people, an age determined by the strength and resilience of nations, an era of doing things differently. An era of positive, and effective collaboration. An age that reawakens the hope of nations.

The world needs a new beginning. This framework will catapult Positive Mental Health into the era of the New Normal. A normal that highlights a nations adaptability, focus, and drive to build positive collaborative partnerships with the world.

This framework will appeal to certain institutions which are inherently charitable. By extension, several United Nations agencies, Commonwealth of Nations institutions i.e., European Union institutions, personal foundations and corporate organisational entities around the globe may also be targeted sources for both financial and operational partnerships.

The Framework Architects

Co-architects of this Framework Model are Siobhain Crosbie, CEO of Ayanay Psychological Accreditation. Siobhain's work in the world of Mental Health has for the last 2 decades, demonstrated the power of psychological awareness. Supporting 1000's of clients to achieve a more balanced and satisfying understanding of themselves and the world around them.

David Sleet, Author of The Psychological Hive is the co-architect of the Framework Model being used in this endeavour for balanced, sustainable, and lasting growth.

David is also creator of the NCS Model that is used for the organisational structures within the framework. This gives the framework a connective core that results in an operational baseline which, when used across the framework builds the consistency that allows effective engagement across all the target areas and focuses all service delivery on those in need of those services.



The Framework

The **APA Framework** targets the following critical and societal concerns:

- **Children's Social Care**
- **Education**
- **Youth Employability & Entrepreneurial Spirit**
- **Crime Reduction**
- **Emotional Health & Well-being - Mental Health reimagined**

The personal and national skills gained from **APA's Framework** include:

- **Increased Self Worth**
- **Enhanced Self Confidence**
- **Improved Communication Skills**
- **Psychological Resilience**
- **Reduced Reactionary Presentations**
- **Increased Motivation and Engagement**
- **Enhanced Personal Development**
- **Increased Positive Mental Health Infrastructure**
- **Improved Cognitive Pathways**

The **APA Framework** provides national evolutionary growth through:

- **Consistency of operational engagement with service users**
- **National reach of effective psychological awareness**
- **Consistent and dedicated National focus on psychologically supportive pathways**
- **Core Governmental operations being aligned on Psychological impacts**
- **Executive teams leading the way, in knowledge, understanding and awareness**

The **APA Framework** supports national governments with various optional provisions:

- **The APA Community Learning Platform Training Programmes**
- **The APA Qualified Accredited Members providing additional psychological support**
- **The APA Psychologically Alert Members providing additional functional knowledge and expertise.**
- **The APA Membership System providing National protection to the Therapeutic Community**
- **The APA Project Team to support policy development**
- **APA Baseline Policy Guidance**
- **A dedicated APA Link for the Executive Leadership for direct, confidential support**

The **APA Framework** provides exceptional value for money:

- **A single annual license fee.**
- **A single executive seminar package delivered annually**
- **A dedicated license holders' rate for additional support services**



SYSTEMIC BENEFITS

As the world adjusts to the impacts of the global pandemic and the societal reactions to the systemic responses that have caused confusion and disharmony, the APA Framework for Positive Mental Health, provides an opportunity for the public to develop their Trust, Understanding, and Belief in a dedicated evolution from what was 'unfit for purpose' to a New age of Effective, Sustainable and Systemic Support for the benefit of all.

APA acknowledges that the task to deliver a consistent, sustainable, and effective Mental Health integration has, for decades seemed to be a mission impossible, a challenge so epic and so entrenched in established silos that to do anything more than reframing and 'firefighting' was a mere pipedream.

With the Mental Health sector itself, intent on its own revenue protection and having created the environment in which we find ourselves, it is clear that any alternative, that provides an improved outcome, is not possible from the established structures.

APA's Framework for Positive Mental Health has been designed to provide the National Systemic platforms that impact on the Mental Health of Service Users, Clients, Public as well as the Professionals that deliver the service interactions. By providing a consistent baseline of Mental Health awareness, the dynamic of Mental Health knowledge, understanding and experience is positively enhanced.

The Collective benefit of APA's Framework is extensive and in a large part reworks many operational processes. The recommendations proposed in this framework are all designed to:

- **ELEVATE** effective operational outcomes, for the long-term benefit of all
- **PROVIDE** sustainable reduction in statutory burdens
- **INCREASE** public resilience to emotional & psychological challenges
- **CREATE** an effective Mental Health core that is Fit for Purpose

The Treasury benefits of full integration and collaboration with the APA Framework for Positive Mental Health cannot be underestimated. The traditional approaches have acted as a revenue blackhole, costing billions, and achieving little in producing a positive sustainable and systemic solution. APA's recommendations are rooted in the evidence of Psychological knowledge and creates a positive growth model that is sustainable, systemic, person centred and effective for all.



CHILDREN'S SOCIAL CARE

Protecting the immediate and long-term physical, emotional, social & psychological well-being of children, is the central focus of APA's framework in this area.

The APA Framework has been designed by social care professionals with over 30 years of operational and managerial experience, with a multitude of extreme case and organisational restructuring knowhow.

It is essential at this stage of your introduction to the framework for Children's Social Care that some key principles are laid out.

- The Child's immediate physical, emotional, social & psychological well-being is the primary concern.
- The Child is the point of focus at all times.
- The positive engagement is fundamental to the successful execution of any corporate parenting strategy.
- Effective and Positive support must be given to avoid interventions wherever possible.
- Understanding and reducing the systems impact on a child must be demonstrated in all system actions.

In order to secure these principles, the APA Framework focuses on 4 key Areas in the Operational Delivery of Service to those in need.

- 1st Contact Protocols
- Prevention of Intervention
- Coaching Based Learning
- Auxiliary Recommendations

The APA Framework will give a clear guidance on operational structuring and team composition. However, ultimate control of this will be dependent on the Executive Leadership's commitment to this area.

The APA Framework acknowledges the commitment and dedication of all those, professionally and ethically working to enhance the lives of children and young people connected to the Social Care Remit. The recommendations APA offers in this framework are, by no way a reflection of poor professional conduct of individuals. They are more an elevation, recognition and evolution of the exceptional work that is done, by so many that work above and beyond the systemic baseline.



Social Care Evolution Recommendations

The APA Framework For Positive Mental Health provides a breakdown of all the recommendations listed below:

Contact points for Development

Commitment to Improved Outcome

Commitment to Kinship Based Care

Systemic Operational Recommendations

- Recommendation 1
- Recommendation 2
- Recommendation 3

Operational Developments for Sustainable and Effective Social Care Provision

- Local Support Hive – 1st Contact Protocols
- Collaborative Parental Support
- Family Preference Plan
- Family Back Up Plan
- Family Network Plan & Agreements
- Interagency connections
- Parallel Planning
- Change of Circumstances for Review
- Placement Options
- No Further Action Protocol

Kinship Based Policy Headings and Sub Headings

Auxiliary Recommendations

- Professional Entry Requirements
- Probationary Experience Development
- Data and Technology
- Active Evidence Collection
- Interlocking Support Networks for Carers
- Active Education and Entrepreneurial Mentoring
 - For Young People
 - For Carers
 - For Professionals
- Exit Planning
- File Handover Support Plan for the 'Coming of Age' Access to Personal Records
- Review Parameters, Points of Measure, and Safety Layering - (Full Safeguarding considerations)



EDUCATION FOR LIFE

Educating for life is not just an academic transference of knowledge. Positive understanding and implementation of knowledge is the path to wisdom.

The APA Framework has been designed to give a focus towards life-long learning that appreciates the individual's passions and focus, while actively engaging in positive national, regional, and global awareness.

It is essential at this stage of your introduction to the framework for Education that some key principles are laid out.

- The Child's immediate physical, emotional, social & psychological well-being is the primary concern in every educational setting.
- The Child is the point of focus at all times as their educational experience will shape their whole life.
- The positive engagement is fundamental to the successful execution of every learning strategy.
- Effective and Positive support must be given wherever possible.

In order to secure these principles, the APA Framework focuses on 4 Pillars of Wisdom

- Pre-school / Community Learning Framework
- Academic, Vocational, Emotional, and Social Balance
- Coaching Based Learning. Rather than formulaic learning.
- Collaborative partnerships with employers and the community.

By building the national Education programme from these 4 Pillars of Wisdom the Executive Leadership can be confident in improved long-term outcomes.

With "Plug-ins" from Psychological, Educational, Judicial, Entrepreneurial and Employability support, as well as from the corporate sector and business commitment, this will allow any nation to present an effective alternative to the world that shows Education is no longer a sausage machine system that was designed by the Victorians, but a dynamic, responsive experience that empowers young people to achieve.



Education Evolution Recommendations

The APA Framework For Positive Mental Health provides a breakdown of all the recommendations listed below:

Pre-school / Community Learning Framework

- Age of Entry and Pre Entry Guidance
- Community Learning Platform Support system
- Health Aware Learning Frameworks
- Parenting HD Support Focus (HD - Higher Dependency)
- Effective Male Role Modelling
- Elevated Child Safety Board
- Trauma Responsive Understanding

Academic, Vocational, Emotional, and Social Balance

- Dedicated Development Panel
- Balancing of Academic and Vocational Access
- Age Related Progress Review
- Increased Use of Remote Learning
- In Education Psychological Support Systems

Coaching Based Learning. Rather than formulaic learning

- Educator Training and Development
- Qualification Baseline for Coaches in Education
- Psychological Evolution Programme
- Rebalancing of awareness in Key areas of History, Social Sciences, Self-affirmation, and Environmental Sciences.
- Use of Corporate Partnerships, Mentoring and Extra Curricular Credit.

Collaborative partnerships with employers and the community

- Independent Education Commissioning
- All financial transactions regarding the education sector
- International Corporate Collaboration
- Endorsement of Extra Curricular Achievements
- Entrepreneurial programmes and Innovations
- Local, National, Social, Environmental, Technological Focus



YOUTH EMPLOYABILITY & ENTREPRENEURIAL SPIRIT

Employability is directly represented by the capacity to transition to a state of effective employment, entrepreneurial spirit showcases the capacity to create and earn.

The APA Framework offers an inspirational and forward-looking package of support that can be delivered as a standalone, targeted programme for delivery in the community, either to Community groups or individuals, that are looking to develop and enhance their employability or entrepreneurial skills.

The recommendations can also be delivered as a “Plug-in” support to all the other Key areas within the APA Framework.

APA believes that participation in Youth Engagement should, in the 1st instance be a contracted stipulation to any organisation wishing to work with the Executive Leadership. “Want to operate here? You must be prepared to support the community to develop here.” This approach can be applied to all trading agreements at local, national, and international level.

The recommendations that APA are offering in this Framework are designed to offer a broader and deeper consistency of option, support, and improved outcomes for Young People as they enter the world of adulthood, employment, or entrepreneurship.

The future of youth engagement cannot continue to be rooted in a culture of abandonment and expected failure. Young people, when given positive frameworks that support their Physical, Emotional, and Psychological well-being, excel. When the adult world fails to deliver this approach, young people disconnect, lose Trust, Understanding, and Belief, leading to low self-esteem. This creates the failure for us all, yet it is the systemic self-fulfilling prophecy that creates the failure.

APA’s Framework resets the systemic focus and creates the positive infrastructure for young people to achieve their potential.



Youth Employability & Entrepreneurial Spirit Recommendations

The APA Framework For Positive Mental Health provides a breakdown of all the recommendations listed below:

Cognitive Focus Questionnaire

Reconnection to Learning

Part 1:

On Your Marks

Ready, Set, Go!

Part 2:

Creative Hive Enrolment

Elevated Service Skills

Elevated Skills Programme (GAP Year Credit Programme)

- Secondary Education – Higher Education
- Excluded from Mainstream Education
- University Integration

Creative Mentoring Programme

- Sector Development Growth

Corporate Social Responsibility

- Collective Benefit

National Youth Innovation Network

Entrepreneurial Launchpads



CRIME REDUCTION

The challenges of crime reduction are felt globally, and in many nations the largest challenge comes when the differences between the 'have's and the have nots' is greatest.

This is only amplified when the hope of employment is depleted.

For decades the challenge of Crime Reduction has been addressed from a consistent Silo or Stepping Stone approach and while there have been major advances in effectiveness of the individual programmes and initiatives, the outcomes have consistently maintained high levels of repeat offending, substance dependency, suicide and poor social integration following state intervention. The lost economic potential can not be measured simply by the wasted revenue spent on such a failed approach.

While APA commends the efforts and intentions in this area, the recommendations made within the APA Framework are designed to enhance and widen the scope for success of the whole environment of Crime Reduction. Providing a cohesive and sustainable baseline of Positive Mental Health that increases the effective engagement of those in need of support.

It is widely understood that the vast majority of people that come into the justice arena do so without a consistent baseline of positive psychological awareness, which is known to be the underpinning factor of human decision making. It forms the basis of our understanding of the world around us, how we interact, our sense of self-worth, and our perception of what can be achieved. In all but a few cases, those that experience the justice journey have also experienced a catalogue of systemic failures and missed opportunities.

While the punishment element of the Justice Experience should not be ignored, nor should the restorative balancing of victims welfare be overlooked, APA is mindful of the sensitivities in this arena, and therefore, this Framework is offered as a collaborative and supportive component, rather than as an alternative to the measures in action.

The APA framework for Crime Reduction centres on 3 key areas.

- Prevention
- Transition
- Post Incarceration

The focus of APA's recommendations is to provide a psychological empowerment, this allows for positive decision making to become the primary mindset for those that have experience of the Justice sector. By improving the Psychological baseline in the 3 targeted areas, APA's Framework for Positive Mental Health will ease the operational burdens of this sector and empower the various practitioners to have an enhanced set of skills, knowledge, and understanding, that makes their day to day functionality more effective and efficient.



The APA framework for Crime Reduction centres on 3 key areas.

- Prevention
- Transition
- Post incarceration

Prevention:

By focusing on giving young people greater personal empowerment, emotional understanding, and self-awareness, they will be able to make more informed and responsive decisions and manage their emotional interactions in a way that reduces the risk of crime.

- Reactive Activity
- Addiction Related
- Emotional Breakdowns
- Neurodiversity Screening and Response
- Poverty Based Activity

Transition:

APA has developed a full programme of support that can be delivered at various points along a person's justice time line:

- Point of Arrest
- Pre-sentencing
- Prison Induction
- Pre-release*

Post incarceration:

Supporting anyone, Post incarceration comes with a host of variables that mean no single solution will work for every situation. The APA framework here allows for flexibility and parameters for safe and positive social engagement.

- Social Integration
- Family Ties
- Employability
- Positive Networks
- Relocation / Housing Options

The primary growth in this area must come from a dedicated core focus of Empathy, Congruence and Unconditional Positive Regard.



EMOTIONAL HEALTH & WELL-BEING

APA is acutely aware of the challenges associated with raising discussions around Mental Health. Even the term Mental Health has its own negative attachments. Therefore APA & the Executive Leadership will focus attention on Emotional Health & Well-being.

When people are so deeply wounded by the effects of trauma and conflict, Emotional Health & Well-being is often the precursor to healing and recovery. This is especially poignant at a time of global grief, due to the unprecedented impacts of the worldwide pandemic and ensuing economic collapse, that many people fear is inevitable. However, NOW is the opportune time to build the system, for Mental Health & Well-being to become the beacon of effective support for those in need.

The Foundations of APA's FRAMEWORK is built on the principles of Empathy, Congruence and Unconditional Positive Regard. The same core pillars of therapeutic understanding and the building blocks for positive human interactions. For nations to benefit from a psychologically strong health system, that is fit for purpose, the perception and awareness of mental health must be re aligned with the truth, neutral of political, social, or historical bias.

APA's framework in this area will focus on this challenge and provide the Executive Leadership and Operational Delivery Management Team with 3 solid points of Focus, from which to build a national response system.

The 4 Points of Focus for Emotional Health & Well-being:

- **Professional Ethical Conduct Policy** – For All Mental Health And Well-Being Practitioners
- **Career Pathway For Therapeutic Professionals** – Educational Routes
- **Cross Service Working** – Trauma Informed Delivery Of Services.
- **National Response To Mental Health Support Requests** - #115 (in the UK this is via NHS)

The APA Framework Support Team will work with the Executive Leadership and the Operational Delivery Management Team to assist in the growth of functional systems and processes. This remit will be extended by permitting the Executive Leadership access to all APA Qualified Accredited Members, by appointment, on an international consultancy basis, at a pre-set rate. This maximises international collaboration and support on any therapeutic questions that may arise.

Additional Recommendations For Generic Enhancement Of Mental Health

- **Independent Professional Mental Health Frameworks**
- **Self-Care Guidance**
- **Effective Planning for Positive Mental Health**
- **Responsive Recruitment**



Emotional Health & Well-Being – The Recommendations

Recommendation 1: Professional Ethical Conduct Policy.

For all Health and Well-Being Practitioners as well as all public facing state employees.

Recommendation 2: Dedicated Mental Health Response At Point Of Need.

Qualified Therapeutic Professional to carry out Single Session Interventions via #NHS 111 at the Point of Need. By use of APA's 115 Programme.

Recommendation 3: Elevated Educational Pathway For Therapeutic Professionals.

- Baseline of Reference for Qualified Therapeutic Professionals
- Course Identification Reference
- No Mandatory Affiliation in order to Study
- Post Qualified Period
- Ethical Baseline for Training Providers

Recommendation 4: Cross Service Working.

Trauma Informed Delivery of Services. Training in Trauma Informed Practice should be carried out by independent Training providers that can also sign post employees to therapeutic support as required.

Recommendation 5: Generic Development

- Independent Professional Mental Health Frameworks
- Self-Care Guidance
- Effective Planning for Positive Mental Health
- Responsive Training and Recruitment
- Selection, Induction, and Retention
- Identification of Additional Needs



ADDITIONAL SUPPORT

APA is mindful that the recommendations being outlined, constitute some fundamental reworking of both operational functionality and mindset, which for many will seem daunting and challenging. APA would remind all decision makers that **“NOTHING IMPROVES BY STAYING THE SAME”**. APA’s Dedicated Learning division provides a full range of Psychologically based, Trauma Aware support programmes that can assist in the process of transitioning to an elevated psychological awareness that enhance Positive Mental Health.

APA PROGRAMMES

Storytelling with The Mouse

Available to 8 - 10 Years old either in Primary School or Youth groups.

The Rampage Collection

Designed for 3 specifically targeted groups connected to the Social Care Sector.

- 11-14year olds, Their Carers and Their Professional Key Worker
- 16-19year olds.
- Professionals working with young people connected to the Social Care and Justice sectors.

On Your Marks & Ready, Set, Go!

Supporting Young people 17+ years old that are transitioning from the Care Sector.

Collaborative Parental Support

Supporting improved responsiveness & communication to maintain child well-being.

Step to Success

Focuses on the successful transition from the Justice Sector to independent living.

Pain to Purpose

A collaboration programme designed for those with experience of Abuse in the home and those that work with them.

Working Alone, Working Safe, Working Wise

Supporting all those that work alone, or in 1-2-1 environments.

The VC Model

Supporting effective and long-term development of Responses over Reactions.

The 1976ers Project A collaboration programme for employers to enhance the support for those with experience of Abuse in the home.

Elevated Service Programme (Hospitality)

A collaboration programme focused on Hospitality: 18- 25year olds with experience of living in the Care Sector.

B.I.T.I.M.O. Transition LIVE

Designed to support the Ex-Military Community and those in transition from Military Service to Civvy Street.

The 3 R’s Programme - Restore, Recover, Revive

This community engagement programme designed to Increase Trust, Improve Understanding and Develop an attitude of collaborative success.

Selection, Induction & Retention

Supporting Business to enhance the full on-boarding and retention process, in a way that not only improves long term mental health in the workplace, but also increases their Community & Social Responsibility commitment and reduces their operational pressures.

Motivational Enhancement Technique

Supporting Human Resources Managers to maximise Effective Communication.

Transition in Sport

Dedicated to Whole Person Performance and Positive Mental Health in Sport.



Contact us

By telephone

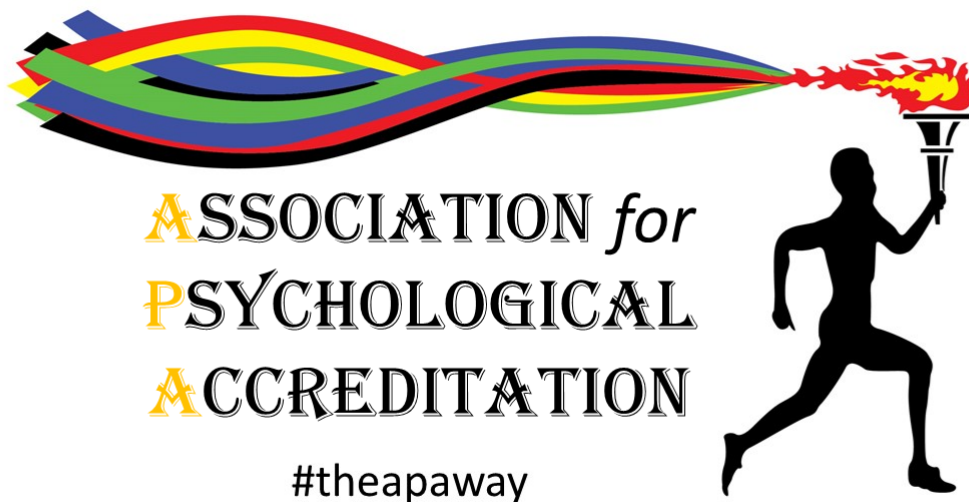
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