

Exercise Physiology Clinic

Donegal Mental health service



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Why The Need?

Cancers

Reduced Quality Of Life

Low Self Esteem

Addiction

Obesity

Diabetes

Loneliness

Discrimination

Heart Diseases

Risk Of Falls

Stigma

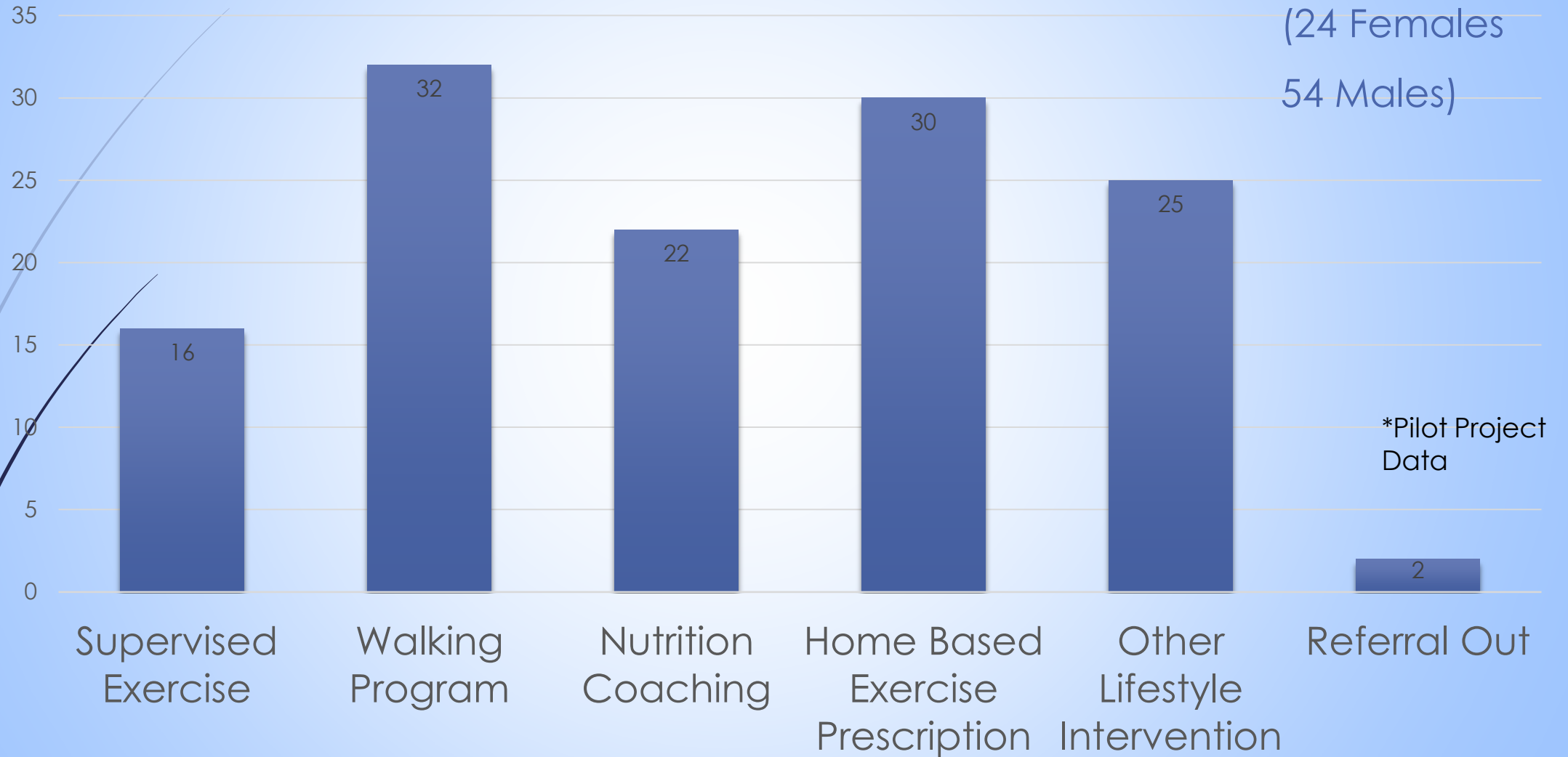
Metabolic Syndrome

Why The Need? Modifiable Risk Factors



Pilot Project

78 Referrals
(24 Females
54 Males)





Pilot Project Outcomes

78 Referrals (24 Females 54 Males)

“ My confidence has really improved over the weeks”

“I lost weight even though that was never a focus, I just started making better choices”

“The big difference for me was making it upstairs to my apartment was not a struggle anymore”

“Not only did I stop drinking, I managed to quit smoking”

“ I feel healthier now”

A Developing Service...

Physical Health Screening

- Physical Health Risk Screening/Interventions/referral pathways

Promoting Physical Activity

- Ensuring physical activity is part of care planning process

MDT Integration

- Joined up care ensuring better outcomes for the client

Community Links

- Networking with local sports clubs, gyms, community groups
- Reduce Barriers and Stigma

Group Programs

- Roll out group programs to add social benefits and added capacity to service

MIND SET GO

SEPT/OCT 2023

6 Week Duration (1 day per week)

Pilot coproduced with service user

Based in an outdoor adventure centre

Adventure based activities

&

Group work:

Building Resilience

Drug/Alcohol Education

CBT Coping Skills

Mindfulness

Emotional Regulation



PURPOSE



CONNECTION



RESILIENCE



Confidence



Personal Responsibility





Thanks For Listening