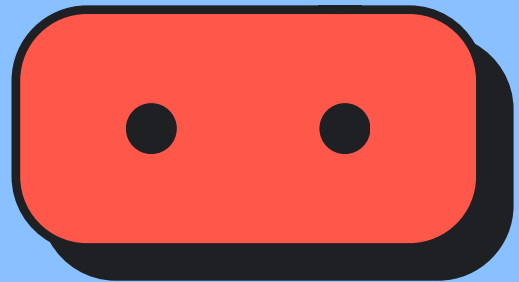




bazaar

**a marketplace
for the mind**



**Partnership
Guide**


bazaar

www.opendoorcharity.com



What is Open Door?

Open Door is a mental health charity based in Birkenhead, with support tailored specifically to young people and adults.

We offer non-clinical programmes, working alongside our members to co-design support that works for them. For our partners, we take what we do at our home in Wirral and adapt it for new environments, helping them to deliver impactful support.

Academic Partnerships – What are they?

Through partnerships, academic institutions gain access to our flagship support programme, Bazaar, as well as to group staff and student support, research opportunities and new peer mentoring programmes, such as Mysa for those living with disordered eating.

We make sure our partnerships are fluid and flexible, and work alongside partners to develop an offer that shapes change in their specific situation and adapts to the needs of the institution or organisation.

What is Bazaar?

Bazaar is an eight-session, one-to-one peer mentoring programme for young people and adults, ideally done over eight weeks. Focusing on elements of CBT, mindfulness, and more, over the eight hour-long sessions Bazaar gives individuals the tools to improve their mental health. By using a peer support model, we can make sure that there are no waiting lists, so that access to support is fast as well as effective.

How does Bazaar benefit student members?

- Bazaar helps students discover the relationship between their thoughts, feelings, and behaviours, and how the connection between them could be impacting their overall health and wellbeing.
- Bazaar supports students in setting realistic goals, and how they can achieve these by making small changes in their life.
- Bazaar introduces mindfulness as a concept and a practice alongside other coping techniques, giving students new methods to relax the mind and body to reduce stress, worry and fear.
- Bazaar teaches self-care and self-compassion, working with students to uncover purpose, and helping individuals to become more confident in themselves.
- Bazaar provides an outlet to fight social isolation, giving individuals someone to talk to - who's not a professional, but a peer - about the stresses and pressures in their university life.

How does Bazaar benefit student mentors?

- Bazaar offers a unique opportunity in that students are trained to deliver the programme, providing invaluable and difficult-to-acquire experience (we are also in the process of acquiring CPD accreditation for our training), especially for those on related degrees (Psychology, Counselling, MH Nursing).
- By delivering the programme, reading the content, and taking part in guided practices with their member, Bazaar can also benefit mentors' mental health.

How does Bazaar benefit university staff?

- Bazaar acts as a preventative, early intervention tool, where mental health issues can be discovered and supported before they become more severe leading to students requiring more intensive support. Bazaar also makes sure that anyone who may have 'slipped through the net' in a safeguarding respect is supported.
- Bazaar gives time and resources back to staff as they can support students without needing staff to deliver the one-to-one support.
- Bazaar offers another option for staff, meaning they can offer a non-clinical programme tailored to the demographic where other options may not be suitable or haven't worked previously for the individual.
- Bazaar provides live data to staff in a simple but detailed way, meaning the effectiveness of the programme is easily monitored, as well as which demographics are using the programme.



How does Peer mentoring work?

Mentors are trained by Open Door, who with no prior experience can be shown how to deliver the programme and help improve the mental health of Bazaar members (those who go through the programme). We then recommend carrying out a background check (e.g. DBS) of mentors. Through our training, mentors learn about:

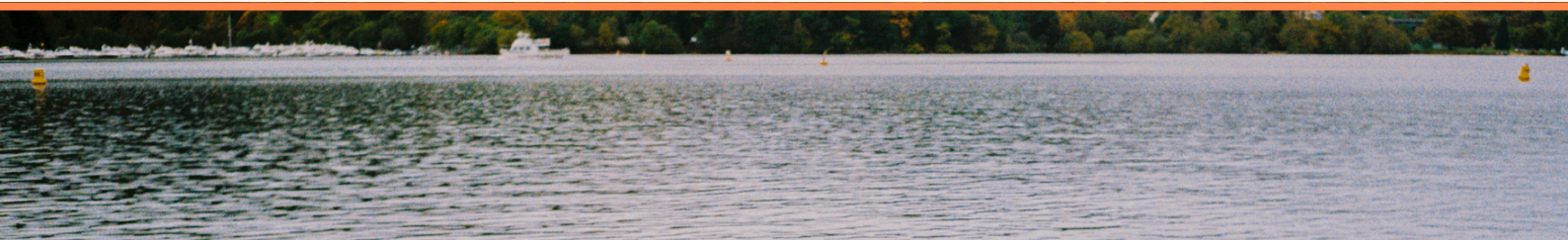
- How to deliver Bazaar
- The context on the current situation surrounding mental health, and anxiety and depression and how they are diagnosed
- Some of the main theories included in Bazaar such as CBT, twisted thinking, the vicious cycle, mindfulness, and more
- Safeguarding and confidentiality (specifically tailored to our partners)
- How mentors can look after themselves while mentoring
- Different forms of abuse and how they may appear
- The responsibility of a mentor, information sharing, and boundaries

We are also currently in the process of gaining CPD accreditation for our training to add even more value for mentors in a professional context.

Once trained, students are able to deliver the programme to other students who need support. We'll provide branded engagement materials to help attract mentors, and to describe what the programme is to potential members. We'll then work with you to help set up the best routes for students to go through when signing up, whether that's a direct sign up link as part of the universities offer, adding Bazaar as an option through triage processes, or a mixture of both.

Partners can then - using their organisational login on bazaarmindmarket.co.uk - create a user for each member that signs up to Bazaar or has contacted staff in need of support. Members can then be paired with mentors, a time and place for sessions can be decided, and the programme can begin.

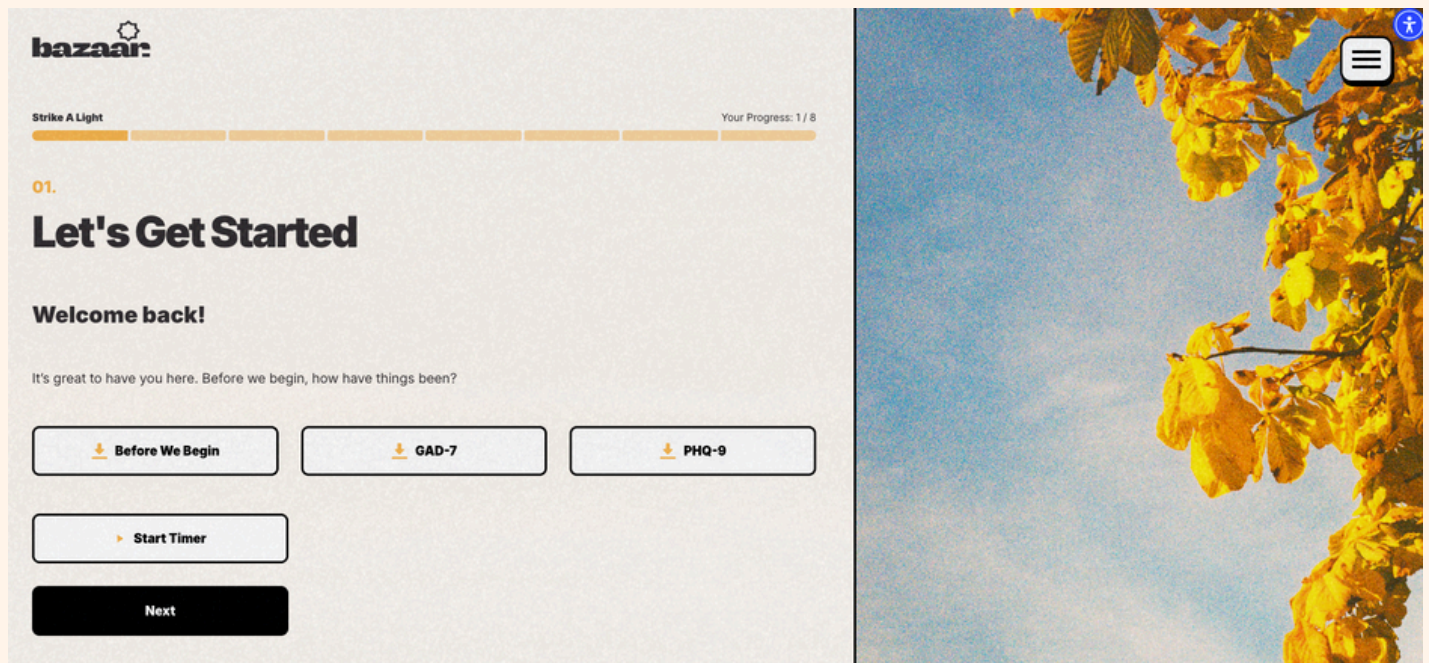
To run the programme, all that is required is a member, a mentor, and a computer/laptop with internet connection. We do also advise that a member of staff can be contacted during sessions, in case of a safeguarding flag. Partners will also receive an overall guide with information on every aspect of the programme, a web guide, and a mentor guide, and will have a direct line to support from an Open Door member of staff.




Each member will receive a Bazaar notebook to keep and use during the programme, as well as postcards featuring a QR code leading to a recap of that week's content.

Bazaar Content

Each chapter, members will start with a catchup with their mentor, as well as surveys to see how their mental health has changed over time. On Chapters 1, 5, and 8, this will include PHQ-9 and GAD-7 clinical surveys. Each week also includes a safeguarding question, which mentors are trained to alert staff to when a flag occurs.




There's then a drill review (see below for more info. on drills!), followed by that chapter's content that the mentor will read through, stopping for talking points and activities. Throughout the programme different ideas will be introduced, explained, and the member will be provided with examples, with room for activities and discussion like the example below, where the member sees how these ideas are relevant to their own life.

 **Activity One**

Try to think of 3 problematic thoughts you've had recently. Write them down and discuss with your mentor whether each thought is a fact, opinion or guess.

If you'd like, you can use the negative thoughts you identified in Chapter Two's Vicious Cycle activity.

 **Start Timer**

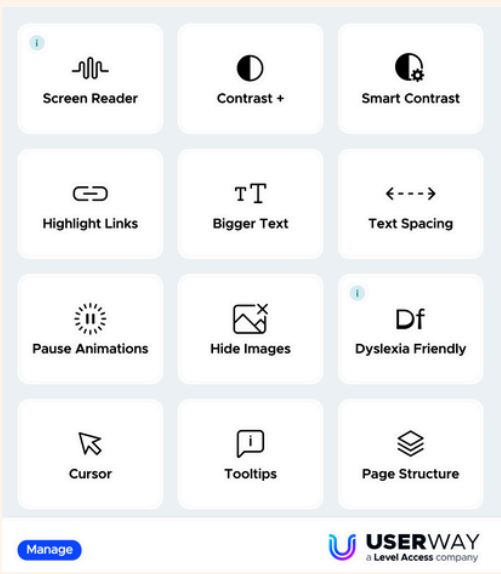
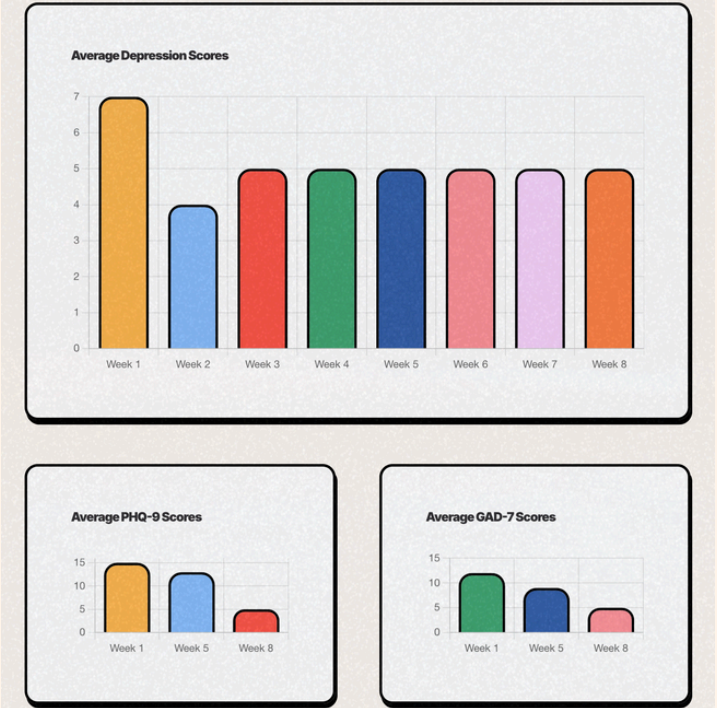


Ideas and theories will be explained through descriptions, specific and more general examples, opportunities to talk through concepts with their mentor, and videos, so that there are a mixture of content formats. The idea is to provide individuals with a variety of different techniques they can use in their day-to-day life, finding what works for them.

Sessions finish with a guided mini-mindfulness, including various breathing and imagery techniques. There's then an opportunity for the member to think of something they are grateful for. Finally, members will be given some drills. These are ways that members can bring techniques into their own life, with time set aside to review how this went at the start of the following session. Before the session is over, there is an opportunity for both the member and mentor to feedback on that chapter's content through surveys.

The Website

When onboarding onto the programme, partners will receive an organisational login. Through this, they'll be able to create users, as well as instantly view all of the aggregate and individual data from those who have been through the programme.



The accessibility plugin Userway is included in Bazaar, which gives various options to members such as screen readers, dyslexia friendly settings, options to hide images and highlight text, and more.

Chapter Breakdown

1. **Without Borders:** Introduction to Bazaar, CBT and mindfulness, getting to know your mentor, symptoms of poor mental health and SMART aims.
2. **Broken Records:** Vicious Cycles, causes of low mood, anxiety and stress, an introduction to coping strategies and recurring negative thoughts.
3. **Shape and Form:** Problematic thoughts, twisted thinking, identifying and breaking negative thought patterns, and thought records.
4. **Walk with me:** Distraction techniques, mindfulness, presence and acceptance and healthy coping skills.
5. **Strike a light:** Root beliefs and how to challenge them, identifying themes, and managing the mind.
6. **Room to grow:** Habits, activity planning, problem solving, and social media.
7. **The Fire:** Purpose, self-esteem and confidence, negative mental chatter, self-compassion, and reflecting on achievements.
8. **Beyond the Grid:** Self care, gratitude, planning for the future, and reflection.



Soothe Socials:

Soothe Socials are group stress workshops for up to 30 people that provide support in many different environments. We've previously provided sessions for university staff teams to give an introduction to what stress is, how to deal with stress, and more in a unique Open Door way. We can provide this for various different groups, depending on what works best for our partners, i.e. for staff, or for students at times of increased stress such as exams.

What else is included in a partnership?

New programmes: MYSA

We're currently in the advanced testing and learning stages of MYSA, our peer support programme for those living with disordered eating, no diagnosis necessary. We're looking to offer this alongside Bazaar for our partners in the coming months. Through partnerships, there is also the opportunity to be the first to use any of our other future programmes.

Research Opportunities:

We know what we offer through peer support works, but we're always looking for feedback or research that can help us improve, or offers an opportunity to present to others how impactful it is as a model. As a result, we want to work with partners to develop unique research opportunities.

Additional Support:

We can offer support with awareness days, mental health events planning, creating wellbeing offers for staff, engagement with mental health support, and more. If there are areas you feel you need support with, then let us know!

What happens next?

We develop bespoke partnerships that work in the specific environment of the institution we're working with. This means having the right amount of Bazaar licenses (1 per user), training an appropriate amount of mentors, and finding the most impact and value for the institution. We'll then put this together, talk it through, and finalise the partnership.

Once we form partnerships, we'll look to onboard organisations onto Bazaar as soon as works for you. You'll be provided with all the necessary information, as well as a direct contact to staff at Open Door dedicated to making sure the partnerships are as impactful as they can be.

We'll create an organisational login, so you can start looking around and getting used to the programme, and provide engagement support through marketing materials, merchandise, and help with planning to make sure that both members and mentors are engaging with support.

Once agreed, we'll set dates for mentor training and look to find out where else we can support, whether that's through staff support, integrating new programmes, or any other areas we can help out with. We'll also provide support throughout a partnership.

We're happy to tailor any of our options to partner organisations, selecting what works for you, and finding new ways partnerships can evolve to make our shared impact even bigger.

If you have any questions at all, please don't hesitate to email them over to Dave Hatton, our Academic Partnerships Manager on david@opendoorcharity.com





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