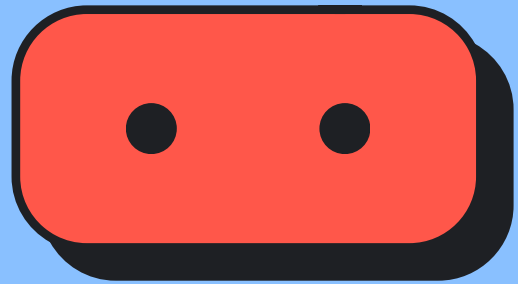




bazaar

**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 support 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.

Partnerships – What are they?

Through partnerships, external institutions and organisations gain access to our flagship support programme, Bazaar, as well as exploring various other options including group support for staff and young people, research opportunities and the chance to pilot new programmes.

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 their needs.

What is Bazaar?

Bazaar is an eight-session, one-to-one support 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 (that can include training either staff or volunteers), 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 members?

- Bazaar helps individuals 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 members to set realistic goals, and discover 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 individuals new methods to relax the mind and body to reduce stress, worry and fear.
- Bazaar teaches self-care and self-compassion, working with members to uncover purpose, and helping individuals to become more confident in themselves.
- Bazaar provides an outlet to fight social isolation, giving members someone to talk to about the stresses and pressures in their life.

How does Bazaar benefit mentors?

- Bazaar offers a unique opportunity in that volunteers or staff can go through our CPD accredited training course to deliver the programme, providing not only a certification, but also invaluable and difficult-to-acquire experience in mental health support.
- 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 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 offers another option for staff teams, meaning they can offer a non-clinical programme tailored to the demographic where other options may not be suitable, haven't worked previously or have not been made available 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.

The logo for 'bazaar' is displayed in white against a blue sky background. The word 'bazaar' is written in a bold, lowercase, sans-serif font. Above the letters 'a' and 'z' is a stylized white outline of a house or a roofline, with a central peak and two smaller peaks on either side.

bazaar

How does 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 (not required for staff). 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

Our training is CPD accredited to add even more value for mentors in a professional context. Once trained, mentors are able to deliver the programme to those who need support. We'll provide branded engagement materials to help attract and inform potential mentors, and to describe what the programme is to potential members as well as staff who may signpost individuals to Bazaar. We'll then work with you to help set up the best routes for individuals to go through when signing up, whether that's as a self-referral, adding Bazaar as an option through existing 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.

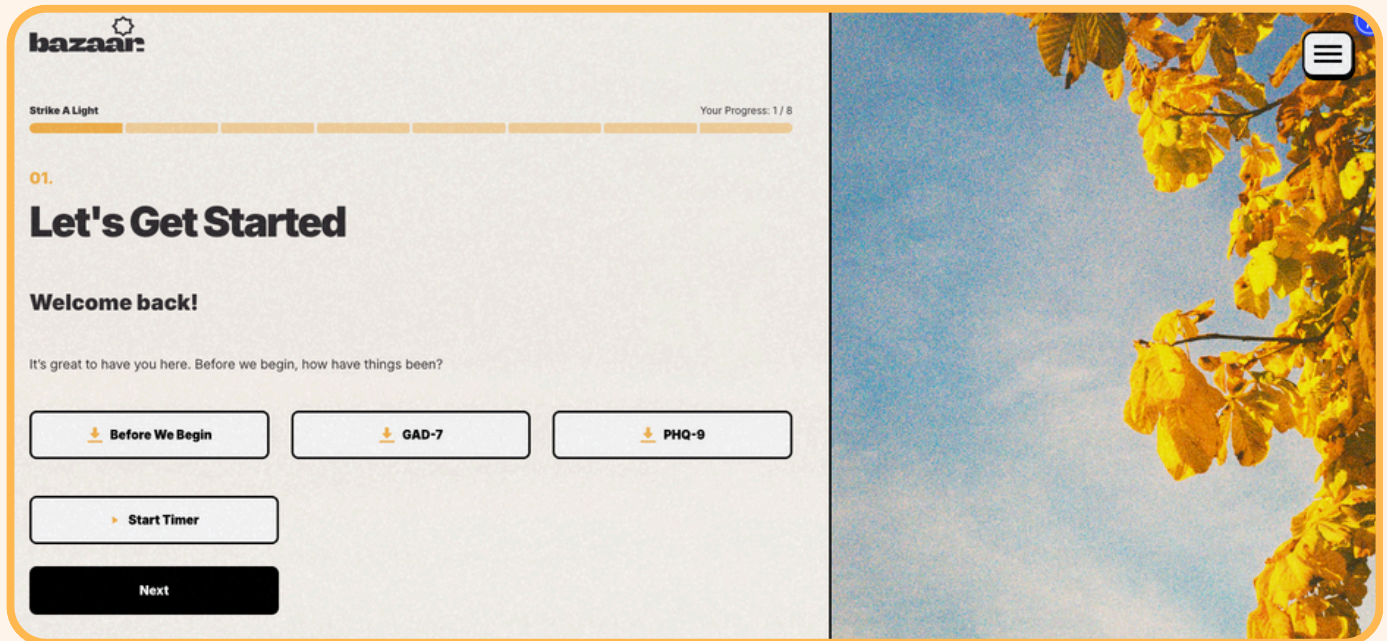
To run the programme, all that is required is a member, a trained mentor, and a computer/laptop with internet connection. We do also advise that a member of staff can be contacted during sessions if a volunteer is delivering Bazaar in case of a safeguarding flag. Partners will also receive an overall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



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

Bazaar Content

Each chapter starts with a catchup between the member and their mentor as well as surveys to see how their mental health changes 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. An email notification will also go directly to pre-selected staff email addresses.



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

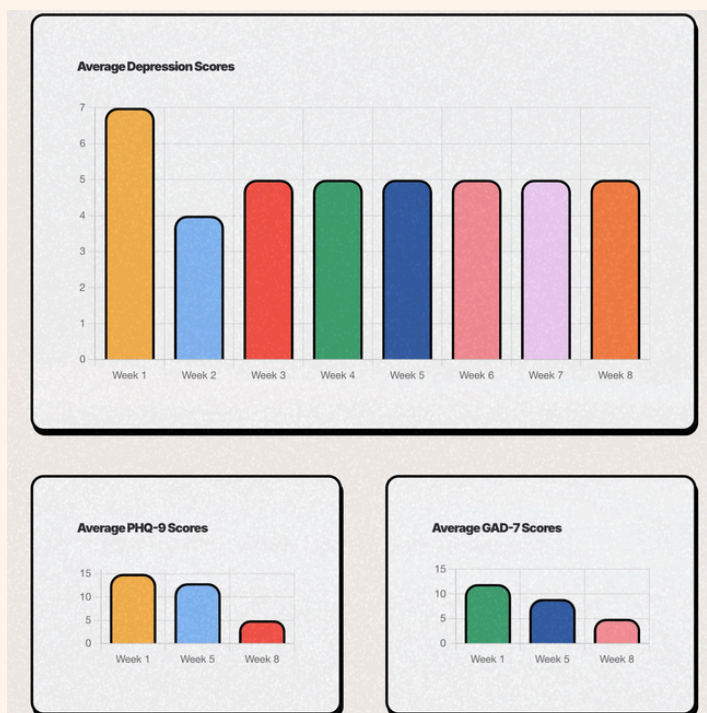
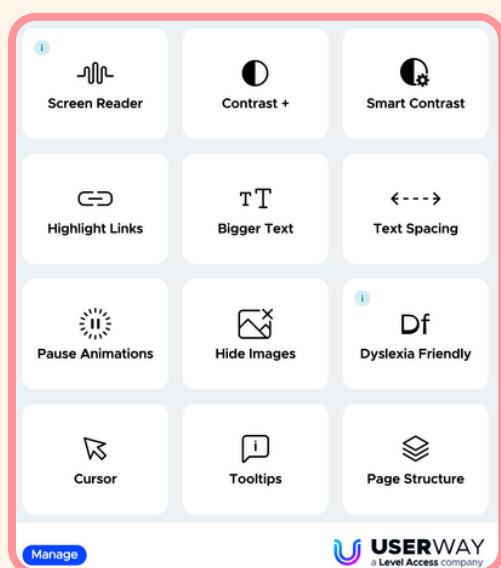


Ideas and theories will be explained through descriptions, specific and more general examples, opportunities to talk through concepts with their mentor, and videos, so that there are a mixture of content formats. The idea is to provide individuals with a variety of different techniques they can use in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

What else is included in a partnership?

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 staff teams to give an introduction to what stress is, how to deal with stress, and more in a unique Open Door way. We have also provided this for various different groups, depending on what works best for our partners, i.e. for specific staff teams, or for groups at times of increased stress.

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 potentially looking to offer this alongside Bazaar for our partners in the future. Through partnerships, there is also the opportunity to be the first to deliver any other 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 Partnerships Manager on david@opendoorcharity.com





bazaar

