**Dorset Mind Adult Mentoring Minds**

**Referral Criteria and Guidelines**

**Useful information:**

Dorset Mind offers various ways of supporting adults aged 18 or over within Dorset, who are experiencing **mild to moderate** emotional and/or mental health concerns. It is important that you read these guidelines thoroughly so you can ensure that your referral is appropriate, and this is the correct pathway for your participant.

We rely on the information you supply us with to inform us of the needs of the mentoring participant you are wishing to refer. Please ensure you have provided us with up-to-date risk information and notify us of any changes that may occur throughout the referral process.

**About Mentoring Minds:**

Mentoring Minds is tailored support offered by Dorset Mind. This service is delivered to members of the Dorset community who are experiencing mild to moderate mental health concerns and/or have emotional wellbeing concerns.

Our trained volunteers work alongside the participants to help build confidence, self- esteem, self- efficacy, and resilience through implementing “The 5 Ways to Wellbeing” model and goal setting on a regular basis.

The aim of the Dorset Mind Mentoring Minds is to improve the quality of life for our participants, help them to recognise their wellbeing needs and ultimately, utilise the skills and tools learnt in day-to-day life.

Please **ONLY** refer people to us, if they are committed to making improvements in their mental health and/or wellbeing through guided self-help provided by the Dorset Mind Mentoring Minds.

Volunteer (all of whom are 18+) are provided training from Dorset Mind which include an induction, Specific Mentoring training which includes Boundaries and Resilience, Mental Health Awareness, Adult Safeguarding and Equality and Diversity and Human Rights Training- (please note, all of these are renewed on an annual basis or when required)

We also ask all our volunteers to commit to the service for a minimum of 6 months. Volunteers can also provide support of approximately two hours per fortnight for up to a year.

**IMPORTANT:**

We are a **not a counselling service, parallel and/or replacement service** for participants who are still experiencing psychotic episodes, or addiction. If your participant has been stable for a minimum of 6 months from a psychotic episode, or abstinence from addiction for a minimum of 3 months, then we can consider your referral.

Mentoring is a goal setting service for your participant to engage with and help them reconnect with their wider community.

**Our Mentoring Mind Volunteers *can* provide participants with;**

* Identifying recovery and wellbeing goals
* Helping people to reduce isolation
* Accessing their local community
* Using public transport
* Improving confidence and self-esteem
* Accessing other means of support (e.g. agencies that can help with benefit claims, housing issues, support groups, community interest groups etc)
* Increasing hobbies and interests

**Our Mentoring Minds Volunteers *cannot* support participants with:**

* Completing benefit forms or making appeals
* Mental Health advocacy or any other formal advocacy
* Housing issues, homelessness or floating support needs
* Home visits or domiciliary care
* Transportation to or from appointments or other activities

Any queries regarding referrals to the Adult Mentoring Minds within Dorset Mind, please contact the team at:

**Post-** Dorset Mind, 8 Stratfield Saye, 20-22 Wellington Road, BH8 8JN, Dorset

**Telephone:** 01202 315329, or

**Email:** [mentoringminds@dorsetmind.uk](mailto:mentoringminds@dorsetmind.uk)

Further details and details about the service can be found on our website: <https://dorsetmind.uk/help-and-support/mentoringminds/>

**Referral criteria:**

* Age 18+
* Home post code: All Dorset
* Experiencing mild to moderate emotional or mental health concerns and social isolation
* Low to medium risk (see below in ‘What makes a good referral’)
* Experiencing low self-esteem and socially isolated

**Who can make a referral?**

Provided that consent is given from the participant, referrals are accepted from:

* Community Mental Health Teams
* GP
* Any other professionals (social worker, support worker, teacher, counsellor, etc.)

**What makes a good referral?**

Ideally prior to a referral to Dorset Mind, the mentoring participant would have been supported initially to access a primary (Step 1 or 2) intervention (e.g. GP, Steps to Wellbeing Counselling etc).

We would encourage you to consult with the potential participant and obtain their consent prior to the referral being made. Please be clear with them about the expectation to commitment required to appointments. Also, as the service provides GUIDED SELF HELP through mentoring and discussion. It is proven if the participant is keen to improve their mental health via trying the “5 Ways to Wellbeing” to achieve self-set achievable goals and working towards them they will get the most out of the service.

We are able to offer a mentoring service for participants who are experiencing some of the following, as long as the concern is of a **mild to moderate** nature:

* Self esteem
* Social isolation
* Anger
* Anxiety/stress
* Behavioural problems
* Bullying
* Domestic Violence
* Relationship difficulties
* Health (own/others’)
* Low mood
* Sexuality
* Self-identity/gender identity
* Low/moderate self-harming behaviour
* Low/moderate trauma/abuse
* Alcohol/drugs – it is expected that initial contact with specialist substance misuse services will have been made in the first instance as they will provide advice, guidance, support and direction to other professionals.
* Bereavement/loss – for Adults with “normal” grief responses support can also be offered by other agencies.

(this is not an exhaustive list)

Referrals are accepted via a completed referral form which is available on our website: [www.dorsetmind.uk](http://www.dorsetmind.uk)

Please note that we accept referrals via post or secure email to the details listed below:

**Post-** Dorset Mind, 8 Stratfield Saye, 20-22 Wellington Road, BH8 8JN, Dorset

**Email:** [mentoringminds@dorsetmind.uk](mailto:mentoringminds@dorsetmind.uk)

*We ask that the referral form is completed properly and fully.*

**Adult Safeguarding:**

If you are concerned that an adult is at risk of harm (physical, sexual or emotional abuse or neglect), you **must** report it to the Bournemouth and Poole or Dorset Board Multi Agency Safeguarding Team:

For Adults call one of the following:

* BCP: 01202 123654
* BCP – Child: 01202 123334 Out of Hours: 01202 738256
* Dorset Direct: 01305 221016
* Children’s Advice and Duty Service (ChAD): 01305 228866 or 013050228558
* Out of Hours Dorset-wide Service: 01202-657279 - evenings and weekends, including Bank Holiday
* Or in serious situations, please call 999

Dorset Mind’s Safeguarding procedure and policy can be found on our website.