



CLAHRCBITE

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Implementation of the Relative's' Education and Coping Toolkit —

Exploring how to move REACT (Relatives Education and Coping Toolkit) from being a research project, to becoming part of a service that is available widely for relatives.

REACT (Relatives' Education and Coping Toolkit) is an online self-management toolkit to support relatives of people with psychosis / bipolar disorder.

The toolkit was developed together with relatives, clinicians and researchers, to provide information and emotional support to carers as recommended by NICE (National Institute for Health and Care Excellence). Recently, REACT has been tested in a randomised controlled trial and in an implementation study.



We now wanted to explore how REACT could move from being a research project, to becoming part of a service that is available widely for relatives.

What was the aim of the project?

The aim of the project was to understand the process required for REACT to transition from a research project, to an implemented clinical NHS service or third sector service.

How did we involve people?

On the 9th July 2019 held a knowledge exchange event in Manchester titled '**Mental Health Carers Workshop: The Way Forward**'. This Event brought together clinicians, researchers, relatives and service users to discuss the way forward for Mental Health Carers. Including speakers, around 95 people attended the event. Speakers included representation from NHS, NHS England, NIHR Mental Health Policy Research Unit, National Institute for Mental Health in England (NIMHE), Department of Health, Rethink, Lancaster University, University College London, Carers Trust and McPin. We have written a report to capture the event and disseminate the learning from the day.



What did we do?

An alternative model of REACT was developed that does not include a monitored forum and direct messaging. This expanded the types of organisations that could be potential hosts. We meet with the key decision makers in the NHS and third sector organisations, including operational managers clinical leads and innovation managers to find out what would be needed to translate REACT into service. We developed an approach to exploring potential clinical hosts.

We worked with Evidence to Impact contact several potential NHS Trusts to identify their current carer provision, their priorities re access and waiting time targets for providing carer support and psychoeducation.

We also completed a full rebuild and redesign of the REACT site based on feedback gathered in previous research studies. Once we completed the redesign, we made REACT available for free for carers and relatives to access.

What we found and what does this mean?

We found that the alternative model of REACT is currently the best model to roll out and we will be hosting this through Lancaster University for the next year. We will continue to explore options and develop networks to keep REACT freely available.



What next?

We will continue to explore ways to make REACT sustainable and utilise what we learnt from the Mental Health Carers Workshop to continue to support mental health carers and relatives.

Find out more:

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What is NIHR ARC North West Coast?

The Applied Research Collaboration North West Coast (ARC NWC) superseded CLAHRC NWC in September 2019. It is a partnership between universities, NHS, councils and other stakeholders, and the public. Its mission is to undertake applied research to improve public health, wellbeing, quality of care & reduce health inequalities across the North West Coast region. ARC NWC is funded by the National Institute for Health Research.