



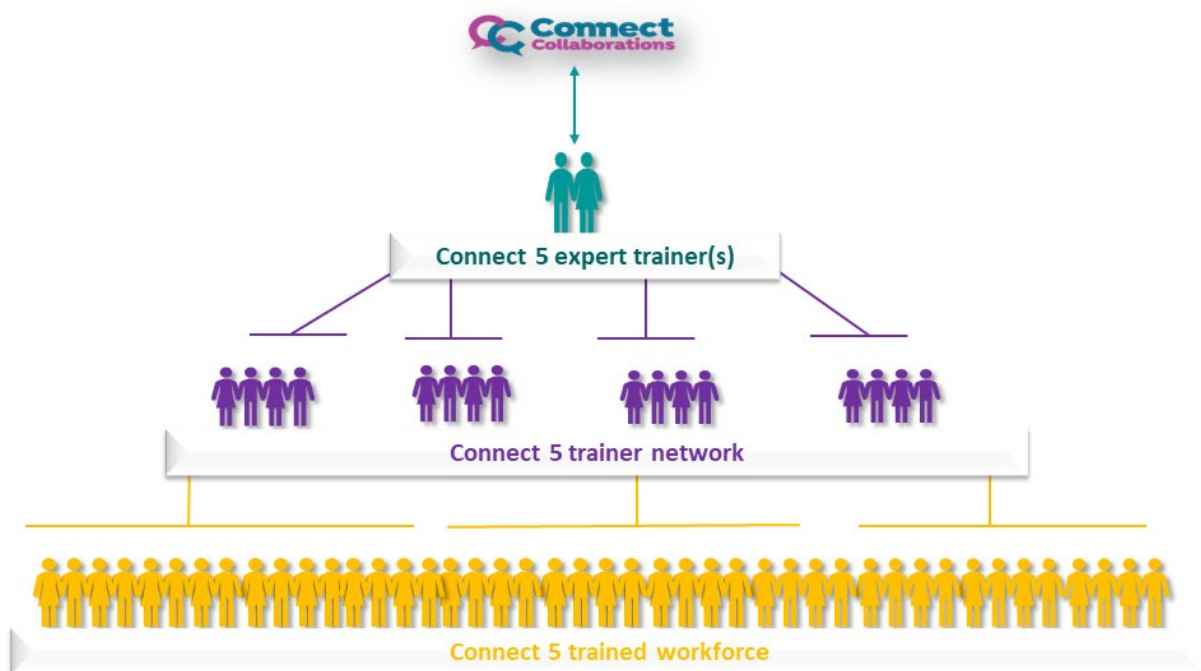
# What is Connect 5?

Connect 5 is a training course that gives participants the skills and confidence to have enabling conversations with people in their work and lives. Informed by contemporary evidence, these conversations empower individuals to take action that improves mental health and wellbeing.

## The Connect 5 Tiers

**Tier 1 Connect 5 training course directly delivered to the workforce** builds the capacity and capability of the participants to look after their own and others' mental wellbeing proactively. It comes in two versions. The adult version is for those working in general services, and the young people version is for those working predominantly with young people.

**Tier 2 Connect 5 Training 4 Trainers** develop the skills and resources for trainee candidates to become Connect 5 Trainers who can provide ongoing, unlimited Connect 5 training courses to their local workforce (within a service or across a locality).



## Tier One: Connect 5 Direct Delivery - Building a Connect 5 trained workforce

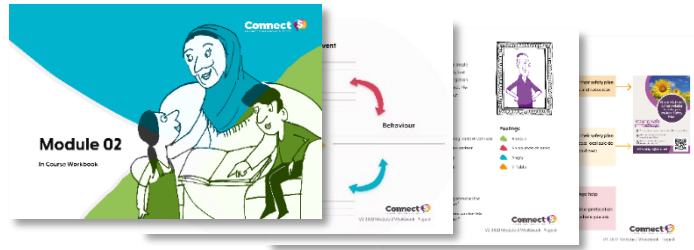
Connect 5 is an interactive, applied learning course providing practical, proven, evidence-based knowledge and skills to build and maintain mental wellbeing. The course is undertaken in three separate modules. Each module is 3.5 hours long and can be delivered in-person, live online, or a mixture of both. The programme underpins the principle of ‘Making Every Contact Count’ and supports the best use of frontline staff's skills and local contacts.

The evidence bases for Connect 5 stems from research and theory that fostered the development of cognitive behavioural therapy (CBT). The programme utilises the cognitive behavioural approach but with a public mental health focus, highlighting the importance of the positive aspects of mental health to overall wellbeing. The Five Areas Model is used as a more accessible way of communicating the principles of CBT. The Five Ways to Wellbeing approach promotes an understanding of factors associated with wellbeing and engages individuals in improving their wellbeing and those around them.

Find out more about the Connect 5 evidence-informed content [here](#).

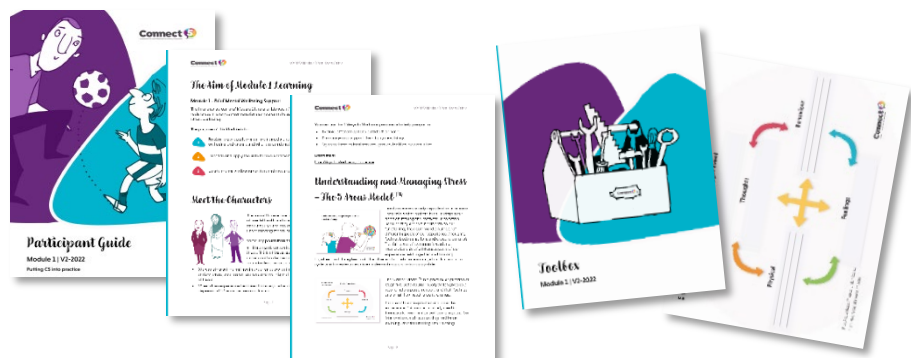
### For each Module, participants receive the following:

**In Course Workbooks:** Handouts are required for each module.



### Participant Guides:

Extensive background, further learning resources and a ‘toolbox’ with full-page worksheets at the back of each guide.



- **Certificates:**  
To mark their achievement and support CPD requirements within organisations



**The Evidence: Impact of Connect 5 on participants.**

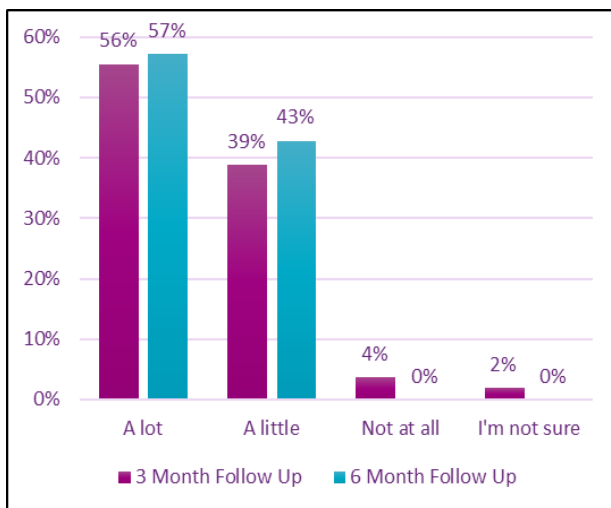
Explore the **full Connect 5 evaluation history** [here](#).

**Post-Training Evaluations:**

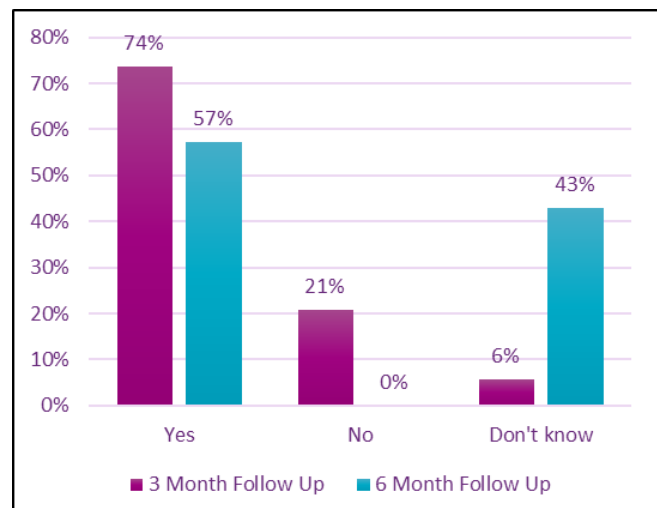
Significant positive Impact on Capability, Opportunity, and Motivation to have conversations about mental wellbeing from pre-course baseline across three modules.

**Three- & Six-Month Follow-up:**

Has Connect 5 training changed how you talk with people about mental wellbeing?



As a result of your Connect 5 training, do you now have more conversations about mental wellbeing in your professional life?



**88%** said they had used the resources in their practice.

**92%** have recommended the training to their colleagues.



**Connect 5 trained individuals report** benefiting from significant positive impacts on their personal and professional development across several areas:

**They now have practical tools and techniques to employ in multiple work areas, enhancing the results they can deliver.**

*"Now we have tools we can work with."*

*"Potential intimidation from mental health stigma can put people off having this conversation. The course arms participants with a toolkit to enable conversations."*

**Significant positive impact on their personal and professional development. Connect 5 trained workforce feel empowered, have grown in confidence and ability and feel better equipped to support their wellbeing and others within and outside the workplace.**

*"On a personal level (I have experienced) a shift from 'taking on problems' to empowering others to find their solutions."*

*"I have developed a sense of awareness from the training- giving me the skills and tools to think more logically. Important for me personally, but also to relay that experience to others. It makes you think differently."*

**A positive impact on their wellbeing, colleagues, and those they support.**

*"I feel much happier. I learn from my reflections and allow myself time to reflect. It's essential."*

*"It helped my relationship with my mum."*

*"Individuals are now supporting each other more than they were before."*

**Positive impact on suicide prevention through the holistic and integrated Connect 5 approach.**

*"In suicide prevention- it doesn't matter if you are the best specialist services in the world- that will not impact suicide risk in population as a whole -promoting good mental health needs embedding in the community as a whole- I see Connect 5 in that context."*

*"Another light bulb moment came through the suicide prevention part of the training-people reported that it is ok (and important) to ask the question -which ultimately saves lives."*

**Large-scale and long-term changes within their organisations: in terms of strategies and plans they have in place, the way their teams are structured and resources, and their overarching organisational cultures.**

*"Within work, I'm setting up a new system for discharging planning/patient flow. I'm ensuring the system takes more into account external issues-never to assume. The course has really influenced my thinking."*

*"Our emphasis was on specialist services previously, and there's been a gradual shift to mental health being everyone's business."*

Read the entire **Most Significant Change** report by Co-Production Network Wales [here](#).

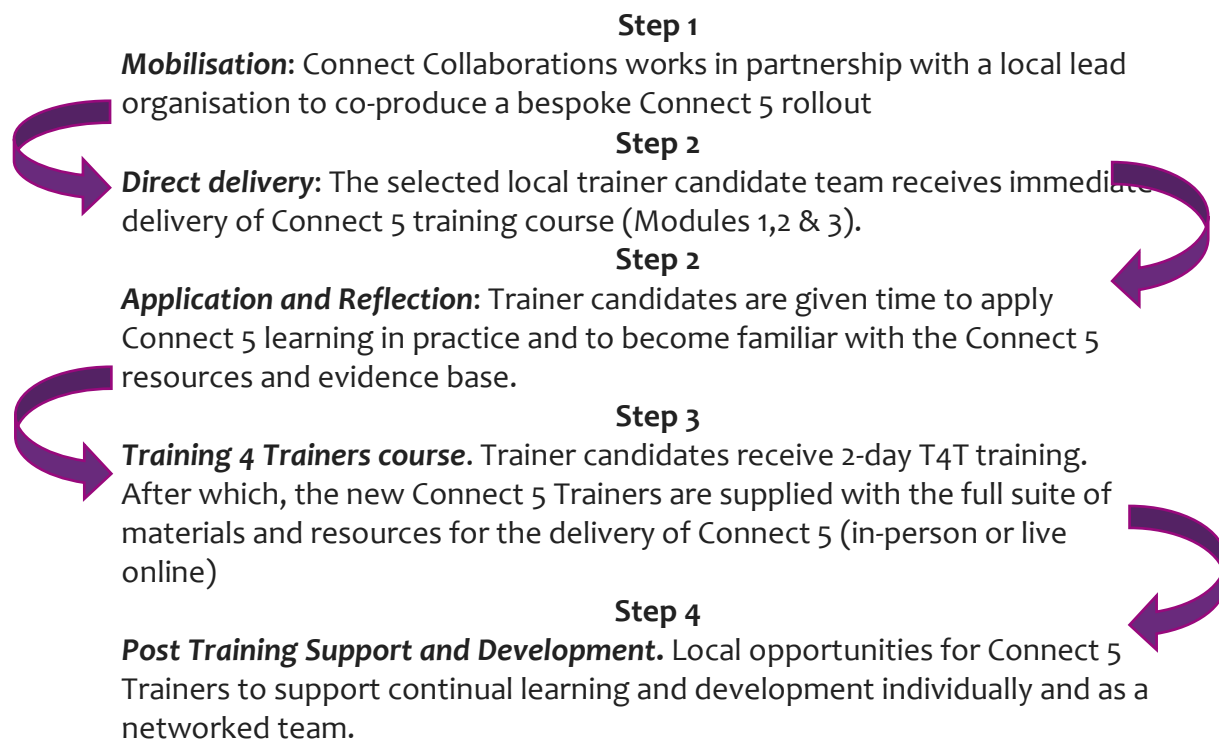
## **Tier Two: Connect 5 Training 4 Trainers - A Connect 5 Trainer team delivering ongoing, quality-assured, sustainable training to the local workforce.**

Connect Collaborations works with the local lead organisation to train and support a select mandated and resourced workforce cohort to become Connect 5 Trainers and deliver ongoing Connect 5 training. The Connect 5 T4T equips trainer candidates to deliver the Connect 5 training to their peers within their service or their locality (face to face and live online)

The Connect 5 T4T programme has an explicit philosophy and ethos that comes from integrating transformative adult education skills, adult learning theory, COM-B practice, change theory and the knowledge that reflective practice is an essential skill for professional development with the 'how to' of Connect 5 delivery.

Find out more about the **evidence informed Connect 5 T4T** [here](#).

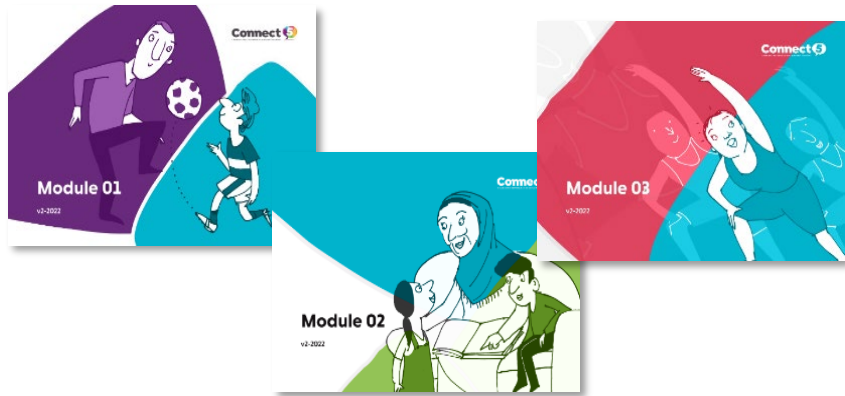
### **Connect 5 Training 4 Trainer Steps**



The resulting Connect 5 Trainer Team are resourced to deliver limitless Connect 5 courses within their organisation, locality, and region.

## Connect 5 Trainer Resource Suite includes:

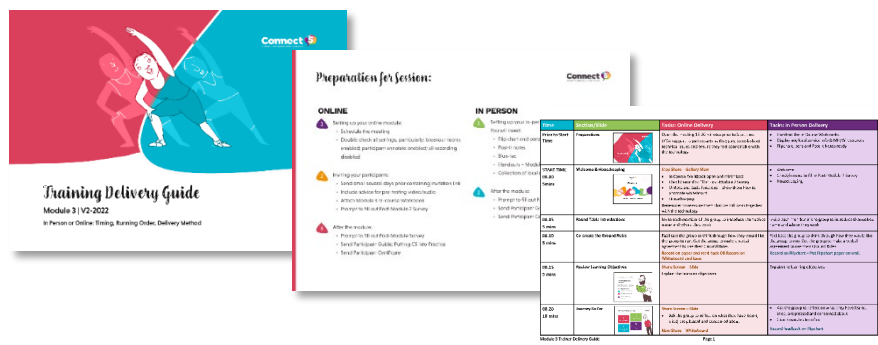
**Module 1 to 3 Slide Decks:**  
 Provided in PDF and PPT file formats.



**Module 1 to 3 Trainer Handbooks:**  
 Slide-by-slide guidance, explanations, and additional background information & resources



**Module 1 to 3 Trainer Delivery Guides:** Timing, running order, the delivery method for online and in person



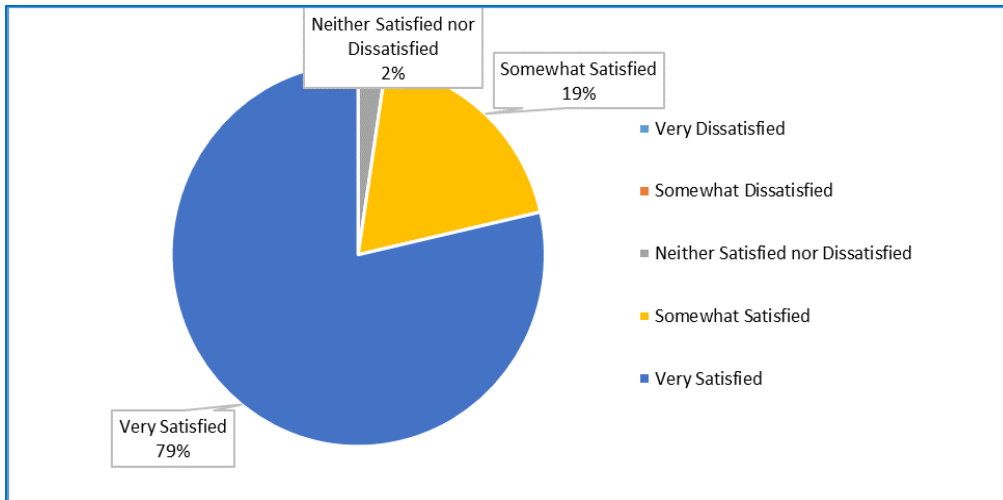
**Module 1 to 3 Participant Materials:** In Course Workbooks, Participant Guides and Certificates



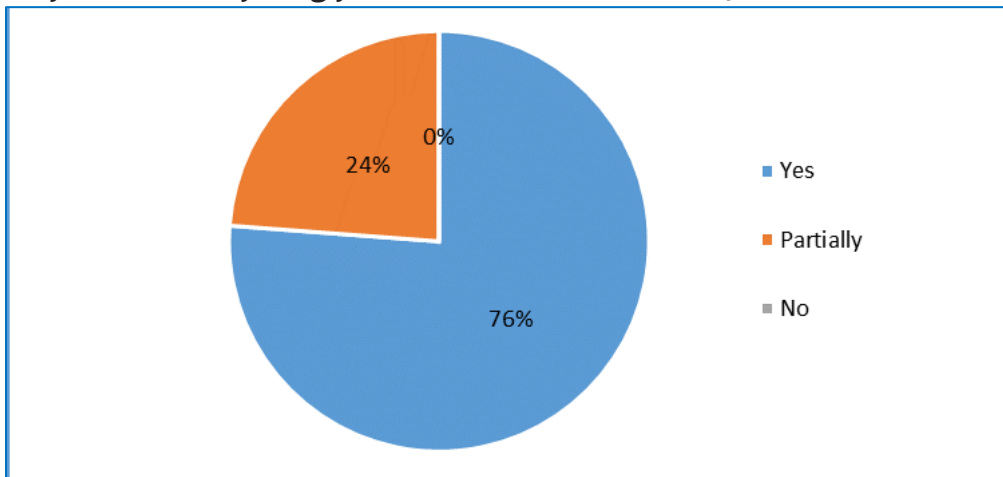
## The Evidence: Impact of Connect 5 Training 4 Trainers on trainer candidates

### Post-Training Evaluations:

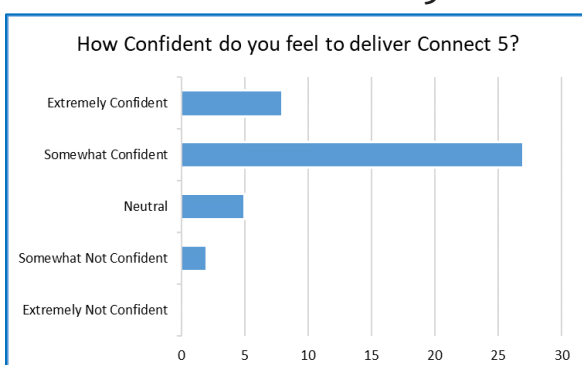
#### Overall satisfaction with the T4T course



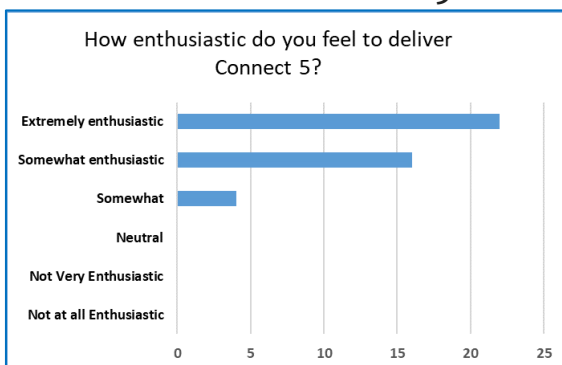
#### Do you have everything you need to deliver Connect 5 courses?



#### Confidence to deliver Connect 5



#### Enthusiasm to deliver Connect 5





Connect 5 trained trainers report the most significant change due to the T4T include.

**New Connect 5 Trainers report** that the most significant change as a result of the Connect 5 T4T includes:

**In the mixed professional T4T groups, trainers felt they benefited from the supportive communities they have become a part of. As a result, they feel better equipped to establish connections, build relationships, and cultivate supportive communities amongst those they support.**

*"It has enabled a shift in my thinking; it was perfect to meet and have conversations with people from other organisations and different backgrounds."*

*"When we tap into the incredible resources within our communities, we can have fulfilled lives with much greater health and wellbeing and take advantage of all our communities have to offer."*

**Participants found their participation in Connect 5 to be a challenging but enjoyable experience. It has given newfound enthusiasm for delivering and participating in training and new ideas which they are applying across other training courses.**

*"The delivery was so engaging, enthusiastic and passionate."*

*"It gives you time to step back and think. It's very reflective. I hadn't attended anything like it before."*

*"I felt committed to it personally and professionally. The whole idea that you can upskill a whole population to have conversations about mental health is brilliant. I believe in what it wants to achieve."*

Read the entire **Most Significant Change** report by Co-Production Network Wales [here](#).