

#dbi_scot

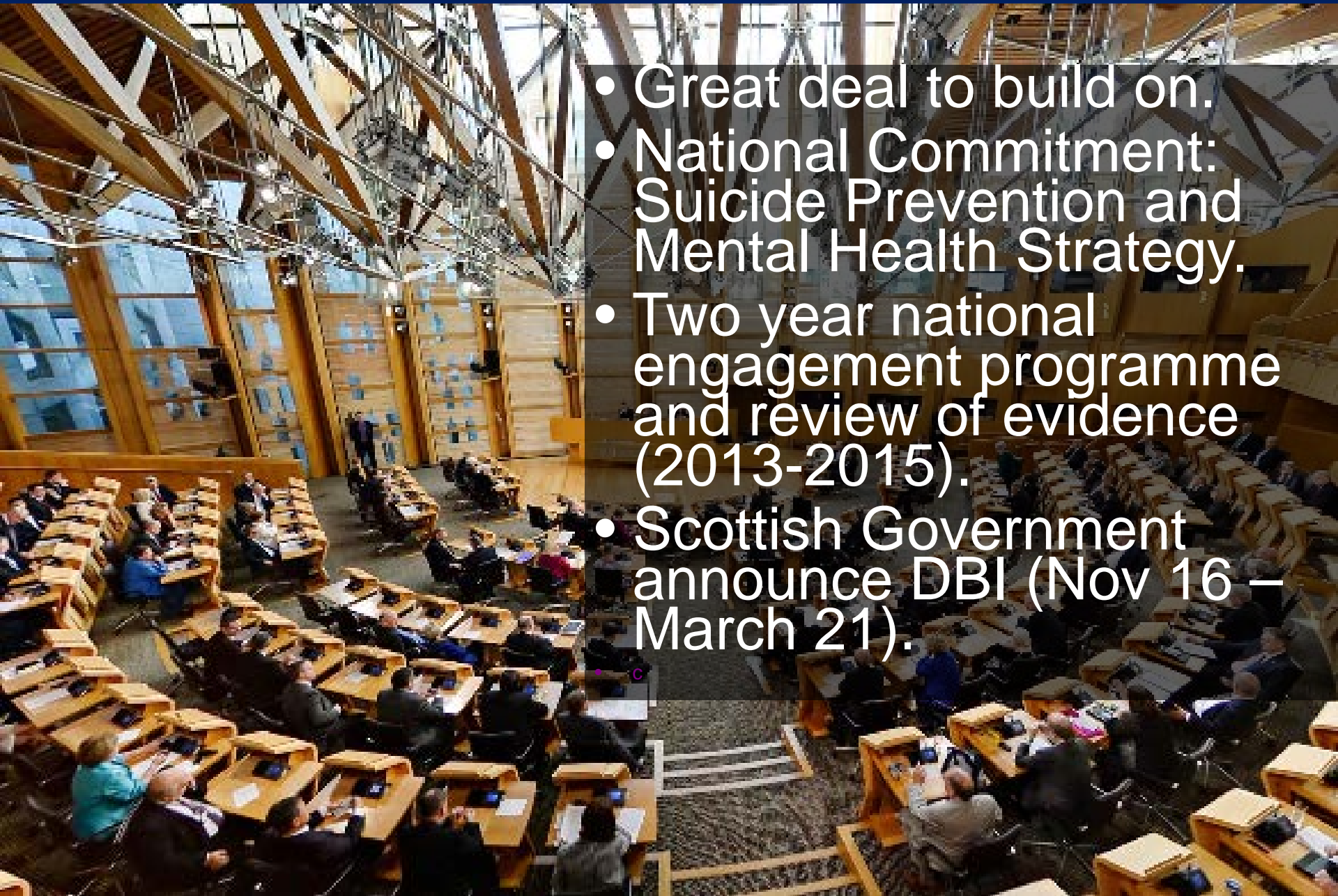
Connected Compassionate Support
For people experiencing distress in Scotland



Distress Brief Intervention (DBI): Working beyond front-line boundaries to build Connected; Compassionate; Support for People Presenting in & *Compassionate Support*

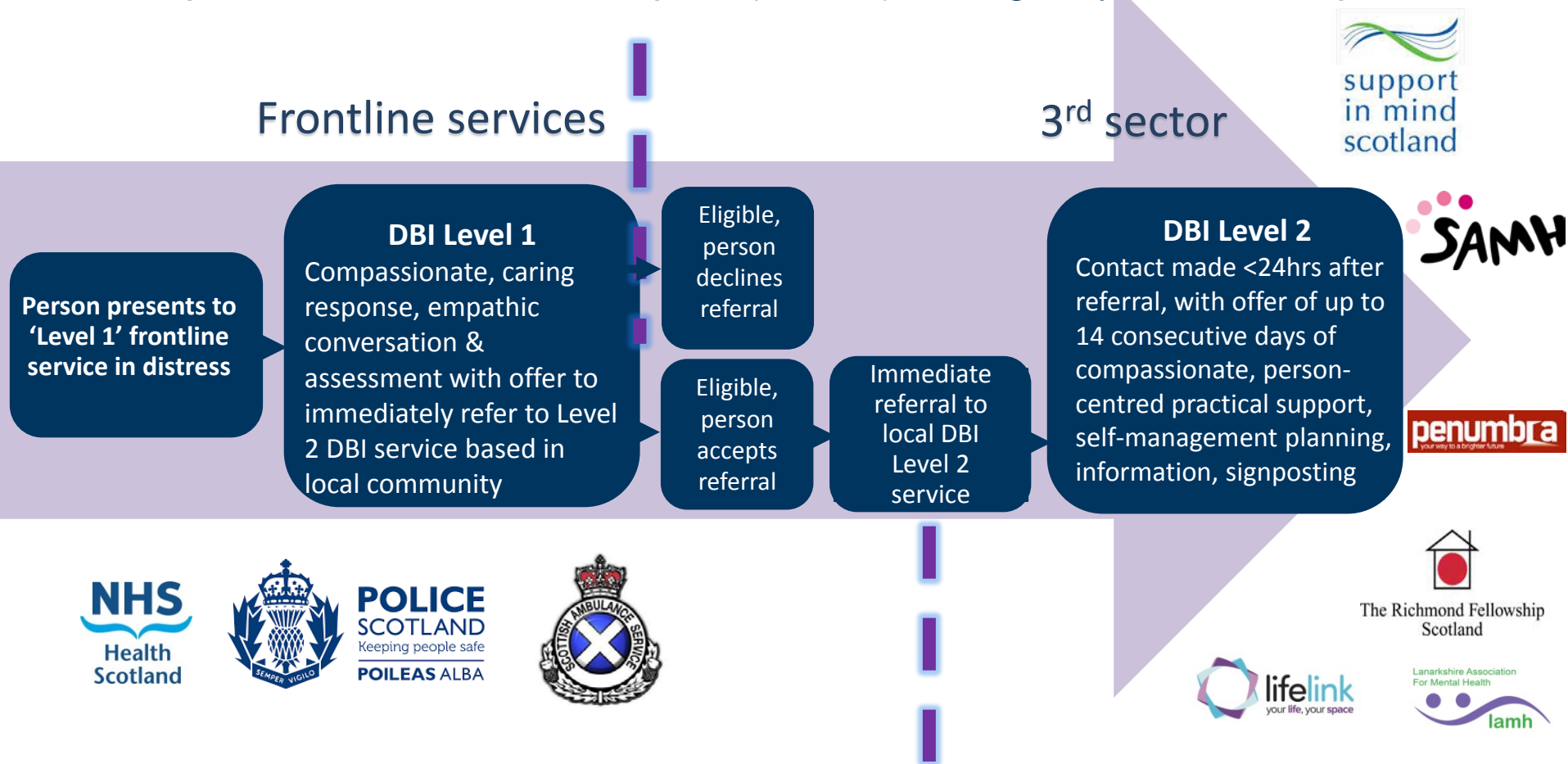


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- Great deal to build on.
- National Commitment: Suicide Prevention and Mental Health Strategy.
- Two year national engagement programme and review of evidence (2013-2015).
- Scottish Government announce DBI (Nov 16 – March 21).

Adults (16+) with an emotional pain for which they sought, or were referred for, help and which does not require (further) emergency service response.



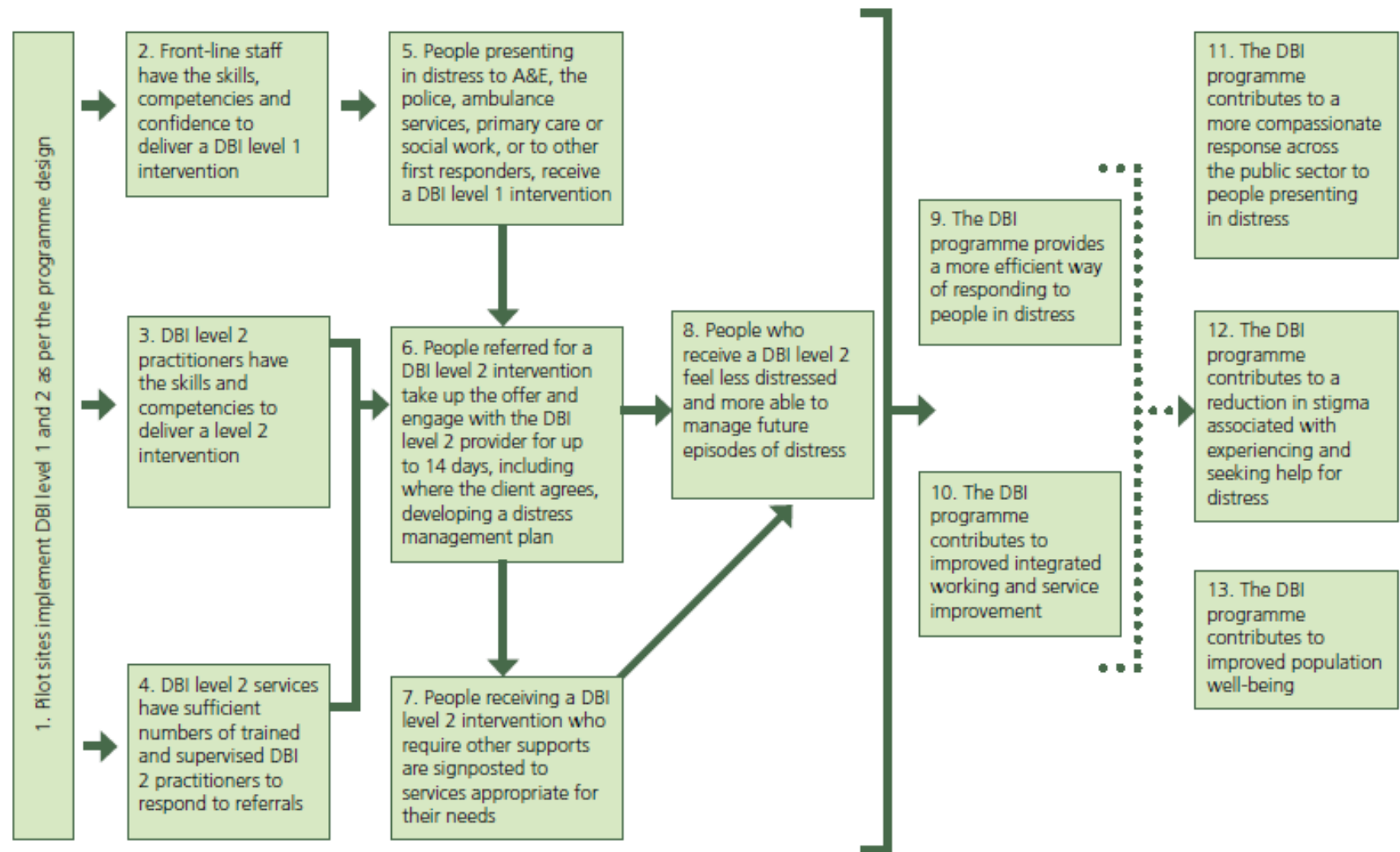
The Elements are Aligned



None of Us are as Smart as All of Us

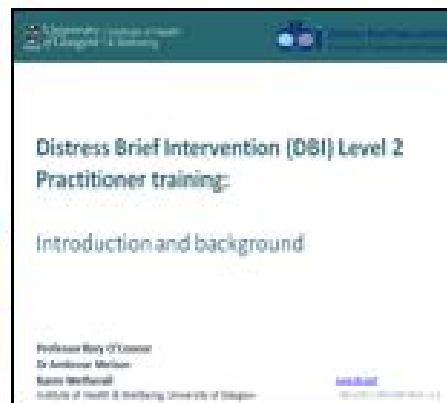


Figure 1: Distress Brief Intervention Programme: Theory of Change*



DBI Level 1:

DBI Level 2:



Observations & Experiences

- Over 5,000 referrals
- All received a contact attempt within 24hrs of referral.
- 57% Female.
- 86% engaged in at least one supportive contact.
- 73% of referrals where from the five most deprived deciles.
- 21% self-reported being under the influence of alcohol/ substances at point of referral.
- Levels of distress reduced over all.
- Transforming cross-sectoral working.
- Highly valued by front lines services and people who receive support.
- High levels of compassion experience.
- Those receiving DBI, report feeling more able to manage both immediate and future distress.
- Reducing suicidal behaviour and in turn saving lives.

The Story Continues.....

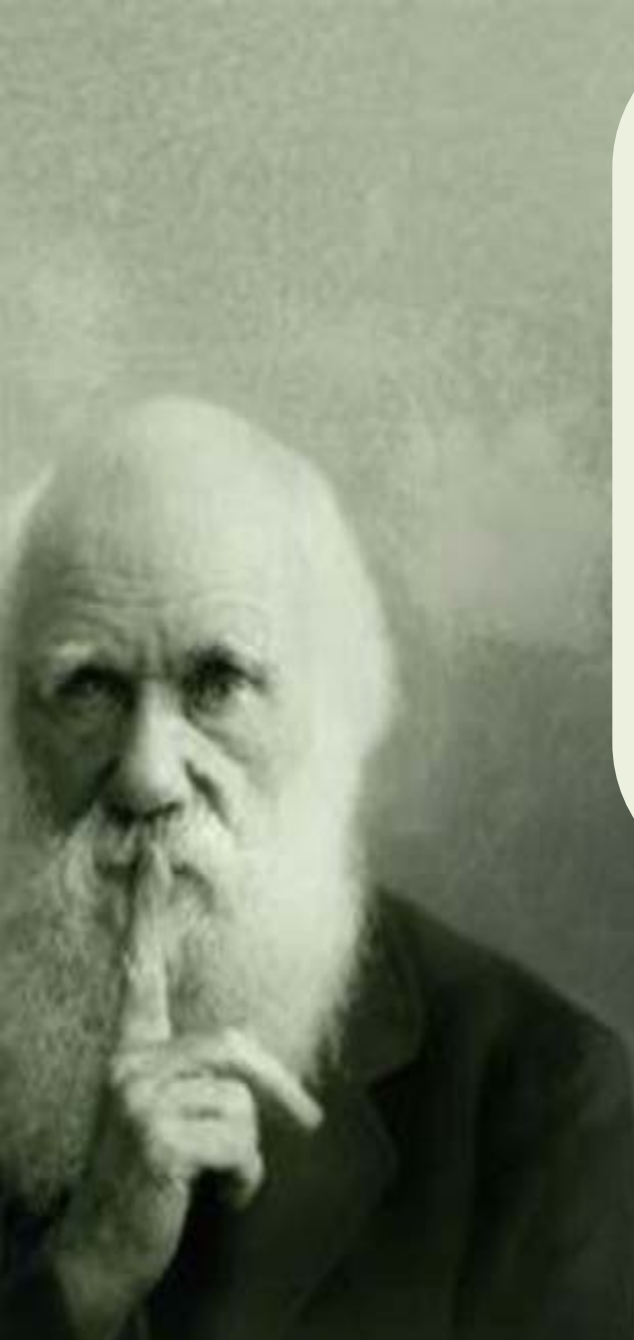
**COMPASSION
STRIKES BACK**

DBI Expansion: Building on Strong Foundations

Part 1: Extension to 16 & 17 year olds

Part 2: Scoping DBI for 15 years and younger

Part 3: DBI Associate Programme



*“It is the long history of **humankind** that those who learned to **collaborate** and **improvise** most effectively have prevailed”.*

~ Charles Darwin



DBI: None of Us Are As Smart As All of Us



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Stories From the Frontline

