



The theory

- assets-based approaches value the capacity, skills, knowledge, connections and potential in individuals and communities
- Focusing on strengths does not mean ignoring challenges, or spinning struggles into strengths.
- Practitioners working in this way have to work in collaboration - helping people to do things for themselves. In this way, people can become co-producers of support, not passive consumers of support.

The evidence

Asset-based approaches contribute to mental wellbeing by:

- strengthening opportunities for people and communities to shape their own lives, for example with personalisation and self-directed support, co-production, expert patient and recovery-oriented practice
- supporting ‘whole person’ approaches which address health and other needs in the context of people’s lives
- acting on ‘nothing about us without us’ and reminding statutory authorities of the ‘duty to involve’.

What happened last year?

Working in partnership with people who use services, East Dunbartonshire Council social work services, health and voluntary sector partners

Two levels:

- Identifying community assets that are useful for positive mental health and wellbeing
- Identifying individual assets that are useful positive mental health and wellbeing

What are assets for mental health?:

anyone or anything in your community that can contribute to the promotion of positive mental health and well-being



The assets of the community



The assets of individuals

What did we find?

- **Lots of assets in Kirkintilloch – not so much in surrounding areas**
- **93% of people said that they'd learned more about their area and supports through the mapping process**
- **People think quite specifically about “services”. These were viewed really positively, particularly the use of advocacy**
- **People enjoyed learning from other's experiences**

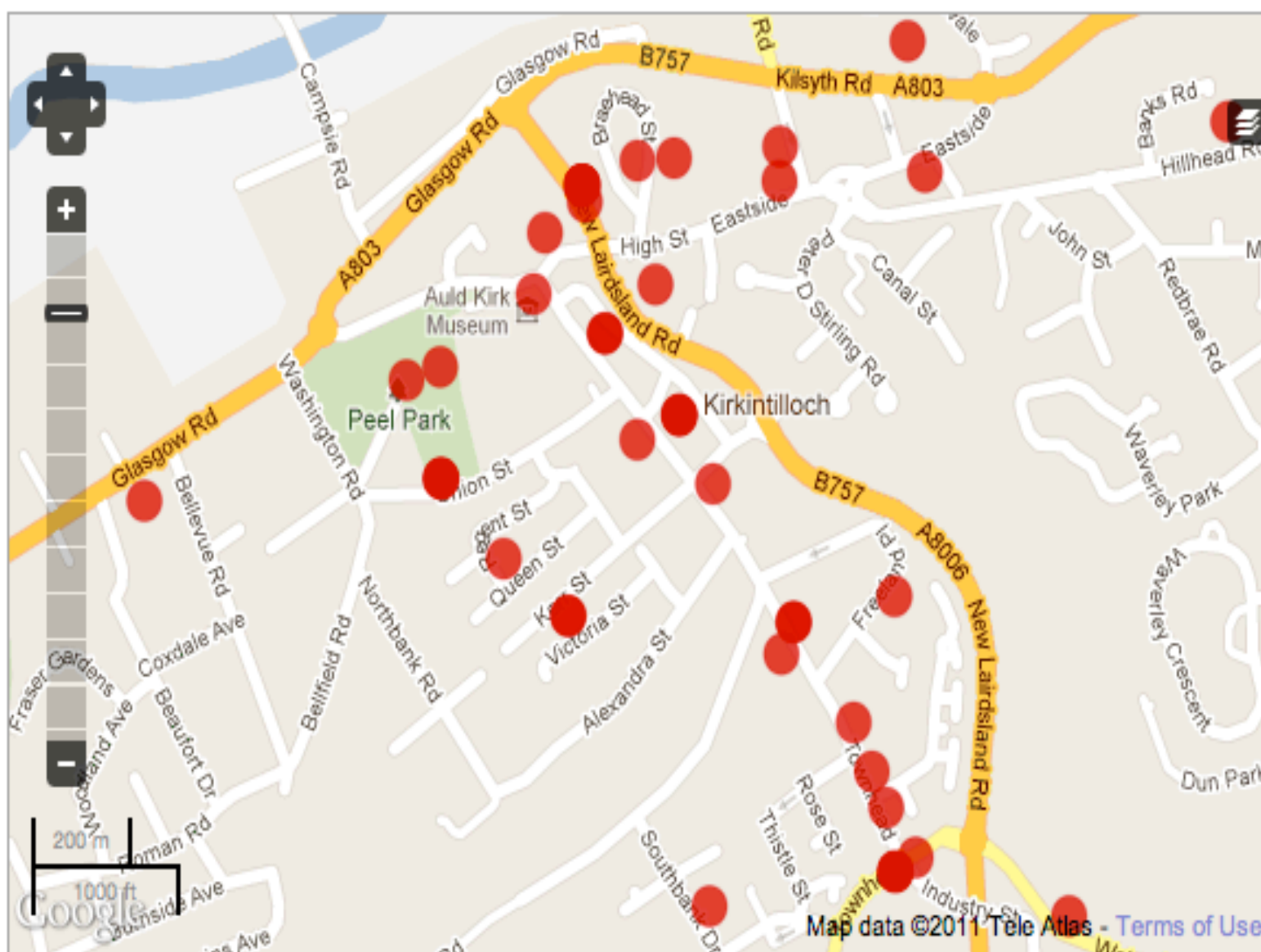
Gaps

- Understanding the pathways to access the different assets was identified as an issue (as well as waiting times and transport)
- Identified the need for more meaningful consultation and engagement
- Day/social opportunities for people with mental health problems
- Assessment and person centred planning

The Map

FILTERS → **ASSETS** NEWS PICTURES VIDEO ALL

↓ CATEGORIES [HIDE]



ALL CATEGORIES



FOOD



HEALTH & WELLBEING



ORGANISATION



OUTDOOR SPACE




PHYSICAL EXERCISE



RELIGION/SPIRITUAL

≡ List

 Map

1

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Laughter yoga

Laughter yoga is a combination of laughter exercises with yogic breathing (pranayama), so that you increase the amount of oxygen in your body...


🕒 13:11 Oct 19, 2011



The Auld Kirk Museum

The Auld Kirk Museum is an accredited museum service with a permanent collection of approximately 13,000 objects. The collection consists of...


🕒 16:16 Oct 14, 2011



Peel Park

Peel Park offers stunning views over the surrounding landscape, especially northwards to the Campsie Fells.


🕒 16:11 Oct 14, 2011



Badminton Group

This group is run by the Community Mental Health Team


🕒 13:56 Oct 14, 2011



Kidz Buffer

🕒 13:44 Oct 14, 2011

≡ List

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Description

Date & Time: Today at 2:51 pm (Europe/London)

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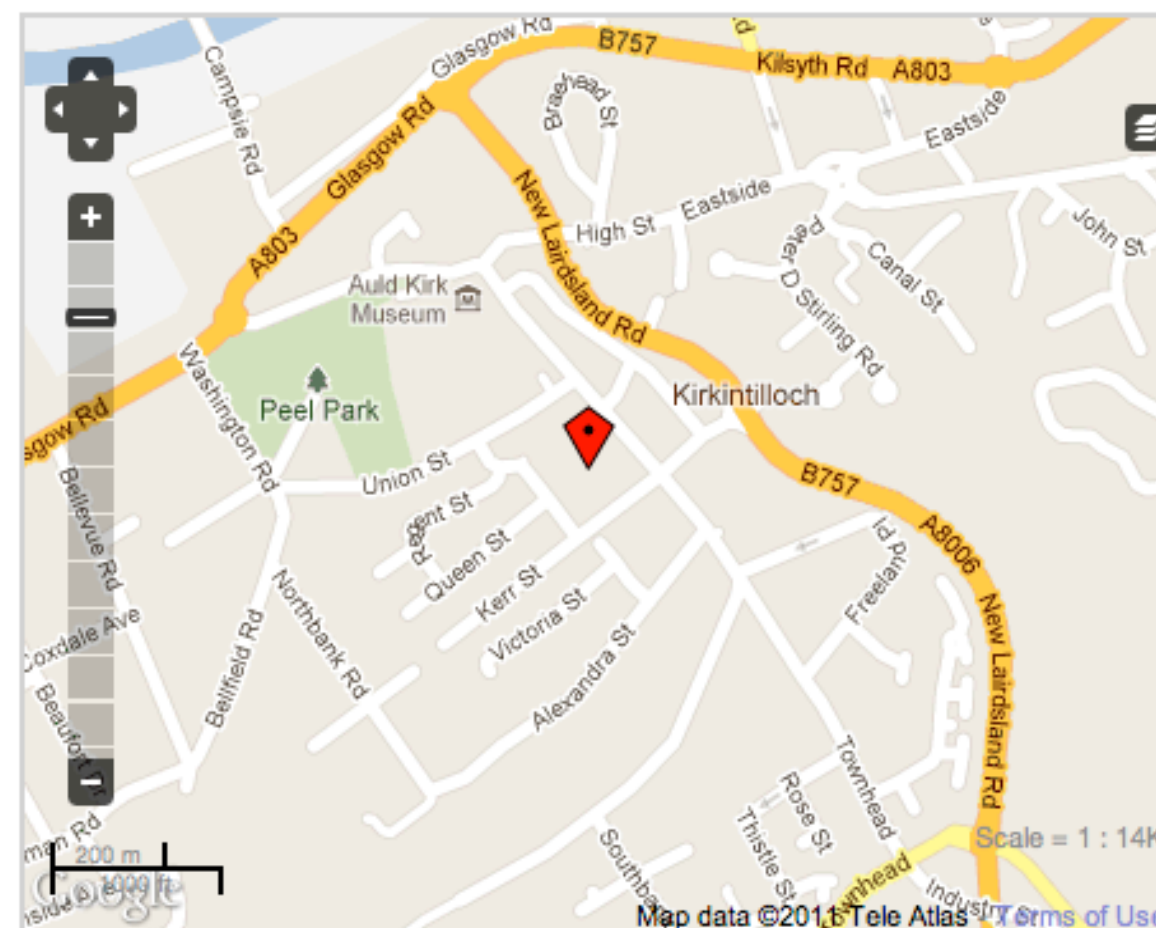
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* Search for your location using a location name or latitude,longitude coordinates

Don't just take my word for it....

