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# Navigating happiness

Initiative Type

Data Collection

Education and Training

Status

Deliver

Added

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20 February 2024

URL

<https://cnxp3cuvtvrn68yjaibaht5ywrxspj7m.clinicalexcellence.qld.gov.au/improvement-exchange/navigating-happiness>

## Summary

Mental Health consumers often require high level of support, such as psychiatry and nursing input, psychological services, occupational therapy and social work support. Navigating Happiness is a

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four-week practical skill group to help participant clinicians living a more meaningful life. Since 2018, over 40 participants (95 per cent completion rate) had completed the program with statistically significant improvement of their happiness level at post measurement and it maintains at three to six month follow up. Over 250 clinicians in Australia have attended its training, that is based on Acceptance and Commitment Therapy (ACT) and there is ongoing strong interest for more service and training delivery. The training emphasises the Navigating Happiness Triflex model - be present, open up, and do what matters.

## Key dates

Jun 2020

Nov 2021

## Implementation sites

Ipswich Health Plaza, Goodna Community Health Centre, Gailes Community Care Unit, Online (Microsoft Teams)

## Partnerships

CAS Therapeutic Group Program

# Key Contacts

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## **Aim**

- to improve consumer engagement and outcome by shifting focus from symptom reduction to helping them living a meaningful life
- to improve therapeutic service availability and accessibility for regional and rural consumers; and trainings for clinicians in these areas
- to provide alternative approach for Clinicians to engage and provide mental health services.

## **Benefits**

Improved consumer engagement therapeutic services and alternative approach will benefit the patients.

## **Background**

During this stressful time of COVID-19 there is a need for clinicians to make progress towards a happier version of themselves, and learn new approaches to face the inevitable challenges during the journey. Navigating Happiness is a four-week program developed to introduce the concepts of Acceptance and Commitment Therapy (ACT) in a group setting.

## **Solutions Implemented**

The implementation of Navigating Happiness in West Moreton has shown significant success after nine training sessions - both online and in-person - that have been completed since its inception. The following materials and tools are created for the implementation and training of Navigating Happiness:

- a 70-page full colour participant workbook using everyday easy-to-understand language and practical exercises

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- facilitator notes to assist facilitation
  - powerpoint to assist face-to-face and online delivery.

## Evaluation and Results

Participant outcome is measured using Oxford Happiness Questionnaire which is a 25 item six-point Likert scale to measure overall satisfaction of life. Data is collected at three time points: Pre-group (session 1), Post-group (session 4), and three to six month follow up phone call. Data analysis of pre- and post-scores (N = 34) showed statistically significant improvement of participant overall satisfaction in life ( $p < .01$ ). More encouragingly, the improvement maintains (with additional small improvements) 3-6 months later, with data analysis showing statistical significance (N = 22,  $p < .05$ ). Over 250 clinicians in Australia have attended its trainings, and there is ongoing strong interest for more service and training delivery. This project was presented at the 14th National Allied Health Conference (2021) for its significant achievement in providing mental health services to a diverse population in a creative way.

## Lessons Learnt

- Consumer engagement and outcomes are enhanced through improved therapeutic relationships when mental health services shift their focus from symptom reduction to helping consumers clarify and live by their values.
- Through training and understanding of Acceptance and Commitment Therapy, research shows a positive impact on staff burnout rate and carer fatigue. These will be the future focus of data collection.

## References

Association for Contextual Behavioural Science State of the ACT Evidence | Association for Contextual Behavioral Science ([contextualscience.org](http://contextualscience.org))