

Penumbra

Mental Health

Your journey. Your way.

Pioneering Scottish charity providing dedicated services for people with mild to serious and enduring mental ill health.



Rachel Middleton

Penumbra

Distress Brief Intervention

Network Manager

What is DBI?

- Distress - “an **emotional pain** for which the person sought, or was referred for help and which does not require (further) emergency service response”
- DBI is a low-intensity, time limited and supportive problem-solving contact with an individual in distress
- Improved co-ordination across agencies, quicker access to support and more consistency in the compassion they receive.
- 2 level approach

Ask once, get
help fast

DBI Two Level Response

DBI Level 1

Simple caring and compassionate response provided by frontline staff at point of initial distress presentation

Conversation & assessment with a person in distress or suspected to be in distress

Option to refer those eligible to receive further support within 24 hrs



Referral

DBI Level 2

Within 24 hours DBI Practitioners attempt contact with person in distress to engage and offer support

Available 7 days a week, providing compassionate, person-centred support for up to 14 consecutive days:

- Empathic needs focussed assessment
- Problem-solving and self-management skills
- Signposting, information about specialist services & local support options
- Development of a distress management plan

An additional option

- DBI is an additional option available to manage the high number of distress presentations
- DBI does not replace existing pathways for care, treatment or support.

We are a leading DBI Partner

- 2017 Aberdeen City
- 2019 Moray
- 2020 National Pathways
- 2021 Ayrshire & Arran
- 2021 Midlothian
- 2022 Tayside
- 2022 Edinburgh
- 2022 Aberdeenshire
- 2023 East Lothian
- 2024 Penumbra365

*co-produce DBI in Orkney with Blide Trust and Shetland isles with Mind your Head

- Penumbra
- Support in Mind
- SAMH
- Lifelink
- LAMH and TRFS

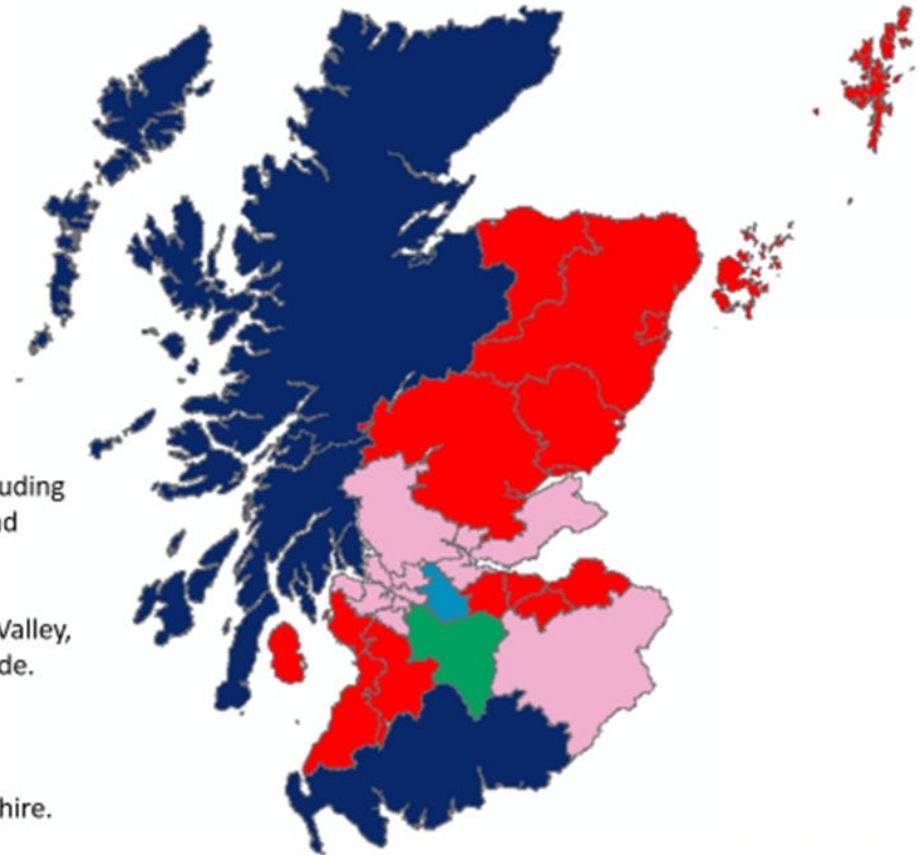
Penumbra: Grampian, Orkney, Shetland, Tayside, Lothian and Ayrshire & Arran.

Support in Mind: Highland (including Argyll & Bute), Western Isles and Dumfries & Galloway.

SAMH: Scottish Borders, Forth Valley, Fife and Greater Glasgow & Clyde.

Lifelink: North Lanarkshire.

LAMH and TRFS: South Lanarkshire.



www.dbi.scot

Our people.....

- ★★ Penumbra DBI have supported a total of **26,000** people
- ★★ Penumbra DBI delivery across **20** HSCP sites
- ★★ **70** dedicated Penumbra DBI practitioner colleagues across Scotland
- ★★ **53%** of Penumbra DBI practitioners employed in a Peer role

Peer approaches to supporting distress

- ∞ Wide reach
- ∞ Reduces risk and vulnerabilities
- ∞ Lessens stigma and entrapment
- ∞ Met with less resistance
- ∞ Sense of worth
- ∞ Improved distress tolerance
- ∞ Enhanced wellbeing
- ∞ Coping strategies
- ∞ Increases HOPE

To discover new oceans, you must have the courage to lose sight of the shore



What our people say

'sometimes it can be helpful to put yourself on the other side of the person's situation if you have experienced this and use peer support to provide perspective to the other side of a person's struggle' **Peer Practitioner**

'I had never spoke to someone who had gone through anything like I have, it made me feel like I wasn't broken, you helped me believe I could keep going and actually feel happy and know things can get better for me, they already are as I am still here, and I don't know if that would be the case if I hadn't had DBI and your support' **Supported Person**

'it truly felt that when I spoke to you for the first time I was heard, understood and you gave me something I've never had throughout my life until now, hope.' **Supported Person**

'Sharing lived experience helps people feel like they are talking to a person, rather than a service or call centre. This supports to shift the often-perceived power imbalance that can happen when receiving support' **Peer Practitioner**

Thank you

Everyone's journey is different.

We work with people to identify, believe in, and reach their goals.

Penumbra is always about people; listening and learning, challenging, encouraging and enabling.

We are trusted to provide services across Scotland.

We support thousands of people every month, because when people need us, we're there.

