

## OBJECTIVE 5

To influence positive policy changes in the provision of mental healthcare services

### STRATEGIES:

- a) Influence positive change at Government and Health Service Executive level and independent and voluntary organisation level in the provision of appropriate services to promote and aid recovery.
- b) Promote the development of best practice in statutory, independent and voluntary sector services.
- c) Respond to Government policy and service initiatives, which directly or indirectly influence all those affected by mental ill health.
- d) Foster a partnership approach with other like-minded organisations.



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Shine complies with the Governance Code for the community, voluntary and charitable sector in Ireland



## STRATEGIC PLAN 2015-2017

### MISSION STATEMENT

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

### ORGANISATIONAL ETHOS

Shine believes that:

People with mental ill health should at all times be accorded equal rights, entitlements and opportunities available to any other member of society, and should be empowered to participate in the life of the community;

Family members, the majority of whom are the primary providers of mental healthcare in the community should be accorded full recognition and support by the institutions of the State, and be empowered to address their own needs;

A history of mental ill health should not be a cause for discrimination in any form, nor should it inhibit the individual's right of equal access to training, education and employment/opportunities;

We should foster a partnership approach with other like-minded organisations.



## OBJECTIVE 1

To promote the development of parallel self help groups for people with mental ill health and their family members and carers

### STRATEGIES:

- a) Shine develops relatives' support groups and service user support groups in all parts of the country to respond to specific needs of people. Support groups may be developed for parents, siblings, child carers, spouses/partners. In addition, specific interest groups such as mental health and addiction, women's mental health etc. may be developed. Where it is difficult due to demography and geographical barriers to establish support groups, consideration will be given to the establishment and support of local networks.
- b) Shine utilises social media and networking applications to support groups.
- c) Shine supports the growth and development of the support groups to ensure that they can actively pursue their own local objectives.

## OBJECTIVE 2

To empower people with mental ill health and their family members through support, information and education

### STRATEGIES:

Shine provides specific support services including:

- a) A confidential counselling service.
- b) A national information helpline.
- c) The provision of timely and accurate information to meet immediate and long-term needs, using all media.
- d) Provision of high-quality education programmes for people with mental ill health and their family members.
- e) The provision of recovery based services for people with mental ill health and their family members in accordance with national mental health policy and internationally accepted best practice.

## OBJECTIVE 3

To promote and defend the right of all those affected by mental ill health to person centred and appropriate services, which support recovery

### STRATEGIES:

- a) Promote and defend the right to high-quality acute and long-term mental healthcare services as espoused in national mental health policy and internationally accepted best practice.
- b) Promote and defend the right to high-quality appropriate supported accommodation designed to address the individual needs of people.
- c) Promote and defend the right to high-quality appropriate person-centred training, education services and employment services based on recovery.
- d) Promote and defend the constitutional and human rights of all persons regarding access and use of mental health services.

## OBJECTIVE 4

To engage in public awareness activities aimed at challenging stigma and discrimination and promoting the rights and needs of all those affected by mental ill health

### STRATEGIES:

- a) Produce literature, in paper, electronic or other appropriate formats, aimed at educating the general public about mental ill health.
- b) Develop and/or participate in regional and national stigma reduction programmes and activities.
- c) Promote in all of its activities a positive image of mental ill health and the opportunity for recovery.
- d) Work with national and regional media to portray a positive and accurate image of mental ill health to the general public.

