How the Wessex MECC model can empower healthy behaviours
The power of Healthy Conversations

• A volunteer please!
• Something you’d like to change and don’t mind sharing
• 2 x 2 minute conversations
• Spot the difference
Making Every Contact Count enables organisations and individuals to develop and be able to use a different approach to working with people to address health and wellbeing. Telling people what to do is not the most effective way to help them to change. Making Every Contact Count is about altering how we interact with people through learning how to recognise opportunities to talk to people about their wellbeing.
The Need for Making Every Contact Count (MECC)

- Stopping smoking
- Maintaining a healthy weight & diet
- Increasing physical activity
- Reducing alcohol consumption
- Promoting mental and emotional health and wellbeing

www.wessexphnetwork.org.uk/mecc
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Healthy Conversation Skills

The training develops four competencies:

• Asking “open discovery questions” – ‘how’ and ‘what’ questions that lead people to explore their own world and find their own solutions

• Listening more than talking – empowering people to identify and take control of their own behaviour change

• Reflecting – on their own beliefs and practice

• Supporting goal setting – making plans to change

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Why MECC?

- It was developed by health psychologists and training experts
- It’s free if you’re based in Wessex
- It’s sustainable
- It’s accredited
- It’s flexible
- It develops transferable skills
- It delivers a holistic approach which can lead to more integrated care
- It delivers results

Is it evidence-based?

Yes. The training content and design is based on an extensive body of psychological theory and research, and has been shown to be effective in increasing trainee self-efficacy\(^1\).

A randomised control trial which will look at the impact of healthy conversation skills on service-user self-efficacy, food choices, weight loss and vitamin D levels, is currently underway. The results of this trial are likely to be published in 2019/2020\(^2\).


Other benefits include...

- Increase in employee **job satisfaction**, as well as self-reported health and wellbeing
- Helps enact the **NICE guidance** on behaviour change at the individual level
- Enacts recommendations in the **Five Year Forward View**
- Helps support achievement of a range of **performance and productivity targets** related to patient and other quality factors
Training delivery options

• **MECC Training**
  2 x 3 hour sessions, plus 1 hour eLearning

• **MECC Train-the-Trainer**
  MECC training, plus 6 hour session to prepare to be a trainer

• **MECC Lite**
  1 x 3 hour session

• **First Steps to a Healthy Conversation**
  45 minute sessions (not accredited)

‘we...valued the opportunity to train together, managers to admin staff; there aren’t many courses we can all benefit from’
For more information

Contact Phil Godfrey at Health Education England to discuss training options
phil.godfrey@hee.nhs.uk

Visit
www.wessexphnetwork.org.uk/mecc
to view up coming training dates and to find a list of accredited trainers in your organisation

“...I think it makes you stand back and realise that people do have their own solutions and you do need to get to know their world...”

Clinical Staff,
Hampshire Hospitals NHS Foundation Trust