

## Person's type of need: Social

### Main purpose

- Connect people with others (peers / organisations / local groups)
- Facilitate access to support and connectedness with others who share similar characteristics e.g. people experiencing loneliness due to mental health stigma

### Appropriate for

- Functional and dementia referrals to OATS
- Nature of social group recommended will vary depending upon presentation and assessed need
- Therapeutic with a small 'x' – members find experience positive, supportive and it increases their sense of belongingness etc

### Liaison

- Signpost to Recovery College online hub
- Assist self-enrol to Recovery College
- Signpost to groups within locality

## Person's type of need: Therapeutic

### Main purpose

- Remediation of long-term emotional problems
- Provide an opportunity to work through emotional issues within a group context

### Appropriate for

- Level 4 groups should be therapeutic with a capital 'T'; a positive, supportive experience, increasing sense of belonging
- Should also develop self-awareness and mastery of own thoughts, feeling and behaviour
- May also open up and challenge understanding of themselves thus triggering heightened levels of emotion

### Liaison

- Assist self-enrol to Recovery College for complement course to step down
- Signpost to groups within locality

## Groups

- Peer support groups
- Community groups
- Diversionary groups
- 1-2 signposting sessions with Therapy Assistant with smart goals
- Greenspace/Mindspace (depending on client need)
- Football and cricket memories (rolling group)
- Life after loss (Healthcare Support Worker / peer support group)

### Staff

- Peer support workers
- Buddies

## 1:1

- Lots of interface with third sector, voluntary and community groups
- Peer support groups
- Community groups
- Diversionary groups
- 1-2 signposting sessions with Therapy Assistant with smart goals
- Greenspace / Mindspace (depending on client need)
- Football and cricket memories
- Life after loss (Healthcare Support Worker / peer support group)

### Staff

- Peer support workers
- Buddies

## Groups

### Functional/MCI (usually 8-10 sessions)

- Compassionate recovery group
- Emotional regulation group – level 2
- Cognitive behaviour therapy (CBT) recovery group
- Solution-focused recovery group

### Staff

- Minimum of two registered members of staff required to co-facilitate
- Band 4 staff may be in attendance to shadow and develop their competencies

## 1:1

### Functional/MCI (usually 8-12 sessions - nurse specialist suitability qualified/supervision with psychologist)

- Eye movement desensitization and reprocessing (EMDR)
- Metabolisation (trauma)
- CBT
- CFT

### Staff

- Registered members of staff under close supervision from psychology and with suitable qualifications

## Person's type of Need: Occupation-activity



### Main purpose

- Provide people with opportunities for recovery through meaningful activity

### Appropriate for

- Appropriate for functional and dementia referrals to OATS
- Meaningful activity group/s selected vary depending on stage person is at
- Therapeutic, members find experience positive/supportive, increases belongingness
- Develops sense of self-esteem, mastery and competence via participation in given activity

### Liaison

- Assist self-enrol to Recovery College
- Access to Recovery College walking, gardening groups
- Assist self enrol to Recovery College for suitable course
- Signpost to groups within locality

### Main purpose

- Preventative and educational
- Provides understanding of their mental health from bio-psycho-social perspective
- Prevent future upsets by teaching participants effective ways of dealing with emotional stress arising from situational crises
- Provide carers and people with dementia with an understanding of dementia and living well with dementia (including impact)

### Appropriate for

- Appropriate for functional and early stage dementia referrals
- Nature of psycho-educational group recommended will vary depending upon presentation and assessed need
- Level 3 groups should be therapeutic with a capital 'T'; a positive, supportive experience, increasing sense of belonging
- Develops sense of self-awareness and mastery of own thoughts, feeling and behaviours

### Liaison

- Assist self-enrol to Recovery College for complement course to step-down

## Groups

- Recovery through activity group
- Creative expression group (Occupational Therapist (OT) led)
- Greenspace / Mindspace (depending on client need)
- Football and cricket memories (structured group)
- Mindfulness following anxiety and depression group
- Life after loss (Healthcare Support Worker / peer support group)
- Health and wellbeing group
- Cognitive stimulation therapy (CST)

### Staff

- Registered members of staff to facilitate but once established, groups can be co-facilitated and supported by peer support workers, buddies, non-registered Band 4 staff, as long as they are over-seen by a registered member of staff

## 1:1

- Greenspace/Mindspace (depending on client need)
- Mindfulness following anxiety and depression group
- Graded exposure
- CBT approaches
- Reconnection (trauma)
- Individual cog rehab
- Wellness and recovery action planning (WRAP)

### Staff

- Registered members of staff / unregistered members of staff (with supervision)

## Groups

### Functional/MCI (usually 6-8 sessions)

- Skills based groups
- Anxiety management
- Learning and coping skills
- Dealing with difficult emotions
- Depression awareness
- Emotional regulation skills – level 1

### Staff

- Minimum of one registered member of staff supported by one non-registered member of staff to co-facilitate
- May include Band 4 Assistant Psychologists who will have a background in psychology

### Dementia specific

- Dementia information group
- Memory management
- Living well with dementia
- Seeing past dementia
- My life, my goals (cog rehab)

### Functional/MCI (usually 8-12 sessions)

- Stabilisation (trauma)
- Emotional regulation skills level 1
- Narrative approaches
- CBT approaches for anxiety and depression
- DBT approaches
- Coping skills (confidence and self-esteem work)
- Dealing with difficult emotions

### Staff

- Registered members of staff / unregistered members of staff (with supervision)

## 1:1

### Dementia specific

- Start programme (carers)
- Assisted technology

## Person's type of Need: Psycho-educational