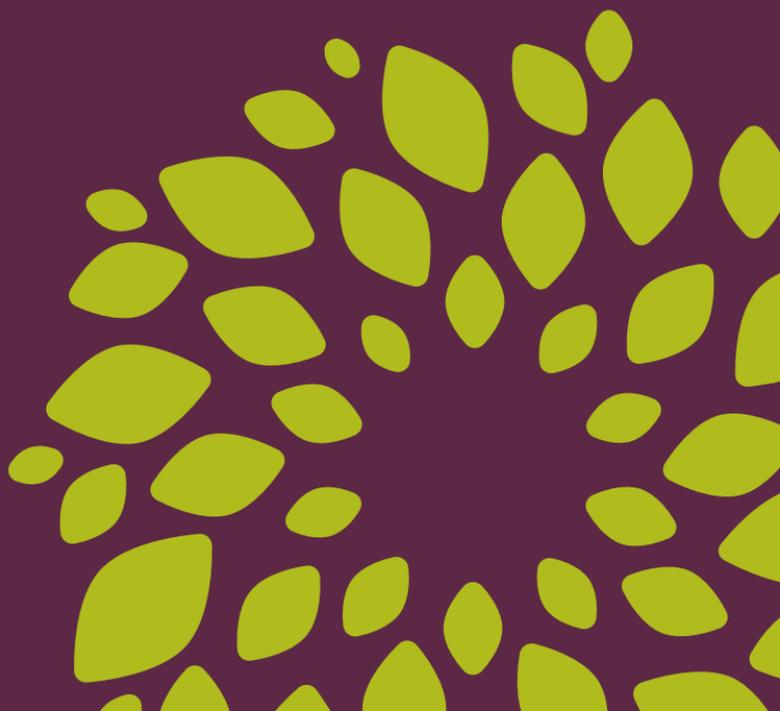




# Depression Recovery Service

Empowering Recovery



## What is the Depression Recovery Service?

The Depression Recovery Service is a comprehensive multidisciplinary assessment, treatment and aftercare service for those with depression. In line with international best practice guidelines for depression, the Depression Recovery Service aims to deliver treatment in an accessible and flexible way. It also aims to provide follow up care and support for those who require it. The Depression Recovery Service offers a group-based stepped care approach using an ABC model.

There are currently three programmes offered within the service:

**Level A - Activating Recovery** - An initial three-week educational programme open to service users currently in hospital or attending from home on a day basis.

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**Level B - Building Recovery** - A 12-week cognitive behaviour therapy (CBT) skills-based programme open to day-patients only.

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**Level C - Maintaining Recovery** - A stepdown group for those who have completed Building Recovery.

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## What is involved in the Activating Recovery Programme?

Activating Recovery is a three week educational programme that is based in St Patrick's University Hospital. It consists of two half-day group programmes each week for three weeks. You can attend this programme while you are in hospital or as a 'day-patient'.

If you are referred to the Activating Recovery programme you will learn about depression and various recovery principles and treatment approaches. You will be encouraged to develop skills through behavioural activation, goal-setting and taking part in group based discussion. Behavioural activation involves increasing your daily activity and engagement to promote rewarding experiences in your life.

Groups are led by different professionals who have an expertise in Depression Recovery and group therapy including:

- Clinical nurse manager and systemic psychotherapist;
- Psychiatric nurse and cognitive psychotherapist;
- Occupational therapist; and
- Consultant psychiatrists.



## **What is involved in the Building Recovery Programme?**

Building Recovery is a 12-week psychotherapy group programme. If you are referred to the Building Recovery programme, you will attend a full-day workshop between 10.00am and 5.00pm each week as a 'day-patient'. The workshop is held in St Patricks University Hospital.

The workshops on weeks one to four incorporate cognitive behaviour therapy, compassion-focused therapy and mindfulness. You will work with the facilitators to develop an understanding of how specific situations may trigger negative thinking styles, distressing emotions, physical states and behavioural reactions that maintain depression. You will learn to apply various psychotherapeutic models to personal experiences and to develop therapeutic change.

The workshops on week five to twelve focus on compassionate resilience, building on concepts introduced in week one to four. It assists you to develop a deeper psychotherapeutic understanding of the impact of depression on your life. Underlying factors that may have increased your vulnerability to depression are also explored, and each person is encouraged to develop a personal understanding and develop skills in compassionate resilience. The workshops are led by cognitive psychotherapists who have expertise in depression, group therapy, compassion- focused therapy, and mindfulness.

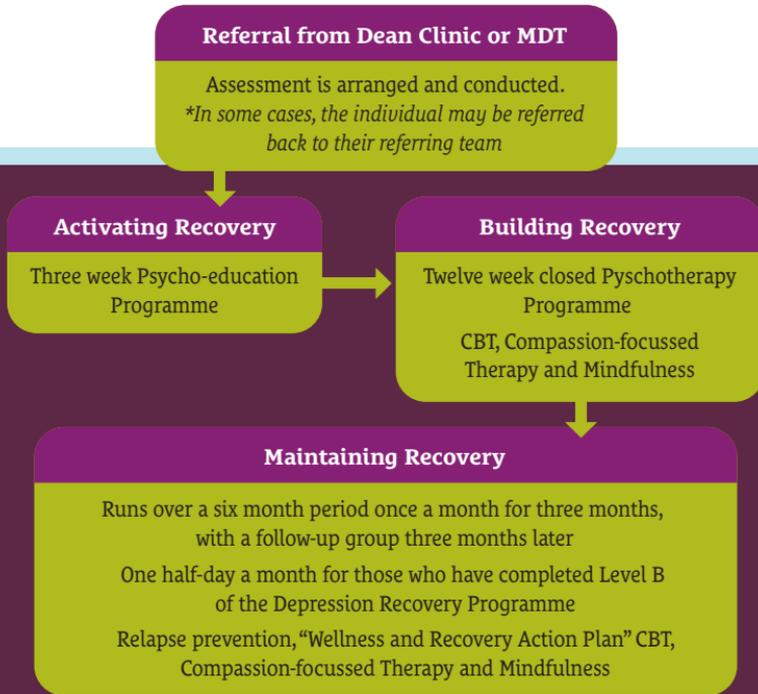
## **What is involved in the Maintaining Recovery Programme?**

Maintaining Recovery is an aftercare group that consists of one half-day a month from 9.30am - 1.00pm, for those who have completed the Building Recovery programme. The group is based in St Patricks University Hospital. As a team, we believe aftercare to be an integral part of the Depression Recovery Service. The group takes place once a month for three months, with a follow-up group taking place three months later.

Maintaining Recovery is the final part of our stepped care approach. If you are attending this programme, you will be supported to progress from the more intense nature of being in hospital and then weekly attendance to a lower intensity monthly attendance. It allows you to continue to engage with our services. This can be particularly helpful if you are experiencing any difficulties with your recovery. It also gives you the opportunity to receive further intervention if required.

The group focuses on relapse prevention which is essential in maintaining your recovery. Maintaining Recovery promotes the development of further self-awareness and self-management which are key to identifying risk of relapse and maintaining recovery. In this programme, we continue to explore CBT, compassion-focused therapy and mindfulness as ways to progress with your ongoing recovery. The workshops are led by cognitive psychotherapists who have expertise in these approaches to depression recovery.

## Depression Recovery Service Outline



### How can I be Referred to the Service?

You may be referred through your team in St Patrick’s Mental Health Services, which includes the Dean Clinics. When you have been referred, the Depression Recovery Team arranges an appointment with you for assessment.

#### *The assessment aims to:*

- Establish your diagnosis
- Confirm that the service may be of help to you
- Determine which programmes within the service will be of most help to you

In some cases, you may be referred back to your team.

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