



# Day Services Programmes

Empowering recovery



# Day Services Programmes

Day Services are aimed at those who are recently discharged from hospital or who require skills and techniques to deal with the mental health concerns unique to them. Through the Wellness and Recovery Centre at both St Patricks and St Edmundsbury, we offer a variety of day service options.

All programmes are undertaken on a group basis and are available for anything from one half day to four half days, for anything from three to twelve weeks, depending on the programme.

*A short outline of each programme is presented below:*

## **Access to Recovery Programme**

The Access to Recovery Programme at SPMHS is a distinct and organised mental health treatment programme delivered on two levels. It is designed to provide an individualised and coordinated treatment programme that is open and accessible; enabling a seamless transition period from admission to day care without the barriers of waiting times for closed programmes.

This programme is a two-tiered structured programme that provides a stable therapeutic base for continuous assessment, high levels of support and therapeutic interventions.

It is provided as an alternative, or in addition to inpatient hospitalisation or in advance of a diagnosis specific programme. The programme focuses on addressing each individual's needs. Attendance is between 1 and 4 half days for a period up to four and a maximum of six weeks.

All those who are treated as inpatients will automatically be referred to Access to Recovery (unless contraindicated) and an attendance schedule will be arranged and agreed between the service user and the programme staff.



## **Alcohol / Chemical Step-Down**

The Step Down Programme is a 3 month programme designed to meet the needs of those who have been discharged from the inpatient programme and are in early recovery from alcohol and/or substance abuse.

**It is known that recovery from alcohol and/or drug addiction is a staged and continuous process.**

Service users attend this support programme, facilitated by an addiction counsellor one half day per week for 12 weeks.

The Step Down Programme also gives the opportunity to those who have experienced relapse or are struggling with recovery from alcohol and/or drug abuse to re-engage in recovery with the help of professionals.



## **Anxiety Disorders Programme**

The Anxiety Disorders Programme was specially founded to provide for the needs of people with a Primary Anxiety Disorder.

This is a core feature of the Anxiety Disorders Service and is a unique diagnostic treatment programme for this service user group.

The programme caters for the needs of a wide range of disorders - Panic Disorder, Agoraphobia and Specific Phobic Disorders, Social Anxiety Disorder, Obsessive-Compulsive Disorder, Generalised Anxiety Disorder.

The aims of the programme include increasing knowledge and understanding through group psychotherapy. This includes psycho-education, CBT strategies and behavioural workshops, mindfulness meditation and other elements. It provides individuals the opportunity to learn therapeutic skills and strategies to help overcome their difficulties.

It focuses on addressing the physical, psychological and behavioural aspects of the anxiety disorder using group psychotherapy.

The therapeutic framework of the programme is based on Cognitive Behavioural Therapy and Compassionate Mindfulness Based Approaches. The Anxiety Disorders Service is a comprehensive, multi-disciplinary, assessment, treatment and aftercare service for sufferers from primary Anxiety Disorders.

It aims to deliver the best available treatments for anxiety in an accessible and flexible way as well as providing follow up care and support for those that need it.



## **The Adolescent Psychology Skills Day Programme**

The Psychology Skills Group is a skills training group for out-patient young people aged 13-17 years which is centred on learning a mixture of skills from DBT for adolescents.

The Programme aims to provide young people with ways of coping with distressing situations. Sometimes people cope with stressful events in problematic ways. We are hoping to provide group members with alternatives and equip them with the necessary tools to help them take steps in their life.

Skills will be taught during the programme over 5 different Modules. Some of the skills will focus on improving distress coping and problem solving skills, whilst others will look at understanding emotions and improving relationships.

**The structure of the group features five modules each containing four weekly sessions, running for a total of five months. New referrals are welcome to join at the beginning of each new module every month but need to attend a screening appointment prior to this.**

This group runs on Mondays from 3.00pm to 6.00pm in the Adolescent Dean Clinic Lucan. Parents are asked to join this group weekly from 5.00pm to 6.00pm while the young people attend from 3.00 to 6.00pm.

## **Bipolar Education Programme**

The Bipolar Education Programme offers educational and supportive interventions in the 'Post Acute' phase of a person's Bipolar illness, so that a functional and emotional recovery and the development of self-management skills are supported. The active engagement of supporters along the way is encouraged.

The Programme consists of three outpatient Modules - the Facts, Self-Management and Living Well in addition to Family Education Sessions and a single Foundation Day for inpatients prior to discharge.

**The Inpatient Foundation day** aims to help the individual refocus on a functional recovery following a recent mood episode and hospitalisation. Basic information about diagnosis, treatment, barriers to adherence and short term post discharge plans are addressed.

**The Facts** targets five main areas - illness awareness; adherence to treatment; mood monitoring; sleep hygiene and lifestyle regularity; problem solving and stress management. Additional specialist inputs from Pharmacy and Social Work are also provided in this programme.

**Self-Management** focuses on the recognition and management of key areas of risk for mood destabilisation.

**Living Well** is a CBT style group using self-compassion and mindfulness to manage over identification with the illness, fear of relapse and self-blame.

**Family and Friends:** Two information and support sessions are offered to nominated supporters over the course of the programme to encourage those in recovery to seek out the help of others and develop a support network around them.



## **Compassion Focused Therapy (CFT)**

The Compassion Focused Therapy programme was developed for service users whose mental health difficulties are maintained by high levels of shame and self-criticism, and who are motivated to work on these issues with others in a group. The group aims to help participants learn new ways of understanding their difficulties and develop a different way of relating to themselves.

**Through becoming more self-compassionate, group members become better able to engage with their distress and to work toward alleviating that distress.**

During the programme, members learn and practice compassionate imagery exercises, work with their self-critical ways of thinking, and identify compassionate behaviours to move them toward desired changes. The group typically meets one day per week over a period of five months.

**Referrals are accepted from psychologists working with MDT's at St Patrick's Mental Health Services (SPMHS). Currently places are only available to service users under the care of a consultant psychiatrist at SPMHS.**

## **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:*

### **Activating Recovery - Level A**

Level A is a three-week educational programme open to service users currently in hospital or attending from home on a day basis. Participants attend two half days each week.

### **Building Recovery - Level B**

Level B is a 12 week skills based Programme incorporating Cognitive Behaviour Therapy (CBT), Compassionate Focused Therapy (CFT), and Mindfulness. This programme is open to Day Patients only. The Building Recovery Programme is based on providing the best available Evidence Based Practice (EBP) which is the integration of clinical expertise, best research evidence and patient values.

### **Maintaining Recovery - Level C**

Level C is a step down programme for those who have completed the 12 week level B part of the programme. Maintaining recovery is the final part of our stepped care approach. This group focuses on relapse prevention and maintaining recovery. Maintaining Recovery promotes the development of self-awareness and self-management and enables those to identify the risk of relapse and maintain recovery. It is scheduled one half day per month for 3 months and then a follow up group 3 months later.



## **Eating Disorder Programme**

The programme consists of a team of experienced and qualified professionals who are dedicated in working together to treat and support individuals and carers towards recovery from an eating disorder.

**The programme provides a comprehensive assessment and tailored treatment according to the needs of the individual.**

The services are seamless and service-users can step-up or step-down from one aspect of the programme to another depending on their needs and stage of recovery. Treatment is delivered by an innovative multi-disciplinary team. The team works together with the participant to enhance physical and emotional well being along their path of recovery.

## **Compassion Focused Therapy - Eating Disorder (CFT-E) Group**

This is a 25 session closed group which offers a comprehensive psychological therapy for individuals who can manage recovery from their eating disorder in the community.

**The individuals who will benefit from this intervention tend to share many common problems including being worried about their size, shape, and weight.**

They are also likely to use food, dieting, activity, vomiting or weight loss drugs to manage difficult experiences, relationships, or painful thoughts, feelings and memories.

The group incorporates psycho-education for both patients and their family members; skill building and therapeutic elements. It aims to target both biological starvation and the underlying psychological processes which underpin and maintain an eating disorder.

## **Living Through Distress**

The Living Through Distress Programme is a two level skills training group which aims to provide you with the ways and means of coping with distressing situations.

Sometimes people cope with stressful events in problematic ways - for example by self-harming or doing something else that might be deemed self-destructive.

We understand that at times life is unbearable and the only relief to be obtained is via self-harm or other self-destructive behaviours. We are hoping to give you a new set of skills which you can use to deal with distressing problems when they arise.

The skills that will be taught in the programme are designed to help you develop your distress coping and problem solving skills.

Some of the skills will focus on improving your coping skills, whilst others will look at changing your views about reality. The skills aim to equip you with the necessary tools to help you take steps to improve your life.

Level 1 is 3 times a week for 6 weeks, which is now followed by a new structure for level 2 which is a day patient only programme, once a week for 16 weeks.

## **Young Adult Programme**

The young adult programme (YAP) is a specialist group based intervention for those aged 18-25. The programme has been carefully designed to include discussion groups and leisure activities to aid recovery.

YAP aims to increase self esteem, facilitate ones recovery and to learn more about how to manage one's own mental health.



## **Living Through Psychosis**

Psychosis is a mental health difficulty that impacts on a person's way of thinking, feeling and behaving and it can also impact on how the person relates to loved ones.

**The Living Through Psychosis Programme aims to provide skills necessary to cope with the distress that living with psychosis can bring.**

The skills particularly target staying well after psychosis and attempts to reduce the likelihood of relapse. The group provides a good follow up for those who have already completed the Psychosis Education Programme.

Eight skills are delivered in the programme, which currently runs twice a week for four weeks and then once a week for a further three weeks.

**This is a level two programme offered to those who complete level one. This programme runs once a week for 16 weeks and is based on the compassion focused therapy model.**



## **The Psychosis Recovery Programme**

The psychosis recovery programme is an intensive 3 week programme catering for both inpatient and day patients.

It aims to provide education around psychosis, recovery strategies and specialist cognitive behaviour therapy (CBT) skills to help participants cope with the distressing symptoms of psychosis.

*The programme groups focus on:*

- Recovery Strategies.
- Practical facts about psychosis.
- Social support.
- Staying well using medication effectively.
- Cognitive Behaviour Therapy.
- Building Resilience.
- Occupational Therapy.

The Programme is delivered by members of a multi-disciplinary team which include: a Consultant Psychiatrist, Clinical Nurse Specialist, Clinical Psychologist, Occupational Therapist, Social Worker and Pharmacist.

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## **Mindfulness**

The Mindfulness based approach (MBSR) aims to teach people a set of skills to help practice paying attention moment by moment, in a non-judgmental manner.

**Mindfulness skills can help us manage daily and on-going difficulties that present, incorporating physical and psychological problems and challenges.**

We are often on automatic pilot reacting to our experiences on automatic. Mindfulness training helps us become more aware of the present moment and we can then respond mindfully, possibly making more mindful choices.

**The approach combines ancient traditions with current knowledge, understanding and research.**

The Mindfulness based stress reduction (MBSR) course focuses on empowering people to open up to their experiences, 'be present' and cultivate a kinder, more compassionate self. The Mindfulness Programme is available one morning per week at St Patrick's or one evening per week at St Edmundsbury, for 8 weeks

## **Pathways to Wellness**

The Pathways to Wellness Programme is a group based support and re-engagement programme for individuals lacking motivation, confidence and opportunity to change and move forward towards their recovery.

**The programme aims to offer opportunities to engage in activities which will encourage participation and re-engagement in community/society.**

Pathways to Wellness is available one day per week.

## **Radical Openness**

The Radical Openness programme is aimed at service users who mask or hold back their emotions, keep a safe distance from others and go to some lengths to control their environment. Participants often report that, despite their best efforts, they can end up feeling isolated and depressed.

A set of nine skills are taught so that participants develop insight in to how a tight control of emotions can create as well as solve problems and how they might develop a set of more flexible styles.

Sessions are held two afternoons a week over a nine week period. This is followed by one group a week for four weeks and then one group a month for four months. Referrals are made through the multi-disciplinary teams.

## **Recovery (WRAP) Programme**

The Recovery Programme is directed at mental health service users who are discharged or who may want to avoid coming into hospital. The main emphasis of the Recovery Programme is the creation of your own WRAP® (Wellness Recovery Action Plan). It aims to educate each person, allowing them to self monitor their mental health using their WRAP® Plan and to address factors that may impede or support their Recovery.

While WRAP® is delivered as one segment, additional group work sessions on Recovery topics which support WRAP® are also included, e.g: Motivation to change, Self and Relationships, Self esteem, Building Social Supports and Enhancing general health.

The WRAP® segment of the programme is facilitated by accredited advanced level WRAP® facilitators who received their training from the Copeland Centre.



*The Recovery Programme is delivered as follows:*

### **The Recovery Day Programme**

The Recovery day Programme is a 12 day programme consisting of 2 days per week over a six week period. The typical hours of this programme is 9.30am - 4.30pm.

### **The Recovery Evening Programme**

The Recovery Evening Programme comprises of one evening a week for eight weeks (Thursday evening 6.00pm - 9.30pm). The Recovery Evening Programme is designed specifically for those who cannot attend the day Recovery Programme due to work or college commitments.

### **The Refresher Workshop**

The Refresher Workshop is available to those who have completed either the Recovery Day or Evening programme. It is Recovery focused and aimed at those who are using their WRAP® Plan and would like some assistance in updating it or recapping on all aspects of WRAP®.

## **The Sage Programme**

This is a psychological therapy group for older adults who are experiencing difficulties with anxiety and /or depression and are interested in applying a psychological approach to their difficulties.

The aim of the programme is to improve coping and mental health in general. The group is based on the premise that service users have an active role in managing their mental health.

*Skills are taught which allow participants to:*

- better tolerate distress.
- improve awareness and management of their emotions.
- enhance openness and social connectedness.

### **Who is this programme for?**

*Service users most likely to experience some benefit from attending this group are:*

- Older Adults.
- Experiencing depression and /or anxiety, either for the first time or recurrently.
- Have had little previous contact with psychology services.
- Willing to engage in behavioural change and practice new skills.
- Able to travel to the hospital every week.

New participants can join the programme during the first eight weeks after which time no new referrals are accepted. This allows participants to develop a deeper level of support and engagement.

This group is intended for Inpatients and Day patients.



## **Schema Therapy**

Group Schema Therapy (GST) is a closed long-term group designed to treat individuals with a diagnosis of Borderline Personality Disorder (BPD). The group provides an evidenced based treatment to service users.

**GST helps service users to change their entrenched, self-defeating life patterns, or schemas, using cognitive, behavioural, and emotion-focused techniques.**

The treatment focuses on the relationship with the therapist, daily life outside of therapy, and the traumatic childhood experiences that are common in this disorder. The group is broken down into 3 stages over an 18 month period: Stage one (months 1-3) are for bonding and emotional regulation; stage two (months 4-11) is the schema mode change period and; stage three (months 12-18) is the autonomy stage.

## **CRAFT**

Community Reinforcement and Family Training, or CRAFT for short, is an eight week Family Training Programme for concerned significant others (CSOs) 'Living with Addiction'.

CRAFT is a comprehensive cognitive-behavioural programme designed to empower any family member/CSO living with addiction.

Family members can, and do, make important contributions in areas of addiction treatment, and can play a powerful role in reducing their loved one's addictive behaviours as well as motivating him/her to seek treatment.

CRAFT teaches the skills to train and prepare any family member/CSO to influence their loved one, whether in treatment or not.

CSOs attending the CRAFT Programme also benefit by becoming more independent and can reduce their own depression, anxiety and anger symptoms, even if their loved one does not enter treatment.



# St Edmundsbury Day Services

*Some of the Wellness and Recovery Centre (WRC) programmes are located in St Edmundsbury Hospital in Lucan including:*

## **Mood Management for Depression**

This programme is designed to help those whom have a diagnosis of depression. It consists mainly of a behavioural activation for depression approach, and also incorporates mindfulness practices. The approach usually focuses on difficulties in the here and now.

**The aim is to identify and understand problems in terms of relationships between feelings and behaviour using activity diaries and activity scheduling.**

The focus of this programme is to develop personalised goals and coping strategies that can be more useful in the longer term.

*This programme provides a gentle introduction to:*

Behaviour Activation in a safe environment, where the emphasis is on a participative style of learning with only limited sharing of personal information if participants so wish.

**This programme will have planned homework and exercises to help realise some of the concepts being introduced, and also materials will be provided for clients to read between sessions.**

## **Roles in Transition**

*(changing roles in working or intimate relationships during our transition from hospital to home or illness to wellness).*

Every individual has different roles within their lives which make up the whole self - parent, sibling, employee, partner, etc. These roles can evolve throughout our life in the face of life events and journeying through the life cycle.

After a period of hospitalisation or of being unwell, it can be important to “review” these roles and introduce changes to maintain our mental health.

Also, a change in our roles - separation, bereavement, promotion, redundancy, parenthood, etc can trigger an admission to hospital or an episode of illness and it can be important to develop new skills to manage this change.

### ***The group aims to:***

- Identify the different roles that make up the whole self and the tasks and expectations within those roles.
- Identify the roles or tasks that we want to change or adapt to.
- Explore skills, strategies and obstacles to implement the desired change.
- Recognise the impact this change may have on those around us and the impact their subsequent behaviour has on us.
- Explore ways of dealing with the above.



## Acceptance and Commitment Therapy

Acceptance & Commitment Therapy, (ACT) is a form of therapy that helps people learn mindfulness skills. There is also a large emphasis on connecting with values.

**This means connecting to that which matters the most to us and then helping to align our actions so that they bring us towards where we really want to be.**

Each week group members will learn new skills to help them deal with difficulties they might experience in their daily lives. One of the key aims of ACT is to help increase our levels of psychological flexibility. When we have greater psychological flexibility it does not mean that we will never feel down or stressed again. ACT is available one afternoon per week for 8 weeks with optional aftercare monthly or bimonthly.

## Healthy Self esteem

This programme is for those who experience low self- esteem and are interested and motivated to find out how Cognitive Behavioural Psychotherapy (C.B.T.) can help them understand and improve their self-esteem through a basic understanding of the key concepts and techniques of C.B.T.

## How to access a day programme in the Wellness and Recovery Centre

- All inpatients or anyone attending a Dean Clinic or Associate Dean Consultant can be referred to specified programmes or individual therapies within the WRC.
- Some programmes begin while in hospital and some are dedicated day programmes.
- All programmes require a referral form from your team which is sent to the WRC administrator.
- Alternatively, you can access the WRC through the Direct Access Programme if you are under the care of mental health services outside of St Patrick's Mental Health Services or your GP (see below for more information).

If you are a current inpatient or attending a Dean Clinic please ask your Multi-Disciplinary team or key worker about your programme options.

## **What happens once I am referred to take part in a programme?**

- If you have already commenced a programme while in hospital that will continue once you are discharged, please advise the programme staff that you have recently become a day patient. Unless you or your MDT feel otherwise, you will be invited to attend the Access to Recovery programme immediately post discharge. If you have been referred to a closed programme the WRC administrator will send you a letter to let you know that the referral has been received and who to contact with any queries.
- Your insurance eligibility is validated and the referral is passed to the programme coordinator.
- Programme costs are covered by most health insurers (except ESB, Garda and Prison Officers' Scheme). If your insurance cover is not sufficient, the WRC administrator will inform you.
- Some insurance companies require an excess payment on some of their policies. If this is the case you will be informed by the WRC administrator and you can pay it at registration.
- The programme coordinator will contact you with an appointment for assessment or a start date for the programme.
- On the day you start a programme you will register with WRC administrator (at main reception).
- The registration process is relatively quick and requires you to sign an electronic pad.

## **Where can I get more information?**

There are several ways to get more information about the wide range of services available to you as a day patient;

- Talk to your key worker or any member of your multi-disciplinary team.
- Look at the St Patrick's Mental Health Services website.
- Visit the Information Centre which is located in the main reception area of St Patrick's University Hospital.



## **Direct Access Programmes**

A number of Day Programmes are now accepting referrals for those who are under the care of mental health services outside of St Patrick's Mental Health Services and for those who are under the care of general practitioners. This includes Consultant Psychiatrists, General Practitioners and Registrars working in mental health services.

These programmes are held at both St Patrick's University Hospital and St Edmundsbury Hospital Lucan. For a full list of programmes available for direct access please see [www.stpatricks.ie](http://www.stpatricks.ie)

# **Occupational Therapy Comprehensive Driving Programme**

*Includes an off-road or clinical assessment and an on-road assessment*

## **Comprehensive Driving Assessment**

*Prior to attending for assessment, you must have:*

- A current driving licence/ learner permit and valid insurance.
- You must also sign an Informed Consent for the Comprehensive Driving Assessment and an Informed Consent for the On-road Driving Assessment.
- A photocopy of these forms can be given to you on request.

The entire assessment process takes approximately 3-4 hours to complete and is comprised of an Off-road (or clinical assessment) and an On-road/Behind the Wheel (or practical assessment) component.

The off-road component of the assessment is conducted by an Occupational Therapist and the on-road component is completed by the Driver trained Occupational Therapist and a Road Safety Authority Approved Driving Instructor (ADI). The on road assessment occurs in a dual controlled car.

## **Off-road Assessment**

*Conducted by a Certified Occupational Therapist, this is a comprehensive assessment of the following:*

- Interview about your medical & driving history.
- Physical screen to determine any physical limitations. Any pain you experience is also recorded. A visual acuity test will also be conducted.
- Cognitive and perceptual screens to determine the presence of any difficulties with concentration, attention, memory, planning, insight, visual perception and problem solving skills.

## **On-road Assessment**

This is not like the driving test. Use of a dual controlled vehicle is necessary. Depending on your licensing needs, an automatic or manual vehicle with dual controls will be arranged for the on-road assessment.

The Driving Assessment team is aware that completing an assessment is a stressful experience. We allow time for you to become familiar with the vehicle both when stationary and when initially driving.

The assessment commences in quieter streets, and progresses slowly to more complex situations.



The on road driving assessment will be completed with a Driver Trained Occupational Therapist and an Approved Driving Instructor.

**To ensure the assessment is objective, assessments are completed over a standard route.**

***This will include:***

Controlled and uncontrolled intersections, roundabouts, yield/ stop signs, pedestrian crossings, single and multi-lane roads (with lane changes), shopping areas and school zones.

The outcome of the assessment will be discussed with you following the assessment.

## **Comprehensive Driving Assessment**

- 3-4 hours.
- Off-road or Clinical Assessment.
- Driving Simulator Assessment if required.
- On-road Assessment.
- Feedback from off-road and on-road assessments.
- Written report sent to Consultant Psychiatrist and General Practitioner.

## **Support and Information Service**

The Support and Information service is a telephone and email facility established to provide a link to the hospital for those post discharge, their families and supporters, and members of the public.

It aims to support those who may be struggling with any aspect of their mental health.

It is a service for those requiring information on all mental health services and getting help, not only in St Patrick's but local services also.

The Support and Information Service is available from 9.00am to 5.00pm Monday to Friday with an answering service outside of these hours. It is staffed by experienced Mental Health Nurses. Tel: 01 249 3333.

Email: [info@stpatsmail.com](mailto:info@stpatsmail.com)



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