



# Rapid Access Day Programme

## Wellness and Recovery Centre





## What is the Rapid Access Day Programme?

The Rapid Access Day Programme is a trans-diagnostic (generic) day programme which aims to provide assessment and treatment as an alternative to inpatient hospitalisation. This open programme is designed for all service users who attend St. Patrick's Mental Health Services through day care and who are considered to require a high level of mental health support but not requiring inpatient admission. Each service user will have their timetable tailored to their needs attendance is between 1 and 5 days for a period of up to four weeks.

## Who is this programme for?

- Service users directly post-discharge who does not require the 24-hour care as an inpatient
- An individual who needs intervention in advance of a Dean Clinic assessment appointment.
- An individual who needs treatment and support in advance of the commencement of a diagnosis specific closed programme.
- An individual who needs assessment and support in advance of an in-patient admission.
- An individual with chronic mental health difficulties that needs intensive support but not in-patient care.
- An individual needing inpatient care but who is reluctant to engage with mental health services.
- Service users already engaged with day programmes but whose mental state prevents full engagement with the programme requirements



## Structure of the Rapid Access Programme

- The Rapid Access programme will be group based and available three half days per week, with optional attendance at the Pathways to Wellness programme one half day per week.
- The programme will be coordinated by a CNM II. A number of mental health staff will provide specialist interventions e.g. occupational therapy, diet and exercise, medication management, crisis aversion and management, and mindfulness.
- Therapeutic groups will be based on trans-diagnostic (generic) principles, and will include; symptom management, health promotion, crisis management and wellness.

This open programme is designed for all service users who attend St Patrick's Mental Health Services through day care who are considered to require a high level of mental health support but not requiring inpatient admission. Each service users will have their timetable tailored to their needs and they can attend up to four weeks.

## Referral Procedure

Referrals are welcomed from multi-disciplinary teams, admissions and Dean Clinics. If you are interested in participating in this programme please speak to any of the above staff who will assist. There is a limit of 8 places on the programme at any given time.

## Where can I get further Information?

For further information please contact the Referral & Assessment Service at ext 3355 or Julie Rayner, Acting CNM II at ext 3355 or [jrayner@stpatmail.com](mailto:jrayner@stpatmail.com)

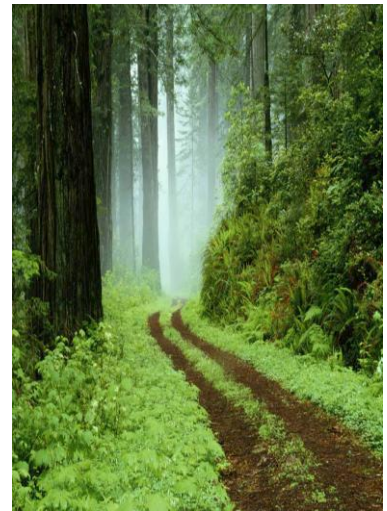


The Rapid Access Day Programme is a trans-diagnostic (generic) day programme which aims to provide assessment and treatment as an alternative to inpatient hospitalisation. The programme will provide service users with an individualised care package of 1 to 5 half days per week, up to 4 weeks.

## Support and Information Service

A mental health support line for all service users and an information line for the general public is open from 09.00am to 5.00pm Monday to Friday. All calls are answered by registered mental health nurses.

Support and Information Service: **01 2493333**



## St Patrick's Mental Health Services

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