



Day programmes

Empowering recovery





Day programmes

St Patrick's Mental Health Services (SPMHS), through its Wellness and Recovery Centre, run a number of day programmes which GPs can refer to. Patients do not need to be under the care of an SPMHS consultant to be referred to these programmes.

Please note, if referring a service user to a day programme, the service user must have a diagnosis or history of a mental health difficulty.

Recovery Programme

The Recovery Programme, which is guided by wellness recovery action planning (WRAP), provides high levels of support, motivation and education for service users with various mental health diagnoses.

This group programme promotes positive mental health management and relapse prevention.

Eating Disorders Day Programme

The Eating Disorders Day Programme provides care for those over the age of 18 with a diagnosis of anorexia nervosa, bulimia nervosa, other specified feeding and eating disorder or binge eating disorders.

Admission to the day programme is either directly as a step-down from inpatient care or step-up from outpatient care. This programme is an alternative to hospitalisation for those who need extra support but can manage with a less intensive treatment. The medical, psychological and nutritional needs of the service user are assessed, and an individual care plan is developed with the service user.



Depression Recovery Programme

This is a 10-week psychotherapy group programme run by a team of cognitive behavioural therapists and specialist mental healthcare practitioners, offering education and support for those diagnosed with depression, or who experience the symptoms associated with depression.

The programme offers the opportunity to gain an understanding of depression, equipping the service user with the tools necessary to effectively manage their symptoms and improve their quality of life.

Bipolar Recovery Programme

This 10-week programme is run by a team of cognitive behavioural therapists and specialist mental healthcare practitioners, and offers education and support for those diagnosed with bipolar disorder or who experience the symptoms associated with the disorder. The programme offers the opportunity to gain an understanding of bipolar disorder and equips the service user with the tools necessary to effectively manage their symptoms and improve their quality of life.

The Bipolar Aftercare Programme is available to those who have completed the 10-week programme and provides ongoing adjustment support for service users during all stages of recovery, with an emphasis on developing self-compassion and mindfulness.

Acceptance and Commitment Therapy (ACT)

ACT is a 12-week programme focusing on how to manage thoughts and emotions more effectively, with an emphasis on mindfulness skills and connecting with values. Each week, participants learn new skills to help them deal with difficulties experienced in daily life.



Course content:

- Introduction
- Connection - learning to live more in the moment
- Thought-defusion learning skills
- Skills to help us struggle less with uncomfortable and unwanted emotions
- Values - learning to connect with what's most important to us
- Observing self - learning to notice without judgement
- Committed action - learning strategies to break long-term goals into smaller steps and skills to get back on track
- Review of ACT and how to apply it in your life on a daily basis

Aftercare is available to those who have completed the ACT programme.

Referrals to day programmes

For information about referring patients to any of the day programmes, contact our Referral and Assessment Service by email at:

referrals@stpatmail.com or **Tel: 01 249 3635**

Please note that the referrer retains clinical responsibility for the service user while they are attending a St Patrick's Mental Health Services' day programme

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