



Access to Recovery Day Programme

Wellness and Recovery Centre



What is the Access to Recovery Programme?

The Access to Recovery Programme provides support and structure for service users with various diagnoses through the Wellness and Recovery Centre.

This programme, which is guided by recovery principles, provides high levels of support, motivation and education to all participants.

This programme is group-focused, but also specifically tailored to meet the needs of each individual that attends. There is an expectation that those who attend the programme will engage and participate in the programme sessions and accept the supports available to them. Throughout the programme, participants can learn from each other and grow in a mutually understanding environment through peer support.

The programme runs from 09:30am - 1.00pm on Monday, Tuesday, Thursday and Friday. Attendance days and duration of attendance are agreed between the service user and the programme facilitators. The programme takes place in a hybrid format on Mondays, offering either in-person attendance onsite in St Patrick's University Hospital, or remote attendance through Microsoft (MS) Teams. The group takes place online only through MS Teams on Tuesday, Thursday and Friday. Prior to attending the programme, service users are sent a programme booklet and the links to join the programme.

Who should attend this programme?

- Service users directly post-discharge who wish to participate in a group-based support system.
- Service users under the care of a Dean Clinic who require extra supports.
- Service users waiting to commence a specific closed programme.
- Service users who need support in advance of an inpatient admission.
- Service users with acute mental health problems that require a high level of support but not in an inpatient setting.
- Service users who require a level of support and who may be at risk but are willing to engage in ongoing assessment.
- Service users who are abstinent from drugs/alcohol.

Final approval of attendance/participation lies with the Wellness and Recovery Team.



What will participation in the programme involve?

The Access to Recovery Programme offers individuals a safe place to talk about their mental health difficulties and to receive support and learn recovery techniques.

The programme will focus on the following areas:

- Group-based support
- Decider skills
- Communication skills
- Goal setting group
- Strengths-based groups
- Self-care activities.

The Access to Recovery Programme uses a team approach with input from nurse facilitators and the Social Work Department.

Service users are given the opportunity to learn coping skills to manage their recovery on a daily basis.

The Access to Recovery Programme is open and ongoing

When a service user is referred to the Access to Recovery Programme, a place will be offered as promptly as possible (subject to health insurance verification). Participants can attend from one half day to three half days per week. The attendance is agreed with the facilitators before starting and can be reviewed during the programme. Some individuals may move to another programme within the first couple of weeks.

It is recommended that service users attend for a minimum of six weeks. The programme facilitators will discuss this with the service user and recommend the number of weeks of attendance. This will depend on the individual's needs and the start dates of any other programmes or interventions that may be ongoing.

Referral procedure

Referrals are welcomed from multidisciplinary teams, admissions, other day programmes and Dean Clinics. If you are interested in participating in this programme please speak to any member of your multidisciplinary team or drop into the hospital Information Centre and collect a brochure.

Testimonials from programme participants

“Vital continuous support.”

“The strength of the programme is the flexibility. Staff working on the programme are excellent, attentive and kind. How well it supports people during transition.”

“The support of the facilitators.... The support and understanding from other group members is excellent.”

“Really feel the programme has gone from strength to strength. I have learnt so much it was a kind, canny and friendly group.”

Where can I get further information?

For further information please email accesstorecovery@stpatricks.ie

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