



# Devon Mental Health Alliance

Working together for better mental health across Devon

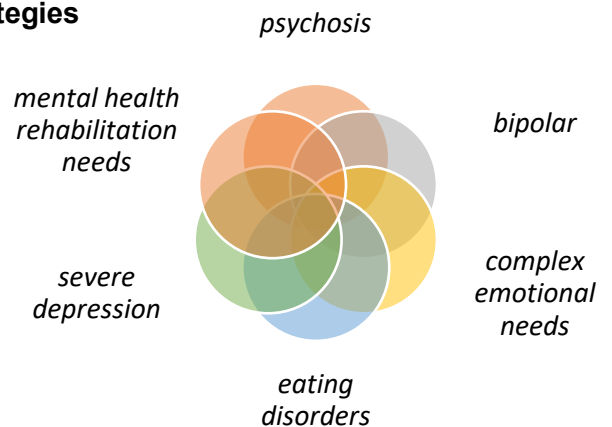
## Recovery Practitioner Service

[www.mentalhealthdevon.co.uk](http://www.mentalhealthdevon.co.uk)

### What we CAN do:

- Coping Skills Development
- Learning psychologically informed self-help strategies
- Accessing learning and education courses
- Access to support services/groups
- Signposting to relevant services specific to your needs
- Psycho-educational resources
- Work with individuals with Severe Mental Illness
- Bridge 'the gap' between Primary and Secondary Care
- Accessing Peer support and community networks
- Tailored one-to-one sessions

### Severe Mental Illness



We can accept new 'referrals' or people who have been on a waiting list. We can work with people with SMI at all different stages of their journey to recovery.

We work with adults of all ages.

Referrals must come from professionals, we do not accept self-referrals, or referrals from non-statutory services.

Professionals referring people to this service should email [dpt.dmhareferrals@nhs.net](mailto:dpt.dmhareferrals@nhs.net) or attend the relevant PCN MHMAT meeting to discuss with a member of our team directly.

There is no referral form to streamline the process, but please include:

- Name of individual
- Date of Birth
- Address
- PCN/CMHT/CRG/Team making referral
- SMI Diagnosis/need
- Contact details (telephone preferred)
- Any risk factors
- Identified needs
- Any other relevant info.

The referral will be picked up by the Locality Manager within the area and assigned to a Recovery Practitioner. They will have an initial meeting with the person via telephone to assess needs and plan to start the service. ReQoI-10 will be used to help monitor progress.

We aim to provide our service face-to-face but can be flexible and adapt to the needs of the individual.

There is not set length for this service, this will be personal to the individual, however we anticipate a 6-8 session average. Sessions will be provided at the frequency that suit the individual. Once all objectives have been achieved then we will complete an outcome review and plan for next steps for the individual.

