



Manchester Community Services Recovery Team

A free short term intervention service for
people with mental health needs in
Manchester



opportunity, choice and wellbeing

Creative Support is a not for profit provider of person-centred support for people with a wide range of needs.

The Recovery Team is a Manchester Service which promotes recovery, wellbeing, inclusion and independence for people who may be experiencing mental health needs. The service is **free for up to six months** and enables people to help themselves, build on their strengths, identify and utilise coping strategies all with the Recovery Team there to support them, every step of the way on their recovery journey.

The Recovery Journey

The Recovery Team are able to offer a six month short term intervention to support people to achieve their goals and ambitions. The team recognises that the recovery journey is a personal experience for each individual. It supports each person to identify:

- **Where am I now and where do I want to be?**
- **What strengths do I already have and how can I build on these?**
- **Who do I have to support me through this process?**

The Team's Role in Recovery

The Recovery Team consists of specialist Recovery Workers who will conduct a full assessment with each client, in partnership with any people that they may want to be involved. Once this has taken place there will be an agreement between the person and the team on what they want to achieve.

A member of our highly-trained Recovery Team will be matched to the client in accordance with their personal preferences, in order to support them to make their aspirations a reality. We will use the Recovery Star in this process, working with the client to establish where they are now in their lives, and where they want to be.

The service user will also be supported in completing a Wellness Recovery Action Plan (WRAP) identifying what helps to keep them well, what situations may cause them stress and what strategies can be identified to prevent this happening. There will be regular reviews to make sure the WRAP is on course.

It is envisaged that the WRAP plan will be a tool that will continue to support the client long after the support package with the Recovery Team has ended.

Eligibility

The service is for those who are:

- **Residents of Manchester and 18 years of age or over**
- **Experience some form of mental health difficulty**
- **Would benefit from short term intervention**
- **Require housing related support and/or work around promoting social inclusion**
- **Are willing to engage with the service on their recovery journey**

Referrals

Referrals will be accepted from a wide range of sources, including:

- **Community mental health teams**
- **Early Intervention Services**
- **CAHMS Team**
- **GP's**
- **Self referrals**
- **Family, careers and friends**
- **Housing Officers**
- **Student Advice and Support Services**



Making Recovery a Reality

Situations where the Recovery Team could offer an invaluable service would be, for example, if a young person was experiencing early signs of mental ill health and required support to prevent further deterioration and loss of skills. We would work with the individual to develop effective coping strategies to prevent the need for secondary mental health services on a long term basis.

Alternatively, we could work in partnership with Hospital Discharge Planners to enable people that are ready to leave hospital to develop their skills to live independently and reduce the likelihood of re-admission. We could provide support for students experiencing mental health difficulties in order to maintain their accommodation and carry on with their studies. This could involve liaising with their Landlord or University to provide support around debt management or expanding social networks so they feel part of the community in which they live.

Additional Services

People receiving support from the Recovery Team can also benefit from other services within Creative Support. These include:

Out of Hours Emergency On-Call - 24 hour on call service based at our Head Office that is staffed by experienced and highly trained individuals that are able to provide advice, support and guidance in emergency situations.

Creative Together Centre - This service offers a great range of resources for development and social opportunities based around leisure, health, education and training activities. The service is located in the city centre and has a cyber café, lounge area and activity rooms.

Service user involvement - There are lots of ways in which service users can get in involved in Creative Support. For example, there are opportunities to share views through consultation meetings, Policy Review Groups and being part of our Quality Audit Programme. Service users can be involved in the staff recruitment process or access training in areas such as Health and Safety in the Home and Employment Skills. Creative Support also organises events throughout the year which service users can volunteer to assist with and opportunities to submit content for Creative Life magazine.

Contact Details

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