

# Recovery work

As well as support with daily living skills and offering general home care support, we can offer client's an allocated worker to plan and engage in a variety of structured sessions and therapeutic recovery work:

## Interventions:

- SMART goal setting
- Healthy relationships and boundaries
- Art therapy
- Anxiety and challenging negative thoughts
- Building confidence and self-esteem
- Self care and coping tools
- Understanding and managing mental health
- Vision boards
- Substance misuse
- Grief and loss
- Self-harm
- Social inclusion
- Mindfulness and meditation
- Food and mood

We understand that structured sessions may not be for everyone and therefore therapeutic communication is underpinned in all interactions we have with our clients. We will support clients with a variety of issues and these can be as simple as the following:

- Attending appointments and classes
- Supporting to social activities,
- Exploring religious and spiritual pursuits
- Medication support
- Healthy eating and cooking support,
- Shopping
- Cleaning support
- Hygiene support and self-care

Supported Steps CIC accept personal health budget payment as well as private clients. As a non profit organisation, we will however aim to support anyone experiencing financial difficulties, following a financial assessment.

Please speak to us if you require further information regarding this.



## Referral criteria

Supported Steps work with adults from 18 years of age with a diagnosed mental health issue. Clients will reside in their own homes or in a supported living facility. We are happy to continue to work with clients upon admission to hospital, to ensure swift return to their own residence, and reduce relapse and hospital admissions wherever possible. Alternatively, we can support the process of discharge from hospital after a long stay, ensuring smooth transitioning back into the client's own residence.

As we understand the close links between substance misuse and mental health issues, therefore we are happy to support clients living with addiction to address their mental health needs. All clients will undertake a full risk assessment to assess suitability for our home care service.

If you have a social worker, please discuss referral options with them. Alternatively, contact us for support with arranging an assessment. Call us or pop into our office to speak to chat to one of our friendly team.



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## Specialist Mental Health Service

For more information:  
email [enquiries@supportedsteps.co.uk](mailto:enquiries@supportedsteps.co.uk)  
or contact us 01214 318001  
171 Albert Road, Farnworth, Bolton, BL4 9HP





# Who we are

Supported Steps CIC is a non profit community interest company seeking to support the local community to thrive despite living with mental health needs. We serve the entirety of the Bolton area with the potential for accepting referrals from out of Borough.

We work predominantly in client's homes, to support with daily living skills and improve mental health and wellbeing, thus improving the quality of life for sufferers of mental health issues.

Supported Steps use the Recovery Model of mental health which works to increase confidence in people who may have been affected by living with a mental health condition and enhance their daily living skills where issues such as social isolation and hospital stays have had an impact upon them.



As part of the packages of care we can provide, we will link up with a wide range of community providers and local charities to ensure that all clients, regardless of their protected characteristics have access to appropriate services and opportunities to enhance their quality of life. We use a variety of therapeutic tools and interventions to support this process.

# What to expect from us

Our goal is to improve the quality of community care and support for sufferers of mental health conditions. We recognise the importance of providing support in the home for lots of clients and understand the significant impact mental health conditions can have on independence and confidence.



As well as meeting basic needs for these vulnerable people, we believe continuing to explore self-development and encouraging independence is something that can be missed when carers, rather than trained recovery workers, are used to support clients with mental health issues. We will work to give clients the skills, resources and confidence to learn to do things for themselves.



# How we work

Supported Steps will send our dedicated support workers to either the client's home, hospital setting or where appropriate, we can meet clients at pre-approved locations, or at our offices to offer our support.

Our recovery support workers are there to offer assistance to clients struggling to live independent and fulfilled lives. Our focus is on improving the quality of lives and preventing mental health relapse. We do this by offering a unique package of care to all our clients.

We encourage people to learn new skills, access opportunities in their local communities whilst learning about themselves and how to manage symptoms of their mental health condition. Our aim is for clients to understand themselves beyond their diagnosis, realise their potential and set goals for the future. We will help our clients to rebuild confidence which can come from living with a mental health condition and hospital admissions.



We also offer therapeutic and practical support to family and carers with understanding their loved ones mental illness, as well as supporting them with their own self care. By doing this, we aim to improve the quality of wrap around support for those most vulnerable in society.