

**RECOVERY  
FOCUS**

**OUT OF  
CRISIS  
AND INTO  
RECOVERY**



**OUR COMMUNITY-BASED APPROACH**

# HERE TO PLAY OUR PART IN IMPROVING ACCESS TO CRISIS SERVICES

Mental health crisis care provision today is under enormous pressure – with increasing demand and stretched resources. But today there is also a real drive to find better ways to make sure individuals experiencing a mental health crisis get the immediate help they need to stabilise their situation and the right support to get back on track.



## RECOVERY FOCUS

is a new group of voluntary sector organisations which collectively has more than 200 years experience and expertise of working with people on their recovery journeys. We can make a valuable contribution to solving these very real and immediate challenges.

**"THEY PROVED TO BE WORTHY PARTNERS WHO REALLY KNEW THEIR BUSINESS. THEY OPENED MY EYES TO WORKING WITH A THIRD SECTOR PROVIDER WHO COMES IN AND DELIVERS A WHOLE SERVICE AND I'D LIKE TO DO MORE IN THE FUTURE."**  
Sussex Police mental health liaison officer

We think that investing in community based crisis services offers a highly effective and value for money option that has the potential to:

- Free up acute beds by avoiding a hospital admission or by providing a step down following an inpatient stay, allowing for an earlier discharge
- Divert people away from attending A&E departments
- Provide an alternative place of safety for police to take someone to for an assessment rather than a police cell
- Give mental health teams more options for crisis management
- Embed more resource and expertise in the community to enhance NHS provision
- Increase preventative support, working with individuals to reduce the risk of relapse
- Mitigate against unplanned spend on emergency beds by having more capacity in the community.

We're a signatory of the national Mental Health Crisis Care Concordat, underlining our commitment to working with the NHS,

# OUR APPROACH

**People with mental health problems in crisis used to have few options other than admission to an acute hospital even though research shows that between 29% and 42% could be supported more appropriately elsewhere.**

We're trying to address this by developing models of support that provide short-term crisis interventions in the community that bring together the best of the NHS and the voluntary sector to offer effective wrap-around support for an individual.

Our community-based approach, working with clinical colleagues in the NHS and other agencies, can provide safe, recovery focussed places for people as a step down following an inpatient stay or a step up that can avoid a hospital admission.

local authorities and the police to enhance access to services



## SOME OF THE **KEY PRINCIPLES** OF THE WAY WE WORK ARE:

- We take a person-centred, non-judgmental approach which focuses on the individual's perception and experience of their situation
- Our teams of recovery workers are all trained in crisis intervention and are available round the clock
- We liaise closely with acute and community mental health professionals to ensure appropriate clinical support is available
- We're proactive in helping people to develop self-management strategies and coping skills so they're better equipped to handle any future crises
- We take a robust approach to managing risk but are always seeking ways to be able to accommodate an individual rather than turn them away
- We work with individuals to tailor appropriate support to meet their needs using a range of tools such as cognitive behavioural therapy, solution focussed brief therapy, mindfulness, and sleep hygiene techniques
- We use high quality 'hotel style' accommodation which provides a non-clinical, non-custodial and homely environment to promote recovery.

**"THE STAFF AND THE SPACE JUST  
HELP YOU TO RECOVER QUICKER"**

INDIVIDUAL WE SUPPORTED

Recovery Focus is a new national group of charities, bringing together organisations with strong individual services, innovative approaches, flexible local presence and a wide range of expertise from around England.

We work with people with mental health, substance misuse and other complex needs through:

**CRISIS SUPPORT**  
**RESIDENTIAL CARE**  
**SUPPORTED LIVING**  
**COMMUNITY-BASED SUPPORT**  
**PEER SUPPORT NETWORKS**  
**CARER AND FAMILY SUPPORT**  
**EMPLOYMENT SUPPORT**

Meet the group:



## WANT TO FIND OUT MORE?

If you want to find out more about how we could work with you to develop crisis services in your area then get in touch.

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Visit our website:

[www.recoveryfocus.org.uk](http://www.recoveryfocus.org.uk)

Follow us on twitter: [@recovery\\_focus](https://twitter.com/recovery_focus)