

**Please complete this section and  
return it to your care coordinator.**

**They will pass it on to the PSI**

**Team at Manchester Assertive  
Outreach Service**

### **More information**

There are a number of good books and websites available that provide useful information about PSI and cognitive behavioural techniques. Below are a few examples.

### **Websites**

The Mind website ([www.mind.org.uk](http://www.mind.org.uk)) has a good section called *Making sense of cognitive behavioural therapy* that provides details on the history and basic principles of CBT. The Prodigy website ([www.prodigy.nhs.uk/patient\\_information](http://www.prodigy.nhs.uk/patient_information)) also contains a useful leaflet on CBT.

### **Books**

The two books listed below are both good introductions to CBT for anxiety and depression. They provide practical advice on using cognitive behavioural techniques.

*Feeling Good: The New Mood Therapy* by David D. Burns (2000).

*Mind Over Mood* by Christine Padesky and Dennis Greenberger (1995).

Further information about PSI and CBT is available on request. The PSI Team at Manchester AOS are Mike Bourne, Pam Stother, Rita Gavin and Rob Griffiths.

**Manchester**  
**Assertive**  
**Outreach**  
provided in partnership by  
HARP & Manchester Mental Health  
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# PSYCHOSOCIAL INTERVENTIONS (PSI) FOR MANCHESTER ASSERTIVE OUTREACH SERVICE USERS & CARERS

What is PSI and how  
do I access it?

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### Introduction

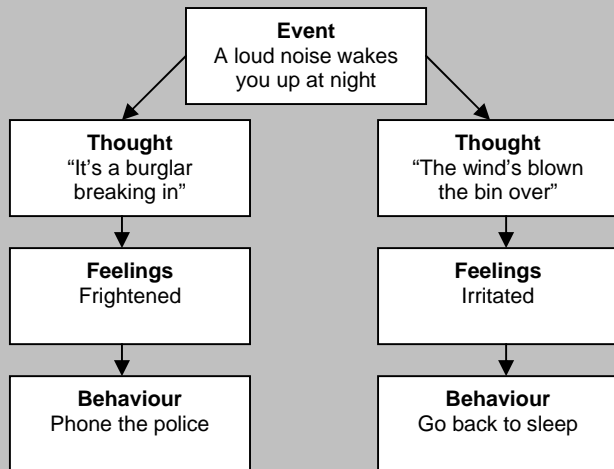
This leaflet is designed for service users and carers of Manchester Assertive Outreach Service (AOS) who would like more information about psychosocial interventions (PSI) and how they can get access to them. It is also designed for AOS staff that want to refer service users for PSI.

### What is PSI?

PSI is a broad term that refers to a range of collaborative interventions designed to improve the health and social functioning of service users and their families. Most people would agree that PSI includes: cognitive behavioural therapy (CBT), family interventions, early warning signs monitoring and medication management. There is good evidence to suggest that PSI is effective for people experiencing anxiety and depression (NICE, 2004 & 2007). It has also proven helpful for people with schizophrenia and bipolar affective disorder (NICE, 2003 & 2006).

### Cognitive behavioural therapy (CBT)

CBT is based on the principle that our thoughts influence our emotions and behaviour. CBT is a structured and time-limited therapy that aims to provide people with the skills needed to identify negative thoughts and check whether the evidence supports them. Here is an example of how different ways of thinking about the same event can influence our thoughts, feelings and behaviour:



### Family interventions (FI)

FI involves working with service users and their families to improve their understanding of schizophrenia and psychosis, promote stress management and help to set realistic goals for the future. This approach has been shown to improve the health and social functioning of service users who have a lot of contact with family members.

### Early warning signs monitoring

One of the main aims of the Assertive Outreach Service is to help people remain out of hospital. Learning to identify the signs of becoming unwell and making a plan of what to do if you notice these signs is an effective way of staying well. The PSI staff can help you develop a staying well plan specifically designed to help you stay out of hospital.

### Medication management

For many people, taking medication is an important part of staying well. Medication management is about making sure that you are taking the most appropriate medication, in a way that best meets your needs.

### How do I access PSI?

There are a number of members of staff working at Manchester Assertive Outreach Service that are trained to deliver PSI. If you think that you might benefit from PSI, either complete the attached referral form or ask any member of AOS staff to fill in the referral form on your behalf.

If you are care coordinator for an assertive outreach service user that you believe would benefit from PSI, please fill in the attached referral form and pass it on to any of the PSI trained staff on the team. Referrals will be discussed regularly and a member of the team will contact you with appointment details as quickly as possible.

### Any questions?

If you are unsure about any of the topics discussed in this leaflet, or if you are considering asking for PSI but would like more information, please contact us and we will be happy to meet with you.

### Referral Information

Name.....

D.O.B..... North/Central/South Team

Care coordinator.....

Please provide some brief information about the problems you would like help with.

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