



# Moving On from the Lancashire Early Intervention Service (EIS)

## What is Recovery?

*“Recovery refers to the lived, real life experiences of people as they accept and overcome the challenges of disability ..... they begin to experience themselves as recovering with renewed hope and a stronger sense of self.” (Deegan 1992)*

The Lancashire Early Intervention Service (EIS) follows the recovery model. It is hoped that during your time with us, you will have been able to utilise opportunities such as individual work. From this work you will be involved in developing a recovery plan, which is aimed at you being able to reach your optimum ability. This will enable you to be more able to cope with the everyday stresses of life.

## How Long Will I Be in EIS?

Most people will be in our service for up to three years, or for some people up to one year. This will be decided when you are accepted into our service. Speak to your Care Coordinator / Case Manager for more information on how long we expect you to be in the service for.

## Pathways from the Lancashire Early Intervention Service

The Lancashire Early Intervention Service offers three pathways for moving on and these are:-

1. Referral to Primary Care eg your own GP.
2. Referral to Secondary Care eg Community Mental Health Team (CMHT).
3. Referral to Assertive Outreach Team.

## Where Will I Move On To?

### Pathway 1

Moving from EIS to return to the care of your GP. In order for this to happen:-

- ❖ Your mental health problems will need to have stabilised.
- ❖ Your symptoms will have been resolved or reduced for a period of 12 months.
- ❖ There will need to be clear evidence that your mental health difficulties have been successfully treated or managed.

## Pathway 2

Moving from EIS to a Community Mental Health Team (CMHT). You may need ongoing support because:-

- ❖ You need ongoing specialist care.
- ❖ Your mental health difficulties are persistent.
- ❖ You struggle to take your medication regularly.
- ❖ You may have complex problems and there may be risk issues.

## Pathway 3

Moving to specialist Assertive Outreach Team. You may need support from this team because:-

- ❖ You have severe and persistent mental health difficulties that impact on your daily life.
- ❖ You have had more than two hospital admissions in six months.
- ❖ You have difficulties engaging with services.
- ❖ You may use substances.
- ❖ You may have been involved with the criminal justice system.

## **Which Pathway Is For Me?**

As you are coming towards the end of your time with out service, you and your Care Coordinator will discuss your strengths and needs and which pathway may be the most appropriate for you at this time.

Please ask your Care Coordinator if you have any questions about your time in our service or regarding being referred onto other services.

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