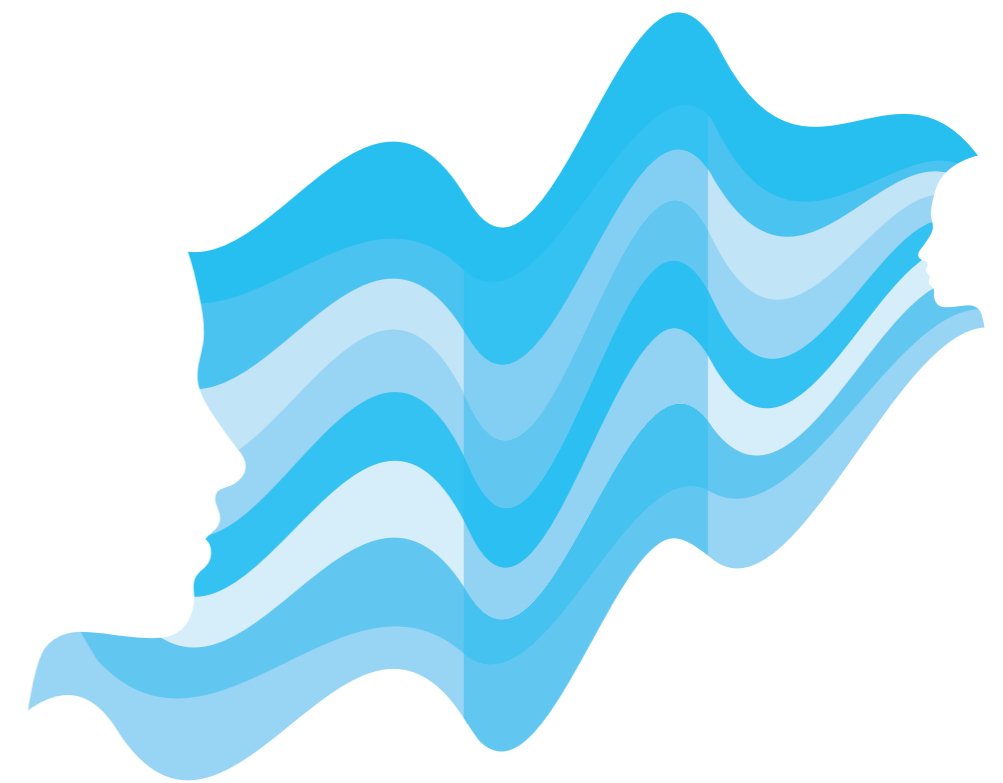




Sussex Partnership
NHS Foundation Trust

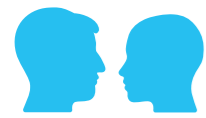
Menu of Care & Interventions for Psychosis (Unusual Distressing Experiences)

Clinical Academic Group



Main Interventions

These are the main treatments that you might expect to be offered routinely, as appropriate to your needs, and taking into account your preferences.



Cognitive Behaviour Therapies

When you're feeling down, fearful or struggling with life

We will offer Cognitive Behaviour Therapy (a type of individual talking therapy focussed on your thoughts, feelings and how you'd like life to be different) delivered by specially trained therapists.



Medication Treatment

To reduce distress and help you to stay well

We will offer information, choice and regular reviews about taking medication, considering the most helpful medications for your experiences and lifestyle, taking into account their side effects and sticking to the lowest possible doses.



Family Intervention

Specialist talking therapies for family, friends and carers

We will offer Family Interventions to boost emotional support, understanding, problem solving & crisis management, delivered by two trained staff together.



Physical Health Intervention

Support for your physical health

We will provide advice, help in getting to your GP, signposting to local community or other health interventions, or provide these ourselves to support you with your physical health, especially diet, exercise and smoking cessation.



Individual Placement Support for education/work

To help you with learning, training or work

We will offer support with work, training or learning. We will help you to choose work, education or training to suit your needs and preferences, and will help your employer or trainer to support you to keep going.

Additional Interventions

These are treatments that may be offered alongside, or after main treatments.



Art Therapy

Support through arts therapies if talking alone is too difficult

We may offer arts therapies, delivered by trained staff, as another way to help you to deal with things, and get support from others if talking therapies are too hard.



Self-management education and support

To help you to support yourself...

We may offer support for you to be self-reliant with your health and mental health, with information and peer support provided through access to Recovery College courses and/or trained peer workers.

Interventions for other difficulties

These are treatments for other problems.



Treatment for other difficulties

If you have another main problem at the moment alongside psychosis

We may offer treatments for other conditions such as mindfulness for depression, incentives and supports for managing harmful substance use, developmental assessments and adapted interventions for Autistic spectrum conditions, Complex Emotional (personality) Difficulties and Trauma.