



Mental Health: Our Approach

People Passion Potential

Community
Integrated
Care

Community Integrated Care delivers a wide range of community-based services, offering people with a variety of mental health problems the support they need to lead full, active and independent lives within their communities.



Flexibility and Choice

We will deliver a service which properly supports your recovery, by giving you real choice and control over how you live your life, building confidence and fostering independence and resilience. To do this we will focus on supporting you to achieve your own personal goals and aspirations, whatever they may be.

Our services for people with mental health problems include:

- **Supported Living**
- **Support in the Community**
- **Support at Home**
- **Residential Care**
- **Respite Services**
- **Day Support**
- **Supported Employment**

We understand that as your mental health needs change over time, so must the support you receive. You may choose to use our services on a one-off or short-term basis, or you may need more long-term assistance. We can offer anything from 24-hour support to just a few hours each week – whatever suits your needs and your own personal approach to recovery.

As a diverse provider, we are also able to support people who have learning or physical disabilities, as well as mental health concerns.

Our Support

Experience has shown us that a professional, consistent and flexible approach, combined with support which offers you independence and choice, are key to delivering services for people recovering from mental illness. Our goal is to support you to gain the confidence and life skills that you need to realise your own personal potential, achieve positive outcomes and build a strong foundation for future independent living.

Find out more...

Contact us to find out more about our approach to Mental Health or any of the other types of support we provide:-

☎ **0845 543 9911** ✉ **information@c-i-c.co.uk** 🌐 **www.c-i-c.co.uk**

We are able to encourage you in many areas, helping you to lead a full and varied life, including:-

- **Developing domestic and life skills**
- **Managing your finances and your tenancy**
- **Getting out and about in your community**
- **Socialising with friends and family**
- **Enjoying hobbies or interests**
- **Attending college, work placements and training opportunities**
- **Support to attend appointments**
- **Help accessing other services**
- **Advice and advocacy**
- **Keeping safe and healthy**
- **Emotional support**
- **Moving on to independent living**

We use a range of support tools including Life Story Work, the Recovery Star and Wellness Recovery Action Plans (WRAPs), depending on your individual needs.

Working in Partnership

We will always work closely in partnership with you and your loved ones, as well as relevant professionals and agencies, such as Community Mental Health Teams and GPs, who may be involved in your support. We will develop and deliver a person-centred package of support which is unique to you and tailored to your needs.

Specialist Training

No truly excellent services can ever be built without well-trained, motivated staff, who have the right skills and understanding to see the world through the eyes of the people they support. Community Integrated Care has a robust training and development programme in place, aimed at enhancing the knowledge and expertise of our staff supporting people with mental health needs.

All our staff receive training in person-centred approaches as part of their mandatory induction and additional training is provided on a client-specific basis (e.g. Recovery Star, Life Story Planning).

Do you have your own budget?

We provide advice, assistance and support to individuals and families looking to develop a personalised service using individual budgets and direct payments. Contact us to find out how we can provide you with a tailored package of support to meet your budget and goals.

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