

STARS

Support, Training and Recovery Service

1. Training of mental health professionals and others
2. Attending conferences as delegates and contributors
3. Planning: local, regional and national
4. Clinical involvement in Tiers I and IV



Oxfordshire and Buckinghamshire Mental Health **NHS**
NHS Foundation Trust

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*TIER IV:
The Moving On
Group*

 **Thames Valley Initiative**
from rejection to recovery

Basic Principles

Tier IV is an integral part of the Oxfordshire Complex Needs Service rather than an optional addition to the intensive therapy.

It comprises a Moving On Group, a six-month follow-up interview and an invitation to join the STARS programme.

It is available to all members of the service who have had a planned ending in any of the intensive therapy programmes in Oxford, Wallingford, Banbury and Witney.

It is not an on-going therapy group.

The Moving On Group

Aims

1. Enable re-integration into the wider community
2. Provide support and encouragement
3. Provide signposting for educational, employment and social activities.

Structure

1. The group runs on Wednesdays from 12.10 to 13.40.
2. There are 8 sessions run fortnightly over 16 weeks following a rolling programme with specific sessions that cover areas promoting social, mental, physical, and spiritual well-being.
3. Members start 2 months prior to their' planned ending date in intensive therapy and continue for 2 months after ending.
4. The 15 month review/CPA process and paperwork informs individuals' starting points in the group.
5. Around the 15 month review the member will be provided with a work book, which will include topics to be covered i.e. goal setting (short, medium, and long), social, finances, education, employment, independence, and motivation.
6. There is to be no contact between members outside of this group, except if the individuals are still members of an intensive therapy group.

Six-month Follow-up

This interview will be arranged at six months after the end of intensive therapy.

It will activate the discharge process from the Oxfordshire Complex Needs Service.

During this period ex-members may not contact other ex-members or current members of the service.