



# Wakefield Community

## Enablement Team

### A Guide for Referrers

#### What is Wakefield CET?

Wakefield Community Enablement Team (CET) is a community-based service which supports individuals with complex mental and emotional health needs to live independently within their own community. We operate Monday-Friday in Wakefield & District

We work with people who:

- Are aged 16+
- Have complex mental and emotional health needs.
- Are at risk of a deterioration of mental health, tenancy related issues or re-admission to hospital
- Would like support accessing community groups & activities.

We may not be able to work with individuals if:

- They need crisis support.
- They need acute mental health support.
- We are unable to offer 1-1 support safely.
- The individual is not currently able to engage in regular, community-based support. In this case we will accept re-referrals, if the individual is ready to engage in future.

#### How does Wakefield CET Work?

We are a team of experienced Mental Health Outreach Workers who provide person-centred one-to-one support sessions. We can work alongside other services as part of a care team.

At the start of service each Service User is assigned a designated Outreach worker. They and their worker will identify recovery-focused goals to work towards and co-produce a support plan.

Appointments are weekly to start with, then move fortnightly, then monthly as support progresses.

#### Our Values

The support we provide is **person-centred** and **recovery-focused**.

We aim to create collaborative and trusting working relationships, and build on individuals' strengths and skills. Staff use therapeutic coaching-style methods.



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### The Referral Process:



Please complete our referral form (downloadable from our website) and email it to us. Include a risk plan/ assessment or WRAP/ safety plan if relevant.

Our email is: [wakefield-CET@touchstonesupport.org.uk](mailto:wakefield-CET@touchstonesupport.org.uk)

**Please note that we do not hold a waiting list and will close our Referrals Inbox if we are at capacity.** Refer to our website for updates.



We aim to acknowledge referrals within 7 days. If any sections of the form have been missed we will return it for you to complete. A member of the team may also contact you for further information in support of the referral.



A CET Worker will arrange an in-person informal meeting with the referred individual. We may ask if you can attend this to ease the transition between our services.



Following this meeting a formal decision will be made by our team. You will be informed of this decision (usually by email).



If we do not feel we are the right service for the individual, or we are unable to offer support, we are committed to signposting to other services.