



# Wakefield Community

## Enablement Team

### Your Guide to our Service

#### What is Wakefield CET?

Wakefield Community Enablement Team (CET) is a community-based service which supports individuals with complex mental health needs to live independently within their own community.

We work with people who:

- Are aged 16+
- Have complex mental 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.

#### Our Values

Our Service is:

- **Person-centred:** We do our best to prioritise the things that matter to you and to build on your strengths and skills.
- **Recovery-focused:** We aim to support you towards recovery, whatever that means for you.

#### How does Wakefield CET Work?

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

When you start service with us you will be allocated a designated Mental Health Outreach Worker. You and your worker will identify some recovery-focused goals to work towards and co-create a support plan. You will work through your plan step-by-step and at a pace which suits you.

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

We operate 5 days a week (Monday-Friday) across Wakefield & District.



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### The Referral Process ...



With your permission, your referrer will send us a completed referral form. The form is designed to give us an idea of the support you need. It also includes some questions required by our funder.



We will read your referral and an Outreach Worker will get in contact to set up a face-to-face conversation. It may take a few weeks for us to get in contact, depending on our service's capacity. We will communicate with your referrer who will keep you updated with the progress of your referral.



The face-to-face conversation will usually take place at your home. A worker will ask you some questions about your mental health, and how it impact your day to day life. We will also touch on the other support areas mentioned in the Referral Form.

The aim of the conversation is to find out what you would like your support to focus on and to ensure we are the right service to provide that. You can also ask us questions about our service.



Following the face-to-face conversation, someone will contact you to let you know if we are able to offer you support. If we are, your designated worker will be in touch to arrange a first appointment.



In the case that we are unable to offer support we are committed to signposting you to other services. Sometimes you might benefit from a different form of support before you start support with us. In this case, you can be re-referred to our service in future.