

The Community Rehabilitation Team (CRT)

The Community Rehabilitation team provides specialist assessment; treatment, interventions, and support to enable the recovery of people whose complex mental health needs cannot be met by general adult mental health services. The team works with people to help them acquire or regain the skills and confidence to ultimately live in the community. The focus is on addressing and minimising the symptoms and functional impairment that people may have, with an emphasis on achieving as much individual autonomy and independence as possible.

The Service will also help people to find meaningful occupations (including work, leisure or education) and build support networks using voluntary, health, social care and mainstream resources. The CRT provides an in-reach and an outreach function assisting with care to support transitional work when people are progressing discharge plans from inpatient rehabilitation units to the community.

The team is an integrated/ multi-disciplinary team consisting of community psychiatrists, social care staff, community mental health nurses, occupational therapy, psychology, STR workers, an employment specialist and admin support.

Social Care staff work closely with health professionals and undertake S117 assessments, Care Act assessments, arrange and manage packages of care, Mental Health Act assessments, carers assessments and manage all safeguarding and any other statutory work required. The team have a multi-disciplinary approach in providing support and reviewing health and social care needs collaboratively.