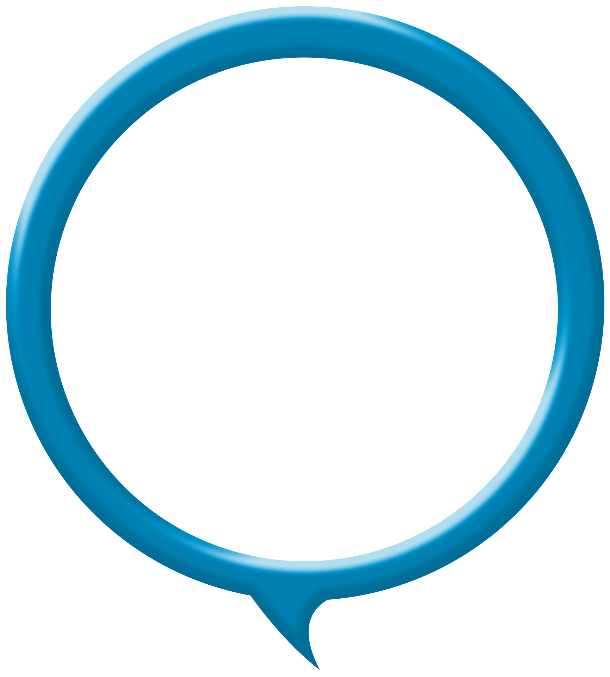
Psychosis Intervention and Early Recovery (PIER)

Information for carers



A person and person hugging each other

Description automatically generated

PIER: 0116 294 3167

(Mon - Fri 9am-5pm)

Central Access Point: 0808 800 3302

(24/7 mental health support through LPT)

alternatively you can go through NHS 111 (Option 2)

We understand that seeing someone you care for experience an episode of psychosis can be very difficult and distressing. Evoking questions of why or how this has happened, how we manage this and what are the best things to do or say.

As part of our ongoing commitment to provide support for families, we aim to work alongside family members and others who are important to the person who the PIER team are supporting.

Please be assured that during the recovery journey for the person you care for, we are available to support carers as well as provide information and education. Key Workers can provide 1:1 support (subject to the patient’s consent). There are various ways in which we can work with family, friends and carers involved in a person’s network, such as:

Behavioural family therapy (BFT)

BFT is a model of family work, taking a psychoeducational approach to supporting the service user and family. It is a practical, skills-based intervention that usually takes 10 to 14 sessions to deliver. It typically involves sharing information with the service user and their family about the service user’s mental health difficulties, experience, and treatment. The family also complete work on recognising early signs of relapse and develop staying well plans. BFT promotes positive communication, problem solving skills and stress management within the family. The needs of all family members are addressed, and each family member is encouraged to identify and work towards clear personal goals. Please speak with the allocated Key Worker to find out more information if you feel BFT would be helpful.

Education programme for carers

The support group runs over 6 sessions in the evening; at our base; Merlyn Vaz Health and Social Care Centre.

Each weekly meeting will include some educational components, time for group discussion and opportunities to look at strategies for tackling specific problems. People who have come to previous courses have found it beneficial to be able to talk with others in similar circumstances, to share experiences, learn how to deal with difficult

situations, and generally, to come to understand that they are not alone.

The group is open to anyone who is in a caring role for a person whose mental health support is provided by PIER. In the past most of those who have attended have been parents of someone who is struggling. We have, however also supported grandparents, brothers and sisters, husbands, wives, partners, and friends. This group might be helpful for you if you are: finding it difficult to make sense of what is happening, are unsure how best to respond to or support the person who is unwell, feel isolated with the difficulties your family is facing, or just would like a chance to talk with someone about what is going on.

Please speak with the allocated Key Worker to find out more information if you feel the carers support group would be helpful.

Open Dialogue

Open Dialogue promotes a network perspective, bringing together one’s professional and social networks to provide continuity of care for service users.

It provides consistency of staff, the belief that all voices are equal and the avoidance of quick treatment decisions or labels. Its hope is to create space for new understandings of difficulties in the context of the individual’s own life.

Open Dialogue is a space created with the service users professionals and social network meet on a regular basis for however long is felt needed and have group reflections and engage in a dialogue.

Please speak with the allocated Key Worker to find out more information if you feel Open Dialogue would be helpful.

The Recovery College

The Recovery College in Leicester, run by LPT, offer educational classes which are co-facilitated by the medical team at PIER. These sessions are offered both to service users and carers or anyone who would like to understand more about Psychosis.

The sessions are called “Understanding a diagnosis of Psychosis and Schizophrenia”. If you would like to attend any of these sessions, please speak with the allocated Key Worker to find out more information. You can also access their website on: [www.leicspart.nhs.uk/service/leicestershire-recovery-college/](http://www.leicspart.nhs.uk/service/leicestershire-recovery-college/)

Calling the team directly for support

We do also offer more general support through the allocated Key Worker or also through the duty worker. They will be available to talk to you and offer support, guidance, and advice, this is available by calling the main PIER number on the front of this leaflet.

If you wish to have a carers assessment under social care, please speak with the allocated key worker or alternatively, you can use the QR code below to access LPT carer support advice for further information.

Useful Contacts

Here are some useful websites and information that can be beneficial to understanding and caring for loved ones with a psychosis and mood disorders. Please do ask the allocated Key Worker for any support in accessing these websites.

**React:**

<https://www.lancaster.ac.uk/reacttoolkit/>

**Mind:** <https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/support-for-you/>

**Age UK:** <https://www.ageuk.org.uk/services/in-your-area/carers-support/>

[Please view our carers pack for more information](https://pdf.browsealoud.com/PDFViewer/_Desktop/viewer.aspx?file=https://pdf.browsealoud.com/StreamingProxy.ashx?url=https://www.leicspart.nhs.uk/wp-content/uploads/2024/03/Carers-Pack-V10-APRIL-2024.pdf&opts=www.leicspart.nhs.uk#langidsrc=en-gb&locale=en-gb&dom=www.leicspart.nhs.uk)



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