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# Specialist Treatment and Recovery Service



Supporting you in your  
journey to recovery.

Townend Court,  
298 Cottingham Road,  
Hull,  
HU6 8QG

# What is the Specialist Treatment and Recovery Service?

Maximising people's recovery from mental health through intensive evidence-based interventions.

## What we do

As a team, we tailor a recovery plan specifically designed for you and your needs.

We aim to help you gain regular day to day routines and therefore aid you to successfully integrate into the community.

## Our Services

Our unisex inpatient service has capacity for 5 patients. Every day we work towards enhancing living and social skills; ensuring that emotional well-being is at the heart of what we do.

In addition to this, we have an outreach service whereby support is provided throughout Hull and the East Riding. We are there every step of the way - ensuring our patients' journey to recovery is maintained; thus reducing the need to return to hospital.

## Who we are

Our diverse and dedicated team enables us to provide a range of support and interventions.

In our service we have:

- Consultant Psychiatrist
- Clinical Psychologist
- Nurses
- Social Workers
- Occupational Therapists
- Recovery Workers
- Peer Support Workers

Alongside our team, we also work cohesively with other agencies to ensure a successful return to the community, for example; housing, employment, etc.

## Our shared team vision and values are to be:

- Open
- Trustworthy
- Honest
- Empathic
- Respectful

## What we offer

We tailor our approach to offer a holistic and recovery focused package of care to best meet the person's individual needs. Below is an example of some of the interventions we provide:

### Psychological interventions:

Enabling people to understand their feelings and behaviours whilst establish coping strategies.

### Recovery star:

Creating goals that the person identifies and values, offering hope and optimism for the future.

### Creative therapies:

Including art, music and equine therapy, offering people a variety of means of expressing themselves and their identity whilst developing skills.

### Assessment of living skills:

Empowering people to develop self-care, homemaking, budgeting, leisure, productivity and social interaction skills to maintain successful community living.

### Medication management:

Monitoring and reviewing medication to ensure treatment continues to meet the person's needs, whilst supporting self-administration of medication.

### Connectedness and community living:

Supporting the person to access community facilities, build links in the local community and develop socially inclusive relationships.

### Meaningful occupation and routine:

Building effective, structured and meaningful daily routines, promoting physical and emotional well-being.

### Finance and housing support:

Exploring individual finances and personal health budgets whilst ensuring community living environments continue to meet the needs of the person.

