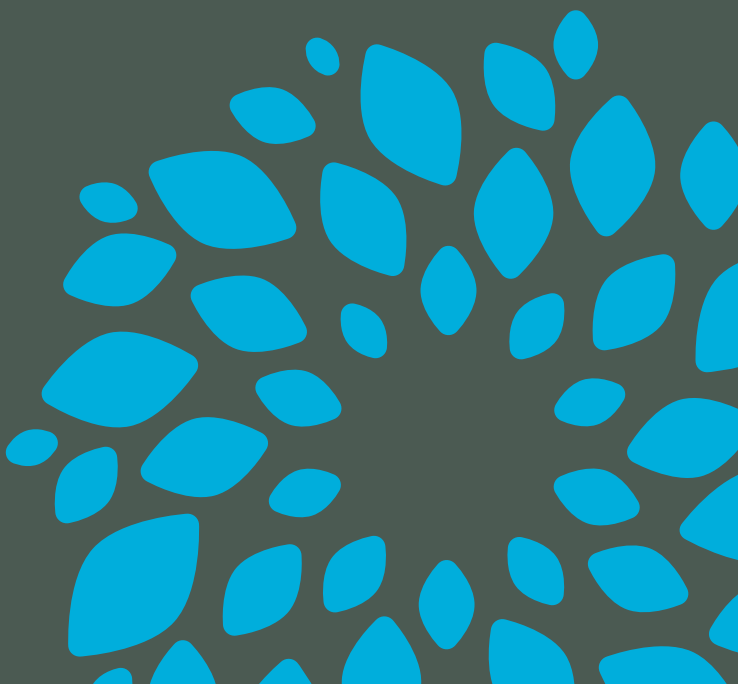




Bipolar Recovery Programme



Who is the programme for?

The Bipolar Recovery Programme is aimed at service users living with bipolar disorder or the symptoms associated with the disorder. The programme offers the opportunity to gain an understanding of bipolar, equipping the service user with the tools necessary to effectively manage their symptoms and improve their quality of life.

How are referrals made?

Admission to this programme is through a referral from your consultant or your consultant's multidisciplinary team. Following the referral, you will be contacted by a member of the mood disorder team and attend for an initial assessment.

GPs can also refer directly to the programme using referral forms on stpatricks.ie or by contacting the Referral and Assessment Service by email at: referrals@stpatricks.ie or Tel: 01 249 3635.

Who runs the programme?

The programme is run by a team of mental healthcare practitioners, including cognitive behavioural therapists and psychiatric nurses with a wide range of experience and knowledge. There are also contributions from members of the multidisciplinary team including a consultant psychiatrist, occupational therapist, pharmacist and social worker.

What is the structure of the programme?

The programme is currently held online via Microsoft Teams. Assistance with online attendance is available for those who require it.

There are four elements of the programme:

- Bipolar Programme Workshop
- Bipolar Recovery Programme
- Bipolar Programme Aftercare
- Bipolar Support Seminar



Bipolar Programme Workshop

The Bipolar Programme Workshop takes place while the service user is an inpatient in St Patrick's Mental Health Services or receiving care through our Homecare service. This single-session workshop is a chance for the service user to develop an initial understanding of bipolar disorder, the signs and symptoms, the phases of recovery, the triggers, and the treatment options available.

Bipolar Recovery Programme

The Bipolar Recovery Programme is a 10-week group programme available to outpatient service users. It involves psychoeducation, which is a process of providing people with information and education about their mental health difficulties. The programme content includes psychoeducation on recognising changes in mood, sleep hygiene, and awareness of triggers and early warning signs. The programme also provides peer support and guidance through the group experience, which has been found to be very beneficial in the recovery process.

The programme takes place for a full day every Wednesday for 10 weeks.

Bipolar Aftercare Programme

The Bipolar Aftercare Programme is a group available to people who have completed the Bipolar Recovery Programme. It gives the service user the chance to continue developing skills around managing their bipolar disorder. This group focuses on developing self-compassion and mindfulness, and provides ongoing supports for service users throughout their recovery.

This aftercare group takes place for a half day on the first Tuesday of every month.

Bipolar Support Seminar - Family and Friends support series

Two information and support sessions are offered to nominated supporters over the course of the programme to encourage those in recovery to seek out the help of others and develop a support network around them. The seminar runs across two half-days per year.

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