

Nature in Mind Service referral criteria.

Criteria below are applicable to people irrespective of their diagnosis.

People with a diagnosis

This includes but is not limited to people with:

- Severe mental illnesses such as schizophrenia, psychosis or bipolar disorder.
- Complex mental health difficulties associated with a diagnosis of “personality disorder”.
- Post-traumatic stress disorder or complex post-traumatic stress disorder.
- Eating disorders.
- Individuals experiencing common mental health problems, such as anxiety disorders or depression, where the severity and impact significantly reduce quality of life.
- A long-term, debilitating mental health condition that is impacting their health and wellbeing on a regular basis not specified above.

People without a diagnosis

Some people may not have access to a service in which they would have received a formal mental health diagnosis. In these instances, if quality of life is impacted so much that the person cannot independently access existing statutory and non-statutory services, and this is related to ongoing emotional distress, service will be offered so long as other criteria are also met.

Geography

The person may or may not be registered with a GP practice. Group support can only be accessed by people who live within or are willing to travel to the areas of Bradford District in which group support is being delivered.

Group support is currently being delivered in Wibsey, Horton Park and Shipley. However, one-to-one support can be delivered across Bradford District and Craven.

Age

The service is for people over 18 years of age.

Exclusion criteria and thresholds

Referrals cannot be accepted if the person:

- Is deemed an immediate risk to themselves, or to others accessing or working within the service. In these instances, the person should be diverted as appropriate to the First Response team, Police or A&E.
- Has accessed the service within the past 4 weeks, unless they are a current Service Member and have identified a requirement for continuing their care via the service delivered.
- Is under the age of 18.

Individuals with co-occurring substance or alcohol issues can be offered a service EXCEPT:

- Where use of substances and alcohol causes them to pose a risk to themselves or others, or means they are unable to effectively use the service offer.

Nature In Mind will build or draw upon existing relationships with substance use service providers to enable effective assessment, signposting and joint working where relevant. The Nature in Mind team reserve the right to exclude a service member if at any point they become a risk, abusive or offensive.

Participation in the Nature in Mind service is designed to be a journey, and we encourage service members to consistently attend each week in order to fully benefit from the support. Please be aware, there may be a wait time to be placed into a group if demand is high the service at the time of referral. In these circumstances, initial contact will still be made, and 1-2-1 support will be offered in the interim.

Where a referral cannot be accepted, the person being referred, or the person making the referral will be signposted to other services as appropriate.