

Community Rehabilitation Enhanced Support Team service video transcript

0:00:00.400,0:00:05.920

We are the Community Rehabilitation and Enhanced Support Team or CREST. We are a

0:00:05.920,0:00:12.400

team of occupational therapists, rehabilitation workers, psychologists, psychotherapists, family

0:00:12.400,0:00:17.840

therapists, lived experienced practitioners, pharmacists and psychiatrists. We work closely

0:00:17.840,0:00:23.280

with community mental health services and early intervention in psychosis teams along with care

0:00:23.280,0:00:29.120

providers and families. We work with people that have a diagnosis of a psychotic illness

0:00:29.120,0:00:35.040

with functional impairment. An example of this is you might struggle to maintain a daily routine.

0:00:35.040,0:00:41.920

Our service aims to enhance a person's quality of life. We work with individuals to develop their

0:00:41.920,0:00:47.120

interests, skills, and relationships, supporting

them to experience a meaningful life and leaving

0:00:47.120,0:00:53.840

the community with appropriate support. We focus on your strengths and what matters most to you to

0:00:53.840,0:00:59.520

help you build confidence, increase independence and experience a life that is meaningful to you.

0:00:59.520,0:01:04.800

We aim to deliver input that is rooted in the community. Therefore, appointments are held either

0:01:04.800,0:01:10.960

at your home or in a community setting local to you. To access our service, you must already

0:01:10.960,0:01:16.800

be in the care of Berkshire Healthcare team. A member of staff you see regularly will refer you

0:01:16.800,0:01:23.920

to us if they think you might benefit from our support. We do not accept self-referrals. When

0:01:23.920,0:01:30.160

we have received your referral, a member of our team will review your referral and medical file.

0:01:30.160,0:01:37.440

Then two members of the team will visit you for a screening to understand you better and to support

0:01:37.440,0:01:43.280

and know the support you require. You will have a conversation about what life is like for you right

0:01:43.280,0:01:49.200

now, your goals and challenges. This will help us understand if CREST is the right team to support

0:01:49.200,0:01:57.040

you. You can find more information about the CREST service and what we offer on our web page.