Inspire North and Central Lancashire will now be providing digital psychosocial interventions for service users, this can be done via phone, Skype email etc.

There must be a benefit to the client from engaging in this style of intervention. They must also be willing to engage in PSI and it must be made clear to them that this is what they are being offered and that they agree to being referred for digital interventions.

In terms of criteria, the clients would be:

Low level alcohol and substance (*those requiring time limited Extended Brief Interventions ie 4 sessions and will not include those require clinical or medical interventions. Those on Complex Caseloads or Criminal Justice Pathways would need a strong rationale for being given this treatment pathway)*

**Some examples of referral types**

* Those who are working full time and therefore cannot access groups or key working appointments in the day or evening or for personal reasons that they cannot be seen to engage with the service
* Those with illnesses (physical and mental) that prevent from getting out of the house/ cause mobility issues
* Those in rural areas where engagement with the service activity is restricted
* Those who may ask for digital work so long as they are suitable

There will be **3** pathways for referral for this type of support

1. Those with low level use who will sit on my caseload for 1-5 sessions of brief intervention digital work and then discharge to RS or New You
2. A form of support to compliment work being done with keyworker for the wider client base – they will stay on their keyworkers caseload but can receive digital interventions alongside their treatment pathway
3. Short term support due to illness e.g the client has a temporary medical issue causing them to be unable to physically access services – this would be short term and would remain on their keyworkers case load

If any keyworker has a client on their caseload who would sit under **2 or 3** who would benefit from digital ways of working I will co-work with them and this will be agreed in the service user plan & with the Keyworker for a time limited period. Then the keyworker will continue the interventions digitally thereafter. The aim behind this is to enable the keyworker to deliver digital intervention themselves.

I will also be looking at supporting with telephone triages for digital referrals that we receive.

To refer, please discuss and agree digital suitability with your Team Leader who will then email [georgina.butler@cgl.org.uk](mailto:georgina.butler@cgl.org.uk) with details of who the client is, why you are referring and why they would benefit from this type of service and what access they have to digital means. I have a range of Maps, workbooks, EBI content etc that I am able to use with service users.

We hope this will be a success in North and Central Lancashire, giving clients more opportunity to engage in services and be supported! If you have any questions, please contact Georgina Butler.