

## Stabilisation interventions

	Area of focus	Intervention	Who	Where
<b>Biological</b>	Biological basics	Shared formulation Education/support for sleep hygiene, eating, exercise/activity, substance misuse	<p>Named person would organise or deliver these interventions as appropriate and includes:</p> <ul style="list-style-type: none"> <li>• Nurses</li> <li>• Occupational Therapists</li> <li>• Social Workers</li> <li>• Doctors</li> <li>• Support Workers</li> <li>• Associate Practitioners/Nurse</li> <li>• Psychologists/</li> <li>• Psychotherapists</li> <li>• Employment Specialists</li> <li>• Homeless Prevention Workers</li> </ul> <p>This can also be delivered using 1:1, advice/input from other services, consultation, third sector, self-help websites/resources, carers and family engagement.</p>	<p>At home</p> <p>In clinic</p> <p>In community hubs</p>
	Medication stability	Doctor/Pharmacy review, GP liaison		
	Physical health stability	GP liaison, Physical Health Clinics and monitoring		
<b>Psychological</b>	Understanding difficulties and feeling understood and listened to	Engagement through: <ul style="list-style-type: none"> <li>• Relationship building</li> <li>• Shared formulation</li> <li>• Psychoeducation</li> </ul>		
	Change	Psychoeducation		
	Safe from harm from self	Safety planning		
	Promoting responsibility for own recovery	Looking at thinking patterns and avoidance		
	Managing distress/ Feeling	Emotion regulation/distress		

	<p>safe (internal factors)</p> <p>Self-compassion</p>	<p>tolerance/grounding techniques</p> <p>Looking at thinking patterns and avoidance</p> <p>Psychoeducation</p>		
<b>Social</b>	<p>Safe from harm from others</p> <p>Accommodation, food, heating, finance, ability to communicate (phone, technology)</p> <p>Occupation/purpose</p> <p>Connectedness to others/support network</p>	<p>Safety plan and associated coping</p> <p>Working alongside partners including homeless prevention workers</p> <p>Activity engagement</p> <p>Day/week planning</p> <p>Employment support specialists.</p> <p>Activity engagement</p> <p>Safety plan</p>		