



*Advocates for Personal Potential  
Training Services*

## **A Community Support Service for People with Mental Health & Autism Spectrum Conditions**

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## OUR MISSION

*“APP Training Services was designed to assist individuals in achieving, maintaining and maximising their potential in accordance with the principles of Person Centeredness.”*



# WHO WE ARE



**Advocates for Personal Potential (APP) Training Services was founded in 2004.**

With over 30 years experience in the Mental Health services, I felt I could apply my expertise towards offering a different service in the North West.

Our work takes us into the community and focuses the minds of people in education, business, community services and in the health sector.

*“A ship in a harbour is safe, but that is not what ships are built for.”*

The approach of APP is all about the individual, their needs, their expectations and their goals. We promote personal achievement and empowerment which extends to the family and community.

The APP Training Services team are highly trained and experienced are continuously involved in areas of research and development in the areas of Mental Health and Autism Spectrum conditions.

We work in line with the HSE's national policy documents “*A Vision of Change... 2006*” and “*New Directions... 2012*” which are focussed towards personal support services for adults. We have achieved the ISO 9001:2008 quality assurance as recognition of the high quality standards of our programme process.

We are continually evaluating, maintaining and researching ways to improve our service standards to ensure we are always delivering a service of excellence to all our members.

**John James McBride, Managing Director**

# WHAT WE DO?

## *T • R • A • I • N*

### THROUGH THE PROGRAMME

Through our “Making Connections Programme” we provide a one-to-one, strictly confidential service for people with Mental Health difficulties and Autism Spectrum conditions.

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### REHABILITATION

Providing emotional and practical support to assist the person in identifying and developing their own personal capacity

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### ADVOCACY

Given our commitment to person-centred programmes for our members, we are actively engaged in representing and assisting the members in advocating for better services and resources.

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### INDIVIDUALISED ADVICE & GUIDANCE

We offer impartial advice, guidance and support to assist people in understanding themselves, their needs, confront barriers and develop new perspectives

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### NETWORKING

We liaise with a range of other services, professionals and communities to avail of additional supports for members.

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# MAKING CONNECTIONS

## *Programme*



**We provide a confidential one-to-one service for people with Mental Health and Autism Spectrum conditions. Our primary programme is called “Making Connections”.**

This 18 month programme reflects the connections made between individuals, their future plans and their community.

### **Criteria:**

Individuals wishing to participate in the “Making Connections” Programme should:

- **Be over 18 and under 65 years of age**
- **Have an appropriate diagnosis**
- **Be willing and ready to make changes to their lives**
- **Contact APP Training Services or the Training and Occupational Support Service (HSE) to arrange the referral process**

# MAKING CONNECTIONS

## *Programme Framework*

### **Our Service:**

#### **PERSON-CENTERED PLANNING**

Person-centred planning is a process focused on, and directed by, **the individual**. It facilitates the identification of his/her desired outcomes (future plans) and determines the supports and services needed to achieve these.

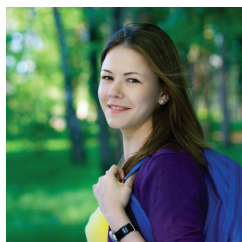
#### **PERSONAL FUTURES PLANNING**

*“The personal futures planning process suggests a series of tasks and provides a set of tools to begin the process with people to uncover their capacities, to discover opportunities in the local community, and to invent new service responses that help, more than get in the way.”* Beth Mount.

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**We believe it is essential to promote personal development by providing opportunities exposing individuals to a range of experiences and providing support and encouragement to help maximise their quality of life.**

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# MAKING CONNECTIONS

## Testimonials

*"I believe that I now understand myself better, I'd like to think that I have matured as a person by being involved with the service."*

- Programme Member

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*"Some new things I try or want to try can be scary and make me anxious but I have had supports to make it easier for me."*

- Programme Member

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*"I have been given much needed support and understanding which has given me the confidence to look at areas within my life."*

- Programme Member

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*"Staff have helped me both in terms of information and motivation to set goals. The levels of personal support when required is excellent."*

- Programme Member

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*"The greatest change has been in the last year, our son is much happier now and that has been also as a result of us learning how to understand him better."*

- Parent

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*"Staff take the time to get to know our son what he likes and doesn't like. They also spend time getting to know us. He has come a long way, he has matured and learned more about himself."*

- Parent

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# OUR WORK WITH ADULTS



APP Training Services work with adults with:

- **Autism Spectrum Conditions**
- **Mental Health Difficulties**

**Autism Spectrum Conditions** are typically characterised by lack of empathy, inappropriate social behaviour, poor ability to form friendships, literal thinking and language, one-sided interaction, enhanced ability to memorise and recall facts and intense absorption in certain subjects. Therefore one person may experience all the typical characteristic mentioned above whilst another person may experience only a few.

**Mental Health** is an integral and essential component of health. It is a state of wellbeing in which a person can cope with the normal stresses of life, can work productively, realise their abilities and is able to make a contribution to their community.



# OUR WORK WITH ADULTS

People with Mental Health difficulties and Autism Spectrum conditions may require specialist care, support and education to help develop social skills, form relationships and understand everyday activities.

We believe it is essential to promote personal development by providing opportunities exposing individuals to a range of experiences and providing support and encouragement to help maximise the person's quality of life.

Through the “Making Connections” Programme, APP Training Services assists adults with Mental Health Difficulties and Autism Spectrum conditions by providing support of an emotional and practical nature.

Families are supported through this process of change and their input is essential.





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For further information or a confidential  
consultation please do not hesitate to contact us.

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