

The Spinney

Mental Health Services for Men

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Overview of the Service

The Spinney offers care and support for men aged 18 years and over with a mental illness, who have been detained under the Mental Health Act 1983 (amended 2007). Patients are supported to gradually work along their care pathway and back to the community. The hospital is made up of medium and low secure services, a separate rehabilitation service and a Psychiatric Intensive Care Unit (PICU).

Model of Care

Our aim is to achieve a period of stability for our patients with holistic assessment and carefully planned treatment regimes, so that patients can gradually be integrated back to a less secure environment or an environment that is more appropriate for their needs at that time. As such, care is underpinned by recovery principles and patients are involved from the point of admission.





Our Approach

We are committed to ensuring that patients have a real focus on the quality of their lives whilst they are with us. Our recovery networks, real work opportunities, workshops and strong focus on the arts provides a stimulating environment in which patients can thrive.

Through My Shared Pathway we ensure that each patient has a unique care plan which charts their treatment and goals. This supports the patient to understand all aspects of their care.

Evidence based risk assessments used at The Spinney include:

- Health of The Nation Outcome Scores Secure (HoNOS)
- Historical Clinical Risk Management (HCR-20 V3)
- Sexual Violence Risk (SVR-20)

The Multidisciplinary Team (MDT) use a range of outcome measures to support patients' recovery journeys. Several evidence-based interventions are delivered on a group or individual basis.

Both standard and adapted versions of several programmes including: Sexual Behaviour Management Programme, Emotional Regulation, Life Minus Violence, Substance Use – Awareness and Treatment programmes are used throughout the service. There are also Cognitive Behaviour Therapy (CBT) based clinical interventions focussing on the treatment and management of specific mental health difficulties, such as psychosis and anxiety.

Care Pathway

PICU

Hulton Ward is a ten bed, male Psychiatric Intensive Care Unit (PICU) designed to provide treatment for patients in an acute psychiatric crisis who are at risk to themselves or others, who cannot be managed in an acute or high dependency unit and require an emergency admission.

Medium and Low Secure

The medium and low secure services provide a full care pathway, offering treatment for men who may be exhibiting disturbed behaviour in the context of a serious mental disorder. Patients may also be referred from the Prison Service.

Rehabilitation

The rehabilitation service provide a stepdown setting based on individual need and progression pathway. We work in partnership with patients and their families, referrers, carers, and relevant agencies to achieve meaningful degrees of recovery. We prepare patients and their care networks to maintain progress following discharge or until they progress to independent living.

Environment

Set within the heart of the community The Spinney provides excellent facilities. Each person has their own en-suite bedroom which can be personalised and decorated to their taste. There is a fully equipped health and fitness suite, sports hall, swimming pool and an education room, art and pottery workshop, computer suites, gardens and allotments.

Admission Criteria

- men aged 18 years and over
- detained under the Mental Health Act 1983 (amended 2007)
- diagnosis of a mental illness including personality disorder
- men who require intensive care due to high levels of vulnerability or risk of aggression, absconding, self-harm and suicide risk



This information is available in different languages, Braille, Easy Read and BSL on request

For further information, to arrange a visit, or make a referral, please call our 24 hour referral line: **0800 218 2398** or email: referrals@elysiumhealthcare.co.uk



To view our video tour, please visit elysiumhealthcare.co.uk

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