

Ballington House

Ballington Gardens, Leek,
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Ballington House is a Level 2 mental health inpatient rehabilitation service that provides care and treatment for women who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or Personality Disorder (PD).

Reasonable adjustments will be made on an individual basis for people with additional needs.

Ballington House supports individuals in developing their independence and skills, preparing them for a gradual and appropriate reintegration to their preferred living situation, whether that's the community, supported housing, or returning to family.

Service at a glance:

2 Level 2 service

 13 beds total

 Service for **women**

 Age **18** and over

Who we support

We support women

- Age 18 years and over
- Who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or PD
- Who have behaviours that challenge or are perceived to challenge services
- Who may have a history of trauma, abuse or attachment issues
- People identifying as women, whether they are transitioning or not, and those identifying as non-binary, gender fluid, gender non-conforming or gender queer
- Detained under the Mental Health Act 1983 (amended 2007)
- Aiming for a return to community or community-based care





What we do

The service uses a phase-based approach to help individuals identify how to proactively meet their emotional and physical needs, increasing resilience. This encourages independence and enables more access to items and activities as they progress, and reduces risk. This allows service users to explore their difficulties in a holistic way by benefiting from multiple therapeutic approaches. The goal is to provide a wider range of understanding and engagement opportunities that support patients in remaining in the community after discharge.

Through psychological and occupational therapies, individuals will develop and build skills that promote alternative viewpoints and healthier coping strategies. The aim is for patients to increase their independence, self-reliance, and motivation in areas like social networks, relationships, attachment issues, past trauma, responsibilities, work, and relapse prevention. The staff at Ballington House support patients in working towards a successful and sustainable discharge back into the community.

What support we offer

Ballington House offers a variety of treatments tailored to the individual's needs. The clinical team provides evidence-based psychological interventions, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), a Dialectical Behavior Therapy (DBT)-informed approach, Compassion-Focused Therapy (CFT), and Acceptance and Commitment Therapy (ACT).

Risk assessment is an ongoing process at Ballington House. We believe that embracing positive risk-taking is a crucial component of our rehabilitation services. All patients actively participate in the assessment of their own risk levels, particularly in relation to observation requirements.

To monitor patient progress at Ballington House, we utilise a variety of outcome measures, including the Recovery Star, Model of Human Occupation (MOHO), psychometric evaluation of presenting difficulties, and regular incident analysis.

The outcomes we expect to see include:

- Reduction of risks such as self-harm and better management of addictive behaviours
- Decreased reliance on enhanced nursing observations
- Increased freedoms and access to more items and activities, as they progress, and risk reduces
- Engagement with psychology and occupational therapy programs
- Improved self-esteem, self-worth, and self-compassion
- Development of meaningful social networks and relationship-building skills
- Preparation for successful community living and enhanced daily living skills

The team

Our Multidisciplinary team at Ballington House includes:

Medical: Consultant Psychiatrist

Psychology: Clinical Psychologist, Mental Health Practitioner and Assistant Psychologist

Occupational Therapy: Occupational Therapist and Occupational Therapy Assistants

Nursing: Ward Manager, Charge Nurse, Senior Staff Nurses, Staff Nurses and Healthcare Assistants

Support Services: Administration, Catering, Housekeeping and Maintenance

Enabling individuals to reach full potential

Ballington House is conveniently located in the town centre, within walking distance of a variety of local amenities. Patients are encouraged to utilise these resources as part of their rehabilitation, which supports the development of skills to facilitate their reintegration into the

community. This approach also promotes independence, maximises social inclusion, and ultimately improves the patients' quality of life. As part of their rehabilitation, patients are encouraged to attend diverse community groups, such as knitting and social clubs, LGBTQ+ support groups, volunteer work at the local animal sanctuary, and creative writing workshops.

We recognise that our patients may have experienced trauma, and their recovery journeys can take time. However, with the compassionate care and support we provide, we are confident our patients will achieve their desired goals.

Our surroundings

Ballington House, situated in the picturesque market town of Leek, Staffordshire, is set within a large, established garden. This allows patients the opportunity to connect with nature and engage in various outdoor therapeutic activities.

The hospital encourages patients to personalise their bedrooms, all of which feature en-suite facilities. The ground floor and gardens are easily accessible for patients with mobility issues. The activities of daily living (ADL) kitchen, located within the communal dining room, has been designed with wheelchair users in mind, ensuring full accessibility.

In addition to a communal lounge, there is a large room dedicated to activities and group sessions. For those seeking a quieter environment, a small private room is available for one-on-one therapy sessions. The garden also includes a summer house with lighting and heating that can serve as an additional quiet space for therapy.

Ballington House also has a two-bedroom apartment on the second floor, where patients can practice independent living skills and engage with their community teams prior to discharge.

How to make a referral:



24h referral line
0800 218 2398



Send an email to:
referrals@elysiumhealthcare.co.uk



To view our video tour, please visit
[elysiumhealthcare.co.uk](https://www.elysiumhealthcare.co.uk)

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