

Sturt House

Sturt's Lane, Walton on the Hill,
Surrey KT20 7RQ

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The 20 bed service provides a step down pathway with four semi-independent rooms on-site to prepare patients for discharge and promote independence. The internal pathway gives patients a sense of continued progression and new goals to aim for. Relational support is provided by the team to assist patients to access the local community and to develop social networks.

Our surroundings

Sturt House is set in the village of Walton-on-the-Hill. The setting and environment promote a relaxed, therapeutic atmosphere, which is ideal for individuals who require treatment away from areas where they might have easy access to destabilisers which would encourage risky or problem behaviours.

There are excellent internal and external therapeutic and recreational facilities, which include an Activities of Daily Living (ADL) Kitchen, gym, football pitch, allotments for patients to grow their own produce, games room and music room to actively engage patients to develop their skills and interests to promote confidence.

Service at a glance:

2 Level 2 service

 20 beds total

 Service for **men**

 Age **18** and over



Who we support

Sturt House can support men:

- Age 18 and over
- With primary mental health diagnosis
- Who may or may not be detained under the Mental Health Act 1983 (amended 2007)
- Who may have a forensic history



What support we offer

Sturt House has excellent links within the local community providing patients with access to volunteer, and work programmes, the local football team and ground, mental health groups and a recovery colleges. Real work opportunities are offered on-site to patients to improve their confidence and develop their skills for life in the community.

The Multidisciplinary team (MDT) work collaboratively with patients to develop individualised treatment and therapeutic programmes that are bespoke to their needs to improve their self-worth, empowering them to build a better quality of life and to equip them with the skills needed for community living, supportive relationships, and increased independence. There is a focus on rehabilitation through engagement, placing a strong emphasis on generating a sense of belonging through active community involvement and building meaningful social networks.

The eclectic model of care offers a flexible approach to treatment that combines different therapeutic techniques and theories to create bespoke treatment plans that are unique to each patient's needs. The three pathways are offered alongside.

Substance misuse programme comprises of three recovery modules:

- Motivational work & Psychoeducation
- Cognitive Behaviour Therapy (CBT)
- Relapse Prevention

Managing and understanding Psychosis programme:

- Cognitive Behavioural Therapy (CBT)
- Psychoeducation
- Family intervention
- Art therapy

How to make a referral:



24h referral line
0800 218 2398

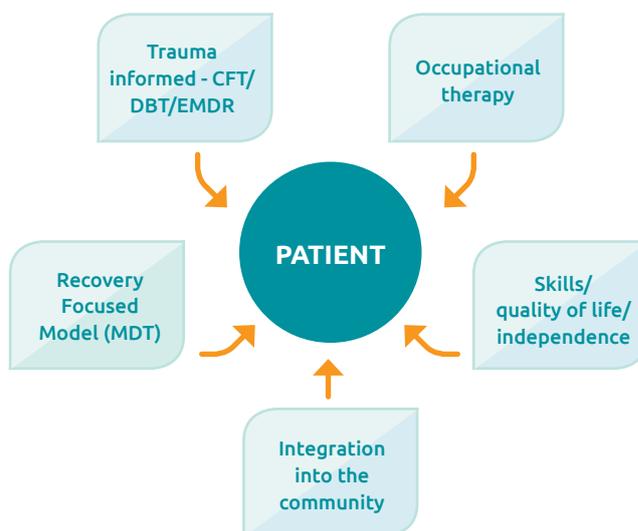


Send an email to:
referrals@elysiumhealthcare.co.uk

Trauma Programme:

- Compassion focused therapy (CFT)
- Trauma-focused Cognitive Behavioural Therapy (TF-CBT)
- Dialectical Behavioural Therapy (DBT)
- Art therapy
- Family intervention
- Psychoeducation

The team



Enabling individuals to reach full potential

To promote wellbeing and overall quality of life a holistic approach is provided to ensure that all aspects of the patient health needs are met.



To find out more, please visit
elysiumhealthcare.co.uk

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

Images used are of similar services at Elysium and are intended as a guide.