Elysium
Mental Health
and Wellbeing

Elm Ward

at Gateway Recovery Centre

Acute Service for women

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Service Overview

Elm Ward is a 12-bed acute inpatient service, specialising in the assessment and treatment of women in crisis or suffering from a significant mental health problems. The service is nurse-led, providing a full Multidisciplinary Team (MDT) comprising of Psychiatrists, Healthcare Workers, Psychologist, Social Worker and Occupational Therapist.

The service supports a recovery focused approach, with provision of fully person-centred care in the least restrictive environment possible. The dedicated team aim to facilitate stabilisation and promote recovery, with the goal of community reintegration and fostering independence.

Where this is not possible, Elm Ward will ensure that support is provided to access additional services, to allow their recovery journey to continue towards the service user's long-term goals.

Therapies and Approaches

Elm Ward prioritises responsivity and sensitivity to each patient's needs, working in a trauma-informed approach and recognising the profound impact past experiences have on the present wellbeing of individuals.

Examples of offered intervention:

- Social work – relationships, benefits, accommodation, discharge planning
- Short term psychological therapies – Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), trauma therapies such as Eye Movement Desensitisation and Reprocessing (EMDR) and Internal Family System (IFS), emotional identification and management
- Occupational Therapy – sensory needs assessment and planning, Activities of Daily Living (ADLs), community exposure and skills building
- Speech and language therapy
- Benefits advisor
- Art therapy

These can be offered on an individual basis or in groups.

Our group programme includes:

- Wellbeing, mindfulness, meditation, fitness, sensory, education-based

Environment

Each of the bedrooms on Elm Ward are en-suite and there are spacious communal areas for people to socialise in, including an ADL kitchen space if individuals wish to prepare meals.

A fully equipped gymnasium and large sports hall, games room, cafe and green courtyard space are also accessible on site to patients on Elm Ward.

Patient Profile

- Women aged 18 years and over
- Informal or detained under the Mental Health Act 1983 (amended 2007)
- Experiencing difficulties that present a risk to the wellbeing of themselves or others, that cannot be treated in the community
- Diagnosis may include acute mental health problems, acute depressive illness, psychosis, schizophrenia, Bipolar Disorder (BD), and Personality Disorder (PD)

Elysium Healthcare

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

The images used in this brochure are of a similar service while we wait for new images of Gateway Recovery Centre

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

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