Elysium
Mental Health
and Wellbeing

# Potters Bar Clinic Acute Services

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## Overview

Potters Bar Clinic provides 23 acute beds, across two wards, for men and women who have enduring mental health problems.

Service delivery is driven by the principles of rehabilitation and recovery and the belief that everyone has the capacity for both. The overall aim is to deliver improved quality of life and independence for patients whilst working closely with professionals from the local mental health and social services teams.
In partnership with all stakeholders the philosophy is underpinned by the need to provide robust risk management, social inclusion and the opportunity for independent living.

**Ruby Ward** is a 12 bed acute service for adult men.

**Crystal Ward** is an 11 bed acute service for adult women.

Both wards can accept emergency admissions for people who are in crisis and who cannot be cared for safely in the community.
The overall aim of both services is to provide a stabilising environment, working with individuals to prevent further escalation of behaviours which in turn, will lead to an improved quality of life and independence.

## Model of care

We deliver a person-centred model of care within a robust environment designed to meet the needs of people at the challenging end of the acute spectrum. Treatment options are identified from the point of the pre-admission assessment process, with the care pathway formulated in collaboration with the patient. Discharge planning is initiated from the point of admission with the patient actively involved in the process, including setting their goals and timeframes for discharge. Individuals are supported to understand what is required of them in order to keep their stay as short as possible before discharge home or to a less restrictive environment. The service operates within a multidisciplinary framework and the team includes medical, nursing, psychology and occupational therapy representation.

Patients benefit from having occupational therapy and psychology assessments and a dedicated Psychiatrist for each acute ward. Potters Bar Clinic also have 24hr medical cover seven days a week including bank holidays, with the doctor being based on site.

## Treatment includes:

- Good therapeutic relationships
- Mental health recovery and relapse prevention
- Physical health and wellbeing
- Overcoming problem and risk behaviours
- Recovery from substance misuse
- Developing and enhancing coping skills and strategies

## Environment

Each patient has their own en-suite bedroom which they are encouraged to personalise. There are communal lounges, activity rooms, dining rooms, quiet rooms and other activity and recreational areas.

## Outcome measures

Outcome measures and risk assessments are regularly reviewed and as such, can demonstrate change. Psychological interventions, both group and individual interventions, may also involve patients completing pre and post psychometric measures which can demonstrate change. Our approach includes:

- Setting clear goals for recovery through independence and empowerment
- Making feasible plans for the future
- Social inclusion and community engagement
- Education and learning life skills

## Admission criteria

- Men and women aged 18 and above
- Informal and those detained under the Mental Health Act 1983 (amended 2007)
- Diagnosis of a mental health problem and displaying a risk to the wellbeing of themselves or others that cannot be treated in an open environment
- Diagnosis of a mental health problem with or without an affective disorder, schizophrenia or Personality Disorder
- Diagnosis of a mental health problem with alcohol dependency or illicit drug use

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

*Images used in this brochure are typical of our Acute Services and are there to act as a guide.*

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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