Elysium
Children and Education

Brighton & Hove Clinic

CYPMHS Tier 4 Eating Disorder service

Brighton & Hove Clinic provides a CYPMHS Tier 4 Eating Disorder service for young people aged 12 up to 18 years, with a primary diagnosis of eating disorder; or an eating difficulty alongside mental health or psychological problems, such as depression, OCD, anxiety or self-harm.

We work actively with young people and their families, to empower them to manage their illness in the community.

Environment

Our 16 bed inpatient unit provides a safe, warm and nurturing environment to support and aid the recovery of young people. Each young person will have their own en-suite bedroom, which they are encouraged to personalise, so they can feel comfortable. All young people have access to the communal living space, a dining area, quiet room, occupational therapy kitchen, laundry and garden.

The environment enables young people to socialise with their peers, be as independent as possible where they do not feel isolated.

Onsite we have an Ofsted registered school to enable young people to continue with their schooling whilst in treatment. This helps to ease re-integration/ transition to home or the community when they are ready for discharge. Each young person will have their own individual education programme.

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Approach

Our expert Multidisciplinary Team (MDT) provide person centre care that is tailored to meet the physical and medical/mental health needs of each individual, to support them through their journey with us and to continue their treatment in the community.

We combine NICE guideline recommended therapies to create bespoke therapy programmes that meet the needs of each young person. Psychoeducation is provided to enable the young people to understand nutrition, the effects of starvation and help them make healthy food choices. Adolescents are also given the opportunity to engage in other appropriate therapeutic programmes such as mindfulness, family and trauma therapy.

We work collaboratively with each young person, their parents and carers in care planning, starting with care plans, risk assessments and MDT weekly reviews. We aim to promote early recovery through person centred holistic care that is evidenced based and cost effective.

Admission criteria

- Aged 12 up to 18 years
- Mixed gender
- Primary diagnosis of eating disorder or a significant eating difficulty with other psychological or mental health problems.
- May be detained under the Mental Health Act 1983 (amended 2007)

If you would like to know more about Brighton & Hove Clinic, please contact:

NHS Referral Line: **0800 218 2398** | E: **referrals@elysiumhealthcare.co.uk**

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

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Part of Ramsay Health Care

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