



# Brook House

Day Patient Service for Eating Disorders



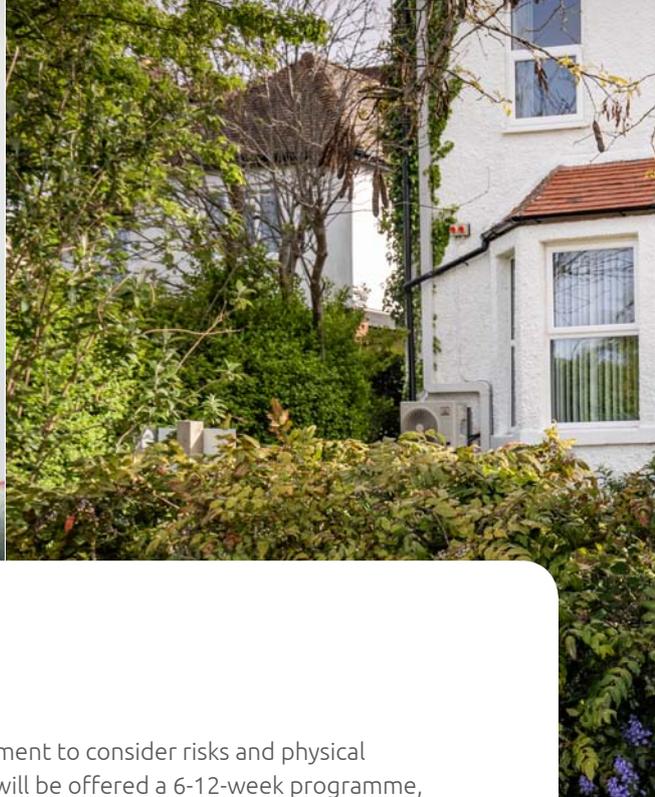
## About Brook House

Brook House is a specialist day patient eating disorder service for young people aged 16 to 17 and adults aged 18 plus who have a primary diagnosis of an eating disorder. The programme has been developed for individuals who may have previously been admitted to an inpatient service or for those who require additional support in the community.

Brook House can also form part of the care pathway for those who are currently an inpatient to help reduce length of stay, improve outcomes, and offer further support once discharged. The team can also support young people to transition from CYPMHS to adult services if required.

## Care Approach

- Therapy led comprehensive assessment to understand the patients' needs and suitability for the day patient programme.
- Our Multidisciplinary Team (MDT) will develop care plans with patients and families for out of hospital care, according to the patient's needs, and in collaboration with the community mental health teams and primary care teams.
- Weekly collaborative reviews of patients' care including risk assessments and daily assessments to review suitability for continued treatment. This may include a crisis plan.
- Monthly meetings, including weekly updates to the community teams with the aim of building a robust relapse prevention plan to facilitate discharge to the community team and primary care.
- Each individualised care plan will provide meal support and motivational behavioural strategies with access to evidence-based therapies and family interventions focused on the eating disorder, such as the Maudsley skills-based approach.



## Our Programme

Joining the day patient programme is subject to an individual assessment to consider risks and physical health status. After the initial assessment, adults and young people will be offered a 6-12-week programme, based on individual need. The programme can be attended 3-5 days a week, or on a sessional basis.

There may be occasions we are able to offer the day patient service virtually, but this will be considered on a case-by-case basis.

### The programme consists of:

- Psychology input
- Dietitian input
- Opportunities for motivational enhancement
- Psychoeducation
- Emotional coping skills
- Independent living skills and goal setting
- Social skills
- Work skills
- Recreational and social activities
- Meal support

### Patients, families, and carers support

- Family focused therapies
- Family forum support groups, (according to the need we can offer these during evenings and weekends)
- Skills based carer advice
- Meal support strategies

### Aims and benefits

The aim of the service is to provide an intensive day programme that is tailored to individual's need and stage of their recovery. For those even further along their recovery journey we can also offer outpatient sessions where required.

### Partnership working

We work in partnership with existing community and primary care services to manage risk, crisis, and secondary mental health support. Primary care input continues from the community team, including prescribing and physical health monitoring.





## Crisis Management & Contingency Planning:

The Consultant Psychiatrist at Brook House has responsibility for the day patient only whilst they are attending the programme. Outside of this time the patient's community Psychiatrist or Care Coordinator will hold clinical responsibility. Patients subject to the provisions of the Mental Health Act, such as Community Treatment Orders, will continue to be under the care of the community based Responsible Clinician, who will contribute to the care and treatment of the patient.

The team will work with the referrers, prior to a patient commencing the day programme, to ensure that a detailed care plan and outline of responsibilities is in place. Where significant risk emerges, the patient may be referred to emergency services, such as ambulance or police services as appropriate.

## Admission Criteria

- Young person day service – all genders aged 16-17
- Adult day service – all genders aged 18 plus
- Primary diagnosis of an eating disorder including Bulimia Nervosa, Anorexia Nervosa, ARFID or Disordered Eating



## Get in touch

For further information, to arrange a visit, or make a referral, please call our 24 hour referral line on **0800 218 2398** or email [referrals@elysiumhealthcare.co.uk](mailto:referrals@elysiumhealthcare.co.uk)

Brook House,  
Station Road, Broadway,  
Worcestershire, WR12 7DE

T: **01386 570 888**

E: [brookhouse@elysiumhealthcare.co.uk](mailto:brookhouse@elysiumhealthcare.co.uk)

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

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