Elysium Healthcare

# The Woodmill

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The Woodmill is Level 2 rehabilitation inpatient service with 18 beds for women with mental health problems and co-morbid diagnosis such as Personality Disorder (PD) and or mild learning disability and co-existing physical health conditions.

The aim of the service is to support women to improve their self-worth, build a better quality of life for themselves and equip them with the skills needed for community living, supportive relationships, and increased independence.

**Service at a glance:**

- 2 — **Level 2** service
- **18 beds** total
- Service for **women**
- 18+ — Age **18** and over

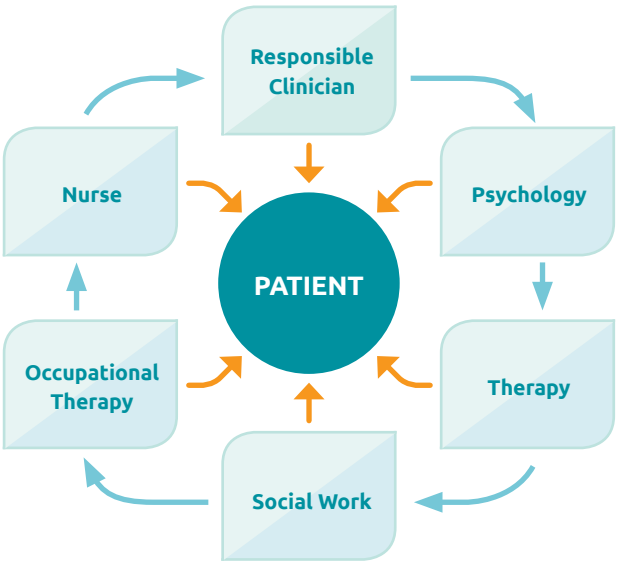
## Who we support

The Woodmill can support women:

- Age 18 and over
- Who may be transitioning from CYPMHS
- With a primary diagnosis of a mental health problems
- Who will be detained under the Mental Health Act 1983 (amended 2007)
- Who may have additional physical care needs but deemed medically stable
- Who may have co-morbid diagnosis such as PD and or mild learning disability and co-existing physical health conditions

## The team

The expert Multidisciplinary Team (MDT) work collaboratively with the patients to provide individualised treatment and care that is tailored to each patient's needs, building on the patient's strengths.




## What support we offer

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 highly skilled team offer an eclectic model of care providing evidenced-based trauma informed approaches such as Dialectical Behaviour Therapy (DBT) informed practice, Compassion Focused Therapy (CFT) and Eye Movement Desensitisation and Reprocessing (EMDR). The diverse therapeutic programme can adapt to each patients changing needs at different stages within their recovery.

## Enabling individuals to reach full potential

Patients are encouraged to access mainstream resources within the local community, providing them with the opportunity to develop robust community skills. This supports them to develop social networks that can be drawn on following discharge from the service.

Occupational therapy is a vital element of the service providing therapeutic activity onsite and support in the community. The local charity shop, hairdressers and allotment society offer volunteering opportunities, which promote the patients recovery empowering them to develop skills to support independence for living in the community.

## Our surroundings

The service is on the edge of the village in Cullompton in Devon. The environment is ideal for patients to participate in the local community as part of their rehabilitation. Patients have access to a wealth of community opportunities, volunteer, and work programmes.

## How to make a referral:

24h referral line
**0800 218 2398**

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

To view our video tour, please visit
**elysiumhealthcare.co.uk**

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

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