



*Putting
children and
young people at
the heart of all
that we do*

Bere Clinic

CYPMHS Tier 4 Eating Disorder service

Bere Clinic is a specialist eating disorder service for the assessment and treatment of young people aged 12 up to 18 years old.



Environment

The single storey building is made up of 12 spacious en-suite bedrooms. Each bedroom is finished to a high standard and young people are encouraged to personalise their spaces. The enclosed garden and leisure area is surrounded by raised planting beds, with sheltered seating offering access to fresh air and recreational outdoor space.

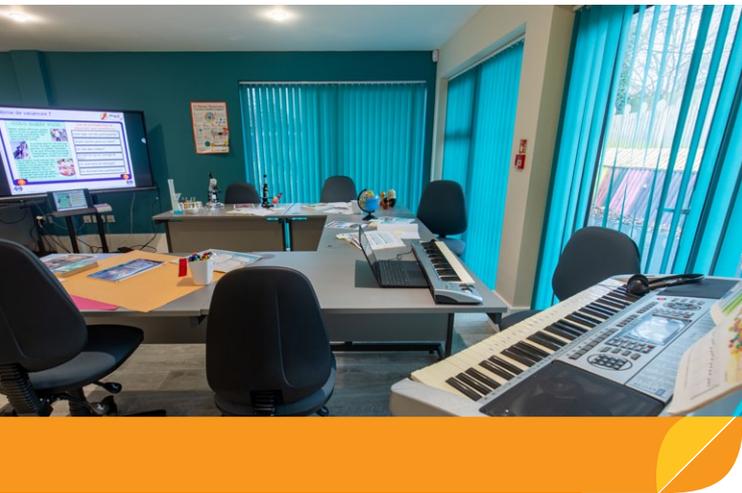
The spacious communal areas help promote socialisation within the young person's peer group. The lounge and separate dining area provide calm spaces where young people can focus on their meals with the support from staff.

There is a large activity room and smaller spaces for individual, group, and family sessions. In addition to the treatment room there is a low stimulus area for young people who may experience increased acuity or who need more private support.

Education

There is an Ofsted registered independent school onsite which offers education from Key Stage 3 (KS3) through to GCSE and A-levels. The education team enables the young people to continue with their schooling whilst receiving treatment, in partnership with their local school and education authority.





Approach

The Multidisciplinary Team (MDT) at Bere Clinic consists of a Consultant Psychiatrist, Associate Specialist, Psychologist, Nurses, Dietitian, Therapeutic Care Workers, Activity Coordinator, Education, and OT. The aim of the service is to work closely with young people and their families on their goals, including supporting the young person to restore to a healthy weight and make progress towards recovery from their eating disorder. The intensive inpatient programme provides evidence-based therapies and approaches aimed at supporting young people and their families in their recovery. Bere Clinic are also able to offer nasogastric feeding for young people who are unable to manage oral intake.

The MDT at Bere Clinic follow the Care Programme Approach (CPA) which is a process within specialised mental health services to assess a young person's needs, put a plan of care in place and review the implementation of this plan.

There is a weekly MDT meeting where reviews of each young person's care plan takes place with the young person. Every six weeks, the young person, their family, or carers are invited to come and review the plan of care. Young people can also request family or carers and an Advocate to attend these meetings.

Every young person has different needs and the plans of care cover:

- Mental health
- Developmental needs
- Physical health
- Risks
- Education, training, and meaningful activity
- Family support and functioning
- Social functioning
- Spiritual and cultural needs

Group Therapy

The Occupational Therapy (OT) department coordinate and lead the group therapy programme. This programme involves therapeutic group work and therapeutic physical activity. Groups are reviewed monthly through clinical governance to ensure there is scope to meet a diverse clinical need, dependent on feedback from the young people and clinicians.

Group work offered includes:

- Relaxation Group
- Coping Skills
- My Recovery
- Café Peer Trip
- Wellbeing
- Physical Activity
- Community Meeting



Admission Criteria

- Primary diagnosis of an eating disorder – Anorexia Nervosa, Bulimia Nervosa, Avoidant Restrictive Food Intake Disorder, other specified feeding or eating disorder
- Aged 12 to 18 years (up to 18th birthday)



If you would like to know more about Bere 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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To view our video tour, please visit elysiumhealthcare.co.uk

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