

Arbury Court

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Overview of the Service

Arbury Court provides Medium and Low Secure Care and Psychiatric Intensive Care (PICU) for women with mental health problems or who have received a diagnosis of Personality Disorder (PD). Each service within the site has a unique focus ensuring that the needs of all women can be met. Patients can move through services as their needs change, to focus on the next step in their recovery journey.

Model of Care

We offer a personalised assessment and recovery-based treatment pathway for women with complex needs. Using the rehabilitation and recovery treatment approach we ensure that care is focused on the person rather than their illness. Recovery principles underpin this.

We seek to create an atmosphere of hope and optimism where we work in partnership with our patients. Our Multidisciplinary Team (MDT) provide a highly structured approach, to support patients in the early phase of their treatment which changes and modifies as each patient moves along the care pathway.





“Given strength and courage
With problems I would share.
To smooth a troubled life
By those who truly care.”

A poem by a patient at Elysium Healthcare

Admission criteria

- Women aged 18 years and over
- Detained under the Mental Health Act 1983
- Assessed as suffering from a mental illness and/or PD
- May have a mild to moderate learning disability with co-existing mental illness and/or PD
- Have complex mental health needs
- May have a history of offending, substance misuse problems and/or trauma
- May have chronic and on-going physical healthcare requirements
- Require a period of treatment and active rehabilitation
- Cannot be managed/supported in their own environment, open acute ward or the community

Outcome and risk measures used

Arbury Court uses a range of outcome measures that link in with My Shared Pathway recovery journey including Health of the Nation Outcome Scales (HoNOS) Secure. Offending behaviour and related risks are regularly recorded through specific, evidence-based interventions, such as HCR-V3 and START that include insight, treatment compliance and relapse prevention.

Care Pathway

Due to the service offered at Arbury, we can offer many opportunities for patients to step down within the service, with the added benefit of a consistent clinical team.

Environment

Arbury Court is a modern, spacious facility with extensive grounds for the patients. There is a dedicated occupational therapy and activities area, with a patient shop, gymnasium and salon. Each patient has a private en-suite bedroom, which can be personalised. Individuals take an active role in the day-to-day working of the hospital through participation in meetings, staff recruitment, peer support and volunteering in various vocational work roles within the hospital and the local community.

