



Facilities

All individuals have their own en-suite bedrooms. Facilities for daytime activities and recreation include a training kitchen, classroom, an art/group activity room, woodwork shop, a large lounge, conservatory with pool table and table tennis, and a garden area which incorporates a horticultural project, with a poly tunnel and opportunities for the patients to grow fruit and vegetables that they will later be using in meals that they prepare. This provides opportunities for health education, as well as the satisfaction of eating something that you have grown yourself. We are also in the process of buying chickens.

We have developed close links with the local community to aid individual development through work experience, education and opportunities to use local facilities such as the library and sports and leisure facilities.



Admission Criteria

- Men over the age of 18 years
- Detained and informal men with or without offending histories who benefit from recovery based programmes
- Admissions can be accepted from a range of settings including secure hospitals, psychiatric intensive care units and the community
- Individuals with a degree of dependency relating to mental health, physical health and mobility needs, for whom quality of life is a primary feature of care needs
- Individuals in the community, whose community placement has broken down due to deterioration in mental health, behavioural problems, or crises in personal, domestic and family circumstances. Certain individuals with mental health needs may have just been released from prison or are deemed to be inappropriately placed in a probation/re-settlement hostel.

Further information and referrals

For further information, to arrange a visit or to make a referral, please contact: Emma Rusling, Referrals Manager Tel: 01684 571 000 Email: erusling@partnershipsincare.co.uk or by contacting the PIC 24 hour referrals helpline on 0800 218 2398.

0510



Specialised mental health recovery and rehabilitation services



Abbey House

Abbey House

Abbey House provides a locked specialised mental health recovery and rehabilitation service. The unit has 17 en-suite bedrooms and a range of therapy facilities within its own grounds in the village of Malvern Wells in Worcestershire.

Service Aims and Objectives

Abbey House offers treatment and rehabilitation for men with enduring mental health difficulties. The service provides a therapeutic focus on

learning new skills and the maintenance of skills necessary for community living, as well as promoting independence and improving the individual's quality of life.

Treatment Programmes

Programmes of care are individually designed for each person's specific needs. The unit utilises the Recovery Approach with nursing care being built around the Tidal Model, a process of person centred care, the underpinning philosophy of which is that people can recover their lives.

The above philosophy is reinforced by actively involving patients in the evaluation of their progress via the Recovery Star.

Mental Health Recovery Star

Since January 2010 we have been working with our patients and staff to implement the Recovery Star (see fig. 1).

The aims of treatment programmes, the philosophy of care and the range of activities that the unit offers can be broadly divided into the following four areas:

- Social Inclusion and tackling stigma
- Patient and Carer empowerment
- Promotion of opportunities for a normal pattern of daily life
- Effective patient assessment and care pathways.

Programmes of care are delivered in partnership with patients with the support of an experienced multidisciplinary team, which includes nursing staff, both registered and non-registered, an occupational therapist, an occupational therapy technician, an adult tutor, clinical psychologists, a social worker and consultant psychiatrists.

The care programme approach promotes active patient and carer involvement in the treatment process, strong inter-agency working, the identification of a key worker in the individual's Local Authority and Primary Care Team, and the development of a clear care pathway for each patient.

Abbey House has developed a 'Treatment Time Line Framework' which sets out the treatment and assessment interventions that will be in place from the point of a patient's first admission to the service, up to the date of their first CPA meeting.

Recovery Group

Part of the therapeutic programme at Abbey House is the Recovery Group. This encourages individuals to self direct the group to discuss topics that would be beneficial to their personal recovery.

It aims to assist them to overcome the negative impact of their illness. It encourages personal development and a sense of control of their lives and has proved to help reduce incidents of self harm and verbal aggression.

Care plans

Individually designed care plans, which are developed with each patient, incorporate personal strategies for recovery, including personal goals and small achievable steps, and not only tackle negative symptoms of mental ill-health but also focus on the physical health needs of the patient.



Fig. 1

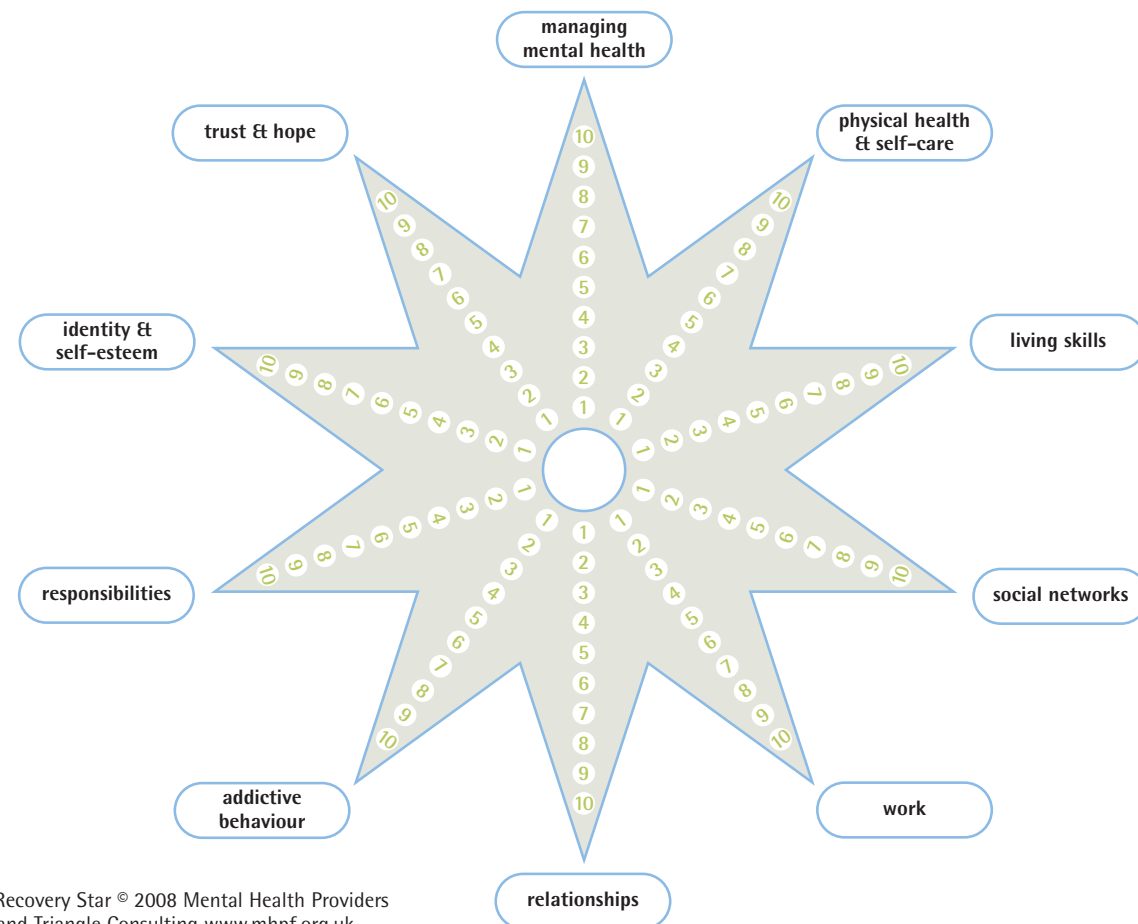


Fig. 1 Recovery Star © 2008 Mental Health Providers Forum and Triangle Consulting www.mhpf.org.uk