

A circular photograph showing two women sitting outdoors and gardening. The woman on the left is wearing a grey t-shirt with a butterfly design and a necklace with a cross. The woman on the right is wearing a striped sweater and a necklace with blue beads. They are both looking at a plant in a planter box. The background is a wooden fence.

Oaktree
Manor
Women's
Services
Essex

Enabling and
supporting recovery

Central Referrals 0800 218 2398
www.partnershipsincare.co.uk

Partnerships in care
Changing lives for the better

Oaktree Manor Women's Services

The Forge is an eight bed low secure unit for women with learning disabilities. This service offers a unique opportunity to provide a comprehensive recovery model of care for women with complex needs within a low secure environment.

The service

Our service provides a holistic gender sensitive approach which has been adapted to meet the needs of women with a learning disability. The approach is provided by a consistent team of trained clinicians providing a clear pathway of care that facilitates a patient's recovery through all stages of security and includes the following range of interventions based on assessment of clinical needs.

- Risk management – environmental risk analysis
 - chronology of significant risk history
 - controlled exposure
- Behaviour programmes – behaviour modification
- Individual or group based therapeutic programmes within the Cognitive Behavioural Therapy model including:
 - impulse control including anger management
 - anxiety management
 - self awareness/ insight therapy
 - sexual health
 - problem solving
 - social skills training and self esteem issues

- loss and bereavement
- index offence work and relapse prevention
- strengths based rehabilitation towards an on site step down service

The service is supported and guided by a designated responsible clinician and a chartered clinical and forensic psychologist.

The client group

Women within the age range 18 years and over who have complex needs including a learning disability and who present with significantly challenging behaviour problems. The fundamental philosophies of Partnerships in Care (PiC) are underpinned by a drive towards recovery where individualised self determination and autonomous decision making is encouraged at the patients pace of readiness.

Full assessment package

All potential patients are assessed for multi axial diagnosis, psychological formulation and risk using a variety of standardised assessment tools. Patient's needs are coordinated using the Care Programme Approach (CPA).

We actively engage patients who have capacity, their carers and purchasers in the process to ensure holistic engagement and involvement in the process.

Full patient timetables

An individually designed treatment plan is complimented by the services of the Oaktree Centre. All our patients are offered a minimum of 25 hours per week of meaningful activity sessions. Both on-site and

community activities such as education, vocational and social skills training and recreation are offered. The Oaktree Centre has recently attained ASDAN validation for the provision of educational programmes and patient engagement activities.

Effective and timely discharge planning will involve collaborative liaison with family commissioners, proposed new providers and/or community rehabilitation teams. This planning gives the focus of ensuring that the patient's independence and skills attained during the programme at OTM are transferred safely and in a sustainable manner to the home, community and work place, upholding PiC's philosophy and focus on the recovery model and patient empowerment.

Making a referral

Following a referral, a date for assessment is given within 48 hours.

For further information or to make a referral, please contact Lisa Bradshaw-Bartlett on 07912 395279.

