

# The Dene West Sussex



Enabling and  
supporting recovery

Central Referrals 0800 218 2398  
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# The Dene



The Dene near Hassocks, West Sussex provides medium and low secure services for men and women with mental illness, personality disorders and/or mild learning disabilities.

## Service aims and objectives

The Dene caters holistically for each patient's needs, identifying and addressing their psychiatric, psychological, social and physical health needs.

Our aim is to enable the patients to achieve their optimum level of functioning, using the principles of the recovery approach to engage with the patients to develop their goals and future plans.

Every patient's journey begins with a comprehensive and detailed admission assessment that provides a clear understanding of their strengths, needs and risks.

The service admits patients who, by the nature of their mental disorder and risk behaviours, are deemed to require care and treatment either in the medium or low secure services provided by The Dene.

## Treatment programmes

The Dene offers excellent clinical services and a flexible care pathway to enable recovery from mental health problems and management of a variety of risk behaviours associated with mental illness, personality disorders, mild learning disabilities, developmental disorders, history of trauma or abuse, or substance misuse problems.

Our individual and group therapy programmes promote each patient's awareness, understanding and



management of their own mental health problems. Our services are underpinned by the recovery approach and we work in full partnership with each patient to develop a shared understanding of their current position and a collaborative plan to achieve their future goals.

There is a high staff to patient ratio, including nurses, psychiatrists, psychologists, social workers, occupational therapists, teachers, security staff, sports and fitness facilitators and primary care staff.

## Facilities

The hospital is set in 11 acres of beautiful Sussex countryside with extensive educational, occupational and sporting facilities, including a sports hall, tennis court, swimming pool and gymnasium. Creative activities are available within an art room and various therapy rooms. Patients have use of practice kitchens.

Our medium secure unit comprises a number of wards for women with personality disorder; mild learning disability and mental illness.

We also have a low secure service for men and women. We have two gender specific low secure wards for patients with personality disorder, mild learning disability and mental illness. Each ward has an extra care area as well as a rehabilitation and recovery area, providing a pathway responsive to the needs of patients at various stages of their recovery journey. Individual recovery programmes are developed to work towards each patient achieving his or her optimal level of functioning, independence and quality of life. We seek to support the patients to become ready

for step down to non-secure settings wherever possible.

Our range of services also provide for step-down recovery and rehabilitation placements for patients ready to move on from our low secure services to Pelham Woods, Dorking for women and to the North London Clinic in Edmonton for men.

Our step-down services provide a modern safe and secure environment, with integrated occupational, vocational and recreational opportunities alongside active promotion of links with community facilities.

## Admission criteria:

- Men and women of working age
- Admissions can be accepted from a range of settings including prison, secure hospitals, psychiatric intensive care units and the community
- Men and women with mental illness, personality disorder, mild learning disability, histories of offending, substance misuse problems and trauma or any combination of any of these difficulties

## Further information and referrals

For further information, to arrange a visit or to make a referral, please contact: Roni Dickeson, MHA Manager and Referrals Administrator or Kim Hill, Regional Executive Director. Tel: 01444 231000, or by contacting the PiC 24 hour referrals helpline on 0800 218 2398.

Part of the PiC South East care pathway with Pelham Woods (female) and Tennyson House at North London Clinic (male)

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