



The
Spinney
Rehabilitation
Services
Manchester

Enabling and
supporting recovery

Central Referrals 0800 218 2398
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The Spinney Rehabilitation Services

The rehabilitation mental health services at The Spinney offer treatment and rehabilitation in a locked facility for men with enduring mental health difficulties. The service consists of three beds and provides a therapeutic focus on learning new skills and maintaining existing skills necessary for community living, as well as promoting independence and improving quality of life.

Service Aims and Objectives

- To provide a patient-centred approach with a focus on empowering individuals by developing their independence and self-management, and ultimately recovering their lives
- To provide a positive model of care, incorporating RAID® techniques and pro-social modelling to motivate and encourage individuals
- To enable patients to achieve their optimal functioning.



Rehabilitation, Recovery and Relapse Prevention

As with any model of care, there are central principles, which underpin it. These include the principles of recovery and positive psychology, with an emphasis on the stress-vulnerability model for patients diagnosed with psychotic disorders.

Treatment interventions focus on helping patients identify and manage symptoms of mental disorder, develop inter-personal skills, reduce symptomatic distress, achieve recovery-orientated goals resulting in optimised functioning. Care is aimed at enhancing patients' quality of life and optimising strengths, in order to achieve risk reduction. This model of care is also underpinned by the therapeutic environment.

The milieu aims to provide a low expressed emotion environment, which supports the processes of stabilisation and recovery. This is achieved by maintaining consistency, modelling appropriate problem-solving skills and dealing with distress in a systematic, but empathic manner.

Admission Criteria

Patients are:

- Adult males (18 to 65 years) detained under the Mental Health Act 1983, with or without offending histories
- Diagnosed with mental disorders requiring an integrated programme of rehabilitation.

- From a range of settings; including prisons, secure hospitals and the community.
- Mentally and behaviorally stable enough to demonstrate low risk
- Not considered to be of a high risk of violence to themselves or others, or of absconding.
- Individuals who have demonstrated motivation to improve their independent living skills and who actively engage in a programme of rehabilitation.
- Men who have had a period of Section 17 leave without incident
- Individuals in the community, whose community placement has broken down due to deterioration in mental health, behavioral problems, or crises in personal, domestic and family circumstances.

Further Information and Referrals

For further information, to arrange a visit or make a referral, please contact: Zoe Elms, Referrals Manager
Tel: 01925 400 645/07825 050 817
Email: zelms@partnershipsincare.co.uk
or contact the PiC 24 hour referrals helpline on 0800 218 2398.

