

# The North London Clinic and Suttons Manor



Services for men  
with mental illness  
and/or personality disorder

Central Referrals 0800 218 2398  
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# Services for men with mental illness and/or personality disorder

## Suttons Manor

Suttons Manor, located in Romford, Essex offers purpose built medium and low secure services for men. Suttons Manor delivers therapies and care pathways to enable recovery from mental health problems and personality disorder. The optimum length of stay of 24 months from medium to low security incorporates the recovery star model from point of admission through to discharge. This enables the model to be followed with the home treatment team.

## The North London Clinic

The North London Clinic provides referrers and commissioners with an expanded London based pathway of care for male patients. Services provide mental health care in three key areas: acute admissions/Intensive Assessment and Treatment Service (IATS), specialist personality disorder services and supported recovery services. The North London Clinic has adopted the recovery star approach within the recovery service and is implementing this throughout the specialist services to aid transition and enable discharge through to lower levels of security.

## Treatment programmes

Our multidisciplinary teams ensure the continued delivery and development of psychological interventions, including:

- 14 week Intensive Assessment and treatment Service (IATS)
- SOTP
- Life Minus Violence
- CBT
- Psychology Assessments
- Crisis Management
- Anger Management
- Offending Behaviour Programmes
- Substance Misuse programmes
- Education
- Occupational Therapy community based programmes



## Facilities

- Large light communal areas
- Dedicated on and off ward therapeutic areas
- Gymnasium / Fitness areas
- Computer suites and educational facilities
- Patient Library
- Attractive grounds



# Specialist secure services

## Acute admissions/IATS

Primarily (but not exclusively) a service for those on bail, remand and sentenced prisoners detained under the Mental Health Act, IATS provides a comprehensive and flexible assessment service for any patient for whom questions of diagnosis, treatability, appropriate treatment and placement need to be answered.

The care pathways within the service meet the needs of patients exhibiting significant symptoms of mental illness, or for those who are thought to have significant personality pathology but for whom the complex nature of their presentation requires a period of assessment using validated and evidenced based tools. The care pathway enables appropriate assessments, intervention and timely decision making. Assessment of motivation and capacity to engage will also inform possible placement and/or treatment options. This service also offers crisis management that can be incorporated within IATS or over a longer period should the commissioners require.

## Specialist personality disorder (PD) services

The specialist PD services provide an intensive treatment service for men with histories of sexual offending or significant inappropriate sexual behaviour. The service provides a secure environment; both psychologically and physically, to explore aspects of offending behaviour, through the assessment, treatment and management of patients with such difficulties.

Through the use of a variety of therapeutic approaches the multidisciplinary team provide a dynamic and continuous assessment of risk and management. Promoting a positive, optimistic attitude, with the expectation that patients will succeed rather than fail. Patients will be supported to develop and reach their full potential through flexible, individualised care plans utilising the Care Programme Approach.



## Medium secure rehabilitation

The service caters holistically for each patient's needs considering their psychiatric, psychological, social and physical health needs. There is a high staff to patient ratio including nursing, psychiatry, psychology, occupational therapy, social work, sport and fitness instructor as well as primary care. Recovery is an integral part of the service and promoted at the point of admission through to discharge. Maintenance of existing, and promotion and development of new skills, help to achieve an optimum level of functioning that is designed to facilitate movement through to lower levels of security and recovery services as quickly as possible.



# Specialist recovery services

## **Suttons Manor low secure recovery service**

Suttons Manor low secure recovery service uses the recovery star approach at the heart of the planning and delivery of its service. The 12 bedded service is a natural progression from the medium security service based on the same site. The multidisciplinary team follows the patient through the service to the point of discharge and actively encourages positive risk taking to ensure that patients within the service are actively working towards discharge from the point of admission. There are good community links that are accessible to the patients and access to these are actively encouraged and facilitated to aid transition through to discharge to a variety of different follow on options.

## **Tennyson House recovery service**

Tennyson House offers locked rehabilitation in an urban setting. An early adopter of the recovery star approach which underpins all therapeutic engagements. Patients are supported by a full multidisciplinary team. With a busy community on its doorstep residents

are able to engage with a huge range of community resources that support the recovery process. The service is located within the grounds of The North London Clinic and provides an opportunity to develop independence whilst still having access to a full multidisciplinary team where needed. The service is divided into flats which each have three or four beds and a separate living room and kitchen area.



# Referrals

Referrals are considered for male patients aged 18 and above who suffer from severe mental illness and/or personality disorder.

All patients referred to PiC services in the London region will be assessed before admission. All PiC hospitals operate the Care Programme Approach and are committed to close working relationships with all relevant agencies significant to patient's care and treatment.

## Independent advocacy

An independent advocacy service is available at The North London Clinic and Suttons Manor through a contract with Rethink. The advocates are experienced in working with patients with mental disorders.

The overall objective of the advocacy service is to enable patients to promote their opinions, through listening to, recording and reporting their views.

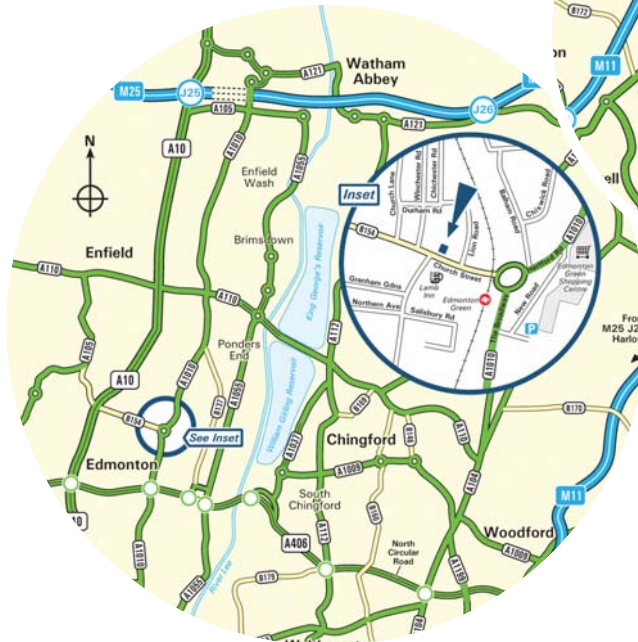
## Quality

The North London Clinic and Suttons Manor work within the structure of clinical governance to deliver a high quality of care to patients.

It is the policy of the units to deliver the highest quality of service to its customers and this is underpinned by a number of initiatives. The services have developed a quality framework, which reflects that of the NHS. The Medical Director will support and supervise clinical governance activity.



## The North London Clinic



## Suttons Manor

For further information or to arrange a visit, please contact:

### The North London Clinic

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To make a referral please contact:

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