

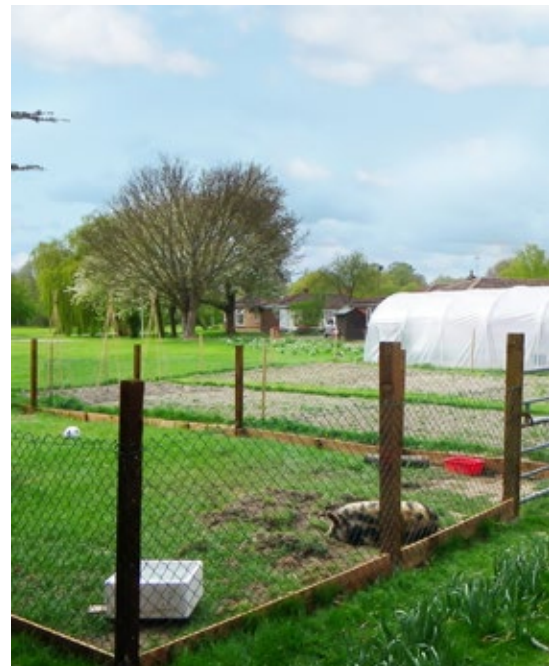


# Partnerships in Care

Part of the Priory Group of Companies

# Kneesworth House Hospital

Rehabilitation and Recovery services



A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT

The Rehabilitation and Recovery service at Kneesworth House Hospital offers comprehensive specialist support designed to treat both men and women with complex mental health needs.

We provide gender specific locked and open rehabilitation services across one site for which there is a key focus on developing skills for independence, supporting patients to understand their own relapse prevention strategies and reintegration back into community settings.

The service is offered over a generous 48 acres of land and has numerous resources on site including a gymnasium, tennis courts, patient shop, patient led café, farm, social club and adult recreational centre.

## Services for male patients

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**Nightingale Ward** is a 17 bed locked rehabilitation service for patients who may be more acutely unwell on admission and require support with intensive medication reviews, in addition to risk reduction management.

**Worham Ward** also has 17 beds, and offers locked rehabilitation to patients who may have severe and enduring illness and may require a low stimulus environment. We have a particular focus on supporting with daily living skills and preparation for discharge to the community.

**The Bungalows and Swift House** are 4 bed open wards which provide support in less restrictive environments and allow for positive risks to be taken to support a patient to be formally discharged from hospital. Patients in the bungalows are encouraged to self-cater for themselves and self-administer medication.



## Services for female patients

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**Fairview ward** is a 6 bed locked rehabilitation setting which supports patients with their recovery within a low stimuli homely environment, with additional security of a locked front door.

**Bungalow 65** is a 4 bed open ward which again provide supports to patients in a less restrictive open environment and allows for positive risks to be taken before a patient returns to the community.



## Offering a full multi-disciplinary team

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All wards within the service work using collaborative risk assessment and relational security and have access to a full multi-disciplinary team including:

- **Responsible Clinicians**
- **Psychologists**
- **Occupational Therapists**
- **Nurses**
- **Health Care Workers**
- **Teachers**
- **GP's**
- **Physical Health Nurses.**



## Real and voluntary work opportunities

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- Real and voluntary work opportunities aim to develop pre-employment process skills including CV workshops, application support, interviews with formalised feedback and training relevant to the role such as Health and Safety or Manual Handling. Roles are available on a 3-monthly basis
- Patients are encouraged to participate in real work and vocational opportunities on site (both paid and unpaid) for which current roles include hospital newsletter editor, Peer Plus Leads, staff interviewers, working at facilities such as the farm and café and being part of the patient council which reports to the Hospital's Clinical Governance forum.
- The hospital is registered with OCA accreditation which enables patients to be able to undertake national academic qualifications on site such as English and Maths GCSE's and A' Levels.

## Clinical Therapies

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Kneesworth House Hospital offers a wide range of clinical therapies, based on individual needs assessment. Therapies are delivered both individually and on a group working basis and include:

- **Cognitive behavioural therapy (CBT)**
- **Schema focused therapy**
- **Substance misuse treatment programmes**
- **Management of sexual problematic behaviour programme: Developing New Me Part I foundation Programme**
- **Management of sexual problematic behaviour programme: Developing New Me - Staying Strong Part 2 Offence focused treatment programme and; Part 3 Maintenance Group Programme**
- **Fire setting offence behaviour programme: Developing New Me Part I foundation Programme**
- **Fire setting group programme: Part 2 treatment programme**
- **Hearing voices group**
- **Art psychotherapy**
- **Positive Behaviour Support Plans**

All patients admitted to the service are offered a 12 week individualised treatment timetable, which includes a range of clinical therapies which is subject to a full review at quarterly intervals throughout the year to review effectiveness from both the patient and MDT's perspective. Patients are invited to chair their own CPA meetings and are supported with this by their MDT's.

## Recovery Toolkit

Each ward has a full recovery toolkit comprising of a range of programmes aimed at supporting the patient throughout their treatment and towards discharge.

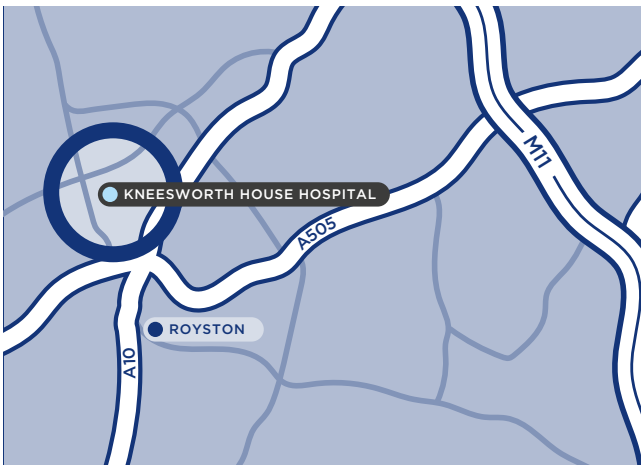
Recovery toolkits include, amongst others:

- **PATH Nav - a newly established patient focused recovery tool, maximising the patient's input into their care and treatment on a daily basis**
- **WRAP (wellness recovery action plan)**

## Admissions

Patients referred to Kneesworth House will be considered for the most appropriate service in line with their specific requirements, including:

- **Men and women aged 18 and over**
- **Those with challenging behaviours and complex forensic histories**
- **Those diagnosed with mental illness, personality disorder and/or learning/intellectual disability**
- **Those detained under the Mental Health Act 1983 and informal patients.**



## Our location

The hospital is set in its own attractive grounds of over 48 acres on the edge of Royston village in Hertfordshire. Convenient access is provided by the A10, M11 and A505, and the nearby railway station at Royston, which is on the Kings Cross to Cambridge and Kings Lynn line.

Kneesworth House Hospital, Bassingbourn-cum-Kneesworth, Royston, Hertfordshire, SG8 5JP

## Referrals and further information

To make a referral or for enquiries and further information, call us on **01763 255 700** or email **info@priorygroup.com** For support with mental health emergency placements, 24 hours a day, 7 days a week, call us on **0800 090 1356**.



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