

Ballington House is a specialist rehabilitation service for women with a Mental Illness, Personality Disorder and/or complex needs.

Positive risk taking is embedded in the service - take a look at some of the methods used to maintain this approach.

An environment that mirrors community living



Six
apartments



Safe, structured and private environment to help reinforce social boundaries



Environment facilitates **recovery** and helps patients prepare for community living

Least restrictive practice and rehabilitation from day one



Positive risk taking embedded into the **culture**



Risk items left in patient's apartment until there is a **reason** for them to be removed



Rehabilitation begins on **day one** – no waiting to access the OT kitchen on a timetable basis or for staff support

Patients responsible for their own risk



Transparent communication between the patient and their team regarding past and present risks



Patients write up own risk assessments and rationalise the different stages required to **move forward**

Leave at the earliest opportunity



Patients given leave at the **earliest opportunity**

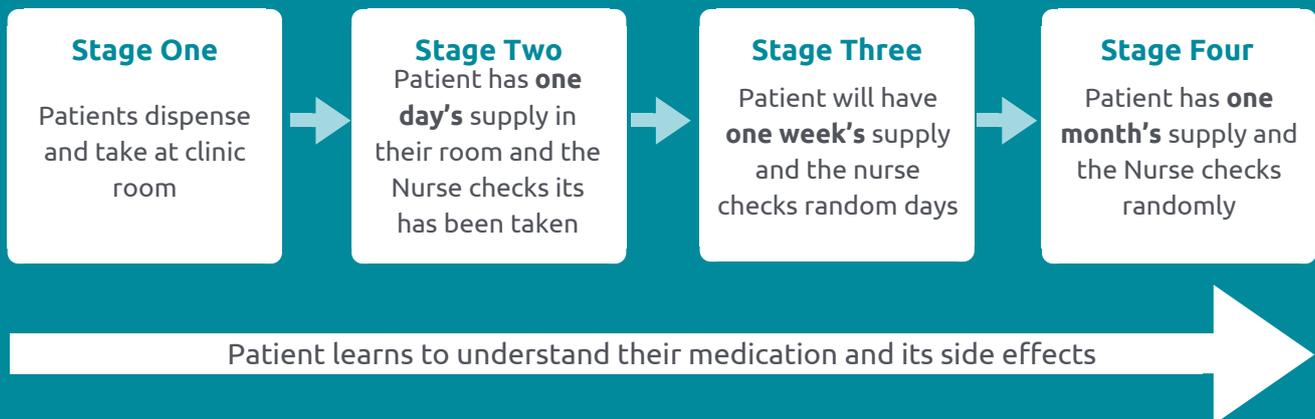


Recognition that incidents can happen on leave so leave will **not** automatically be revoked



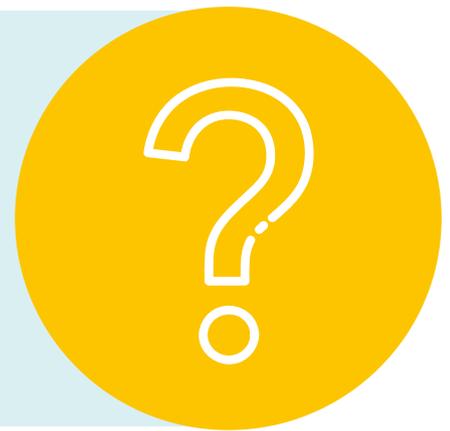
Incidents will be reviewed by the MDT and there is an expectation that the patient would **reflect and learn** from the incident

Staged approach to self-medicating



How does positive risk taking benefit service users?

- Better equips patients for life in the community
- Promotes self-reliance and encourages independence
- Builds trust and self-esteem levels
- Increases motivation and commitment levels



“Sarah* had over eighty incidents of ligation per month when she was admitted to Ballington House and she is now having none. After each incident, she had 1:1 time with staff to put a plan in place to support her to return to her normal daily routine. Staff focussed on the day as a whole, rather than just the ten-minute incident period. She attended specific group therapy to better understand why she ligatured and set her own goals for home leave and unescorted leave which provided her with an excellent source of motivation. This increased her self-worth and decreased her reliance on staff.

Now, Sarah actively discusses her risks and has taken control of her own recovery. Her self-esteem has improved so much and the team have seen her confidence grow and she is now much more assertive in MDT meetings. She has just been on a family holiday without incident.”

- Mandy Leadbetter, Hospital Director

For more information about Ballington House

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