

The Spinney

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Overview of the Service

The Spinney provides medium and low secure services for male patients who have been detained under the Mental Health Act 1983. In addition to medium and low secure services and to enhance the care pathway, patients can step down to rehabilitation outside of the secure perimeter. There is also a Psychiatric Intensive Care Unit.

Model of Care

Our aim is to achieve a period of stability for our patients with holistic assessment and carefully planned treatment regimes, so that patients can gradually be integrated back to a less secure environment or an environment that is more appropriate for their needs at that time. As such, care is underpinned by Recovery principles and patient are involved from the point of admission.

Staff at The Spinney have previously been recognised by the Association of Psychological Therapies (APT) for their ability to nurture and develop positive behaviour as an effective way to decrease disruptive behaviours; the unit was accredited as a RAID Centre of Excellence in 2016. Activities are led by Occupational Therapy patient-centred aims and objectives in order to maximise everyone's potential and well-being.





“Given strength and courage
With problems I would share.
To smooth a troubled life
By those who truly care.”

A poem by a patient at Elysium Healthcare

Admission criteria

- male patients aged 18 years and over
- detained under the Mental Health Act 1983
- assessed as suffering from a mental illness and / or personality disorder
- require intensive care due to high levels of vulnerability or risk of aggression, absconsion, self-harm and suicide

Outcome and risk measures used

The Spinney uses a range of outcome measures that link in with My Shared Pathway recovery journey including HONOS Secure. Offending behaviour and related risks are regularly reviewed using evidence-based risk assessments, such as HCR-20 V3, START and SVR-20.

A number of evidence based interventions are delivered on a group or individual basis. There are standard and adapted versions of several programmes including: Sexual Behaviour Management Programme, Emotional Regulation, Life Minus Violence, Substance Use – Awareness and Treatment programmes. There are also CBT-based clinical interventions focussing on the treatment and management of specific mental health difficulties, such as psychosis and anxiety.

Care Pathway

There are natural opportunities for patients to step down within The Spinney due to the various settings and continuity of care provided by the clinical team.

Environment

Set within the heart of a community The Spinney provides excellent facilities for patients. Each patient has their own en-suite bedroom which can be personalised. There is a fully equipped gymnasium, sports hall, swimming pool and health and fitness suite as well as education room, art and pottery workshop, computer suites, gardens and allotments.

