

Ballington House

Specialised Rehabilitation Service

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Overview of the Service

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

The service focuses on psychological input and provides specialist, evidence based interventions including Trauma focussed Cognitive Behavioural Therapy (CBT) and Compassion Focussed Therapy (CFT).

The Environment

Ballington House provides care and treatment in a unique environment consisting of five shared and two single occupancy apartments. The apartments mirror a domestic living situation and offer a safe, structured and private environment to help reinforce social boundaries. Patients have their own kitchen diner, lounge and ensuite bedroom and are encouraged to be responsible for maintaining their own living space. The environment facilitates recovery and helps patients prepare for community living.

There is a pathway approach where patients can move from the main apartments within the house to the pre-discharge apartment in preparation for community living.

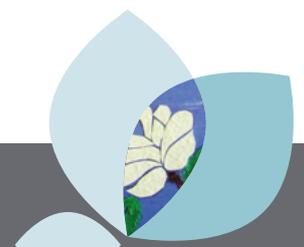
Ballington House also offers a large Occupational Therapy room and large gardens where patients can socialise with peers and take part in the many activities and social events.

Patients can use their own mobile phones to keep in touch with family and friends and have access to a unit laptop as needed.

Model of Care

Ballington House offers a unique model that combines Positive Behavioural Support (PBS) with Compassion Focussed Therapy (CFT). PBS enables patients to understand the function of their behaviours and adds the ability to share that with others in their lives, thus reducing maladaptive coping mechanisms and the likelihood of potential incidents. CFT has a focus on nurturance and compassion and supports patients to become less critical and judgemental of themselves and others.

The combination of the two models helps break down the threat system that often prevents people moving on from services and aims to develop a true understanding of the function of a person's behaviour in order to develop effective support strategies.





“The apartments represent what home could look like and they make it as least restrictive as possible. You can become more independent. Here, it’s all about getting you ready to leave.”

Patient quote

Service Aims

Ballington House aims to promote independence and recovery through continuous assessments of need and tailored treatment and rehabilitation programmes. The philosophy is one of empowerment and inclusion. Areas of focus include social networks and relationships, attachment difficulties, past trauma, responsibilities, work and relapse prevention. Staff support patients at Ballington House in working towards a successful and sustainable discharge into the community.

Community Integration and Discharge Preparation

Ballington House is located in the market town of Leek, Staffordshire and just a short walk away from the town centre where patients can access shops, cafes, leisure facilities and other community resources. Patients access the local community as soon as possible and the town provides the ideal environment for patients to participate in their local community as a core part of their rehabilitation programme.

There is significant emphasis upon accessing mainstream resources within the local community, providing patients with the opportunity to develop robust community skill. Using community resources will assist patients in generating social networks external to Ballington House that can be utilised upon discharge from the service.

A structured therapeutic programme is in place to support and enhance patient’s skills and knowledge in all areas of their daily living.

CAMHS Transitions

We are able to work with young people who are transitioning from CAMHS to adult services. Ballington House provides a three-stage pathway which includes preparatory work, a placement in the apartments within the main house and a move to the pre-discharge apartment. The team are able to facilitate preparatory ‘keep in touch’ days for three to six months with the young person prior to the transfer to make the move as seamless as possible.

The unique environment at the service is key in preventing an escalation of symptoms and behaviours that might otherwise develop in a typical ward environment.

Positive Risk Taking

There is a strong emphasis on positive risk taking at Ballington House. Patients work in collaboration with the multidisciplinary team, discussing their own risks and writing their own risk assessments. Potential risk items remain in a patient’s apartment until there is a reason to remove them. The positive approach to risk taking enables self-reliance and builds trust and self-esteem.

Outcomes

A variety of outcome measures are used to monitor patient progress including the Recovery Star, Model of Human Occupation (MoHO), Psychometric evaluation of presenting difficulties and regular incident analysis. Outcomes we expect to see at Ballington House include:

- Reduction of risk such as self-harm and management of addictive behaviours
- Preparation for successful community living and improved daily living skills
- Maintaining good physical health
- Improved self-esteem self-worth and self-compassion
- Improved self-management of mental health
- Building meaningful social networks and improved relationship building skills



Admission Criteria

- Females over the age of 18 up to 65
- Mental Illness diagnosis, including Personality Disorder
- May have a history of trauma and/or attachment disorder
- May be transitioning from CAMHS to adult services
- May have a mild Learning Disability
- May or may not be detained under the Mental Health Act 1983 (Amended 2007)
- May have a forensic history