

# Victoria Gardens

Specialist Rehabilitation Service

Victoria Road, Huyton, Liverpool, L36 5SA

**T: 0151 541 3610**

Email: [victoria@elysiumhealthcare.co.uk](mailto:victoria@elysiumhealthcare.co.uk)



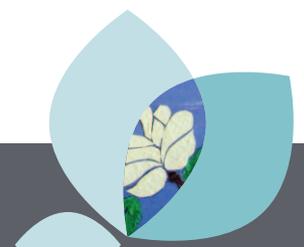
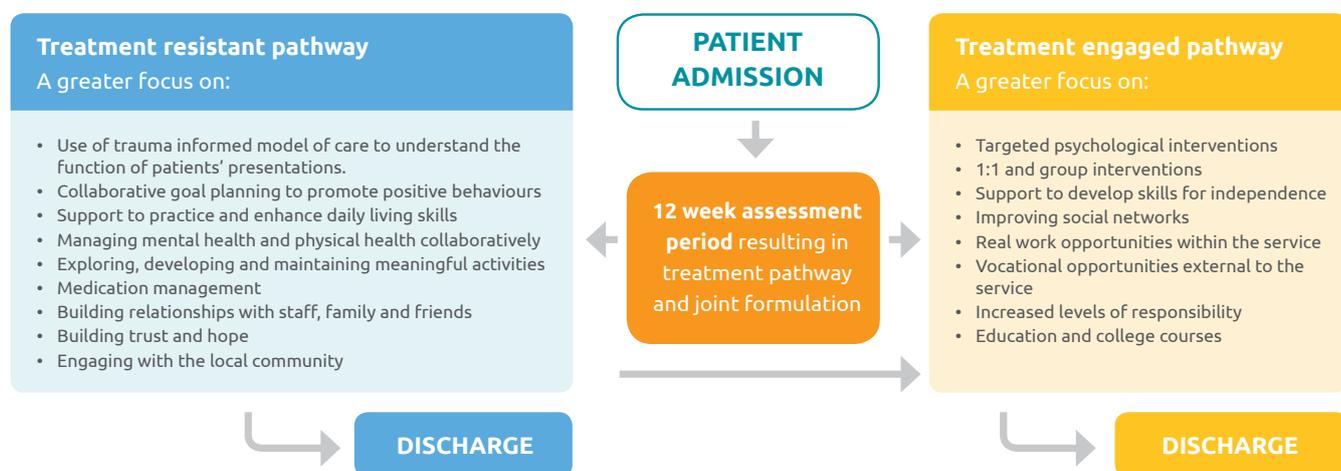
## Overview

Victoria Gardens is a specialist rehabilitation service for men and women with complex mental health needs. The aim of the service is to equip the service users with the functional and psychological skills needed for increased independence and community living. Victoria Gardens is a trauma informed service offering a strengths based approach to patient care and treatment. It aims to improve patients' experience and outcomes by understanding the impact adverse life events have had on patients' mental health and seeks to provide physical, psychological and emotional safety. Individually tailored treatment plans help patients to develop skills to enable them to rebuild a sense of control and empowerment in their lives.

## Treatment pathways at Victoria Gardens

There are two treatment pathways available at Victoria Gardens; treatment resistant and treatment engaging. The treatment resistant cohort have a greater focus on collaboratively managing their mental and physical health, improving their quality of life, building therapeutic relationships with staff, friends and family, and engaging with the local community. The treatment engaging cohort have a greater focus on targeted interventions, increased levels of responsibility and further developing skills for independence. As well as offering standard

### Working within a Positive Behaviour Support (PBS) Framework





psychological therapies, Victoria Gardens also offers a complex trauma pathway with a range of therapies on offer to address and treat past trauma, including one ward delivering full Dialectical Behavioural Therapy (DBT) and Eye Movement Desensitisation Reprogramming (EMDR). The occupational therapy department deliver a comprehensive range of interventions through 1:1 and group work. Occupational therapy intervention is focussed on skill acquisition, maintenance and development, through engagement in meaningful occupation within the community and within the hospital environment. The occupational therapy department will support the patient to set rehabilitative goals to support them to increase their independence and autonomy with independent living skills to support community integration.

## Model of Care

Our objective is to work in partnership with patients to build a programme of care focusing on recovery and rehabilitation. Patients will have the opportunity to improve their independence and prepare for life in the community. In collaboration with the patient and the clinical team, an individual programme of care and a therapeutic timetable are developed for each person. Targeted psychological interventions dependent upon patients' willingness and ability to engage are offered, which aim to address those factors that have led to a deterioration and / or maintenance of their mental health difficulties and resulting hospital admission. A range of psychological treatment is available within Victoria Gardens, including the following modalities Cognitive Behaviour Therapy (CBT), Dialectical Behavioural Therapy (DBT), Compassion Focused Therapy (CFT) informed, schema informed and EMDR. Victoria Garden's ethos is uniquely underpinned by trauma informed care. Staff are trained in understanding trauma and the impact this has had on our patient group and their mental health difficulties. A complex trauma pathway is also available to patients to address and treat past trauma.

Positive Behavioural Support compliments our trauma informed approach and enables patients to understand the function of their behaviours and enables patients to develop the ability to share that with others in their lives themselves and others. This holistic individual delivered approach helps break down the internal threat system that often prevents people moving on from services.

## Outcomes and Benefits

A range of evidence-based measures, including psychometric tools; behavioural observations; and clinical judgement, are used to measure patient outcomes.

## Admission Criteria

- Males over the age of 18 or females over the age of 50
- Primary diagnosis of Mental Illness and / or Personality disorder with: - Complex mental health needs and / or challenging behaviours (e.g. substance and alcohol misuse or history of violence)
- 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
- May be treatment resistant or difficult to engage

## Community Integration and Discharges

Victoria Gardens is located within a residential setting and ideally placed for community access and integration. This enables patients to build up links with community services and develop good social networks that they can replicate when they are discharged, reducing isolation and increasing the likelihood of a successful and sustainable discharge.

There is significant emphasis upon accessing mainstream resources within the local community and providing patients with the opportunity to develop robust community skills. The service is located in the village of Huyton, Merseyside

and is just a short walk away from local amenities. Public transport is readily available, enabling patients to develop their confidence in using the bus and train network. The location of Victoria Gardens provides the ideal place for patients to develop the essential life skills required for a successful and meaningful life in the community.

## Environment

Victoria Gardens, 37 beds, is a modern purpose built facility which provides small wards with en-suite bedrooms. Each ward has its own dining area, communal lounge, recreational area, laundry and a rehabilitation kitchen for patients to develop their daily living skills with the support of the nursing team and Occupational Therapists. A state of the art sensory room is also available to support patients with sensory integration needs.

There are four self-contained apartments which provides a step through pathway from inpatient stay to pre discharge to residential community living. The apartments have their own front door and provide a bedroom, kitchen/ lounge and private bathroom. Patients are encouraged to self-cater, manage their medication and engage with the many real work opportunities available within the local community.

