

# Ty Grosvenor

Rehabilitation Service

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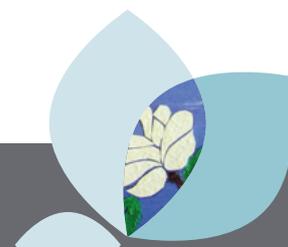
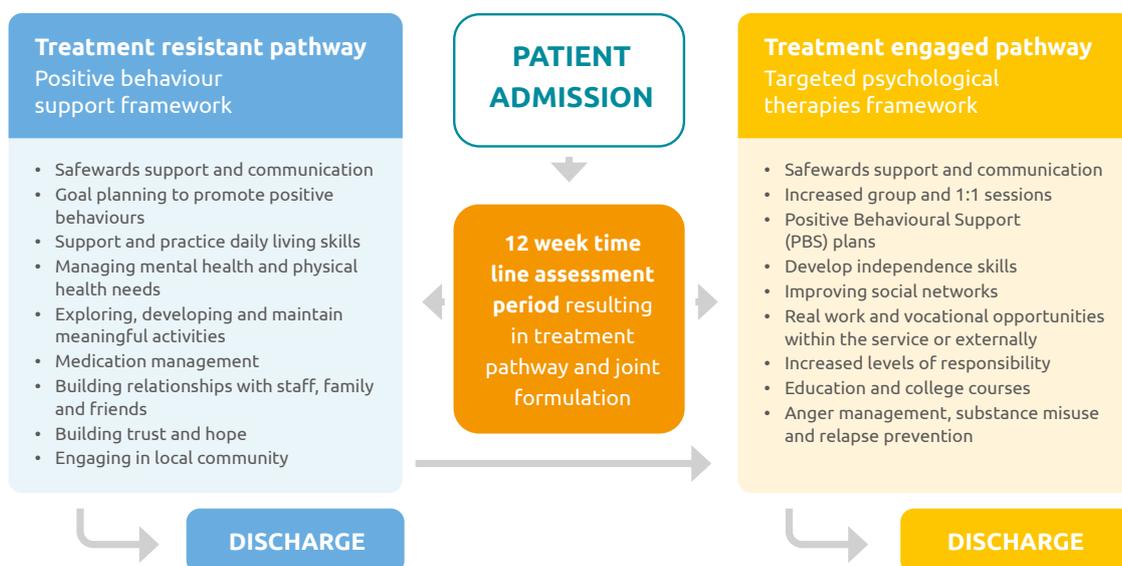


## Overview

Ty Grosvenor is a controlled community facing rehabilitation service for men and women with a mental health problems who may also have a personality disorder. The aim of the service is to equip each patient with the skills needed for community living and increased independence.

## Treatment pathways at Ty Grosvenor

The two treatment pathways at Ty Grosvenor focus on recovery and rehabilitation where patients have the opportunity to improve their independence and prepare for life in the community. Individual and collaborative therapeutic timetables are developed for each patient and individual psychological therapies are offered. There are good community links with opportunities to study at colleges, gain work experience and increase social skills.





## 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. Individual and group psychological therapies including Dialectic Behaviour Therapy (DBT) and occupational therapy sessions are offered.

Ty Grosvenor runs a 12 week DBT skills group consisting of four key areas:

- Core mindfulness skills
- Distress tolerance
- Interpersonal effectiveness
- Emotional regulation

Patients are encouraged to commit to weekly one to one sessions with an allocated DBT Therapist and have the opportunity to join the 12 week four module DBT groups and individual sessions. Additionally patients can access individual psychology sessions using eclectic therapies developed for their own needs. The focus is on independence and making the next step along their care pathway.

Ty Grosvenor has implemented the Safewards approach in order to create a positive atmosphere in which to support recovery. The ten interventions of Safewards are:

- Clear Mutual Expectations
- Soft Words
- Talk Down
- Positive Words
- Bad News Mitigation
- Know Each Other
- Mutual Help Meetings
- Calm Down Methods
- Reassurance
- Discharge Message

## The Team

Ty Grosvenor has a full Multidisciplinary Team (MDT) made up of Consultant Psychiatrist, Associate Specialist Doctor, Occupational Therapist, Psychologist, Social Worker, Nurses, Psychology Assistants, Technical Instructors and Recovery Workers. The MDT work together delivering high quality care using a variety of outcome measures to monitor progress these including the Recovery Star, Model of Human Occupation (MoHO) and regular incident analysis. Through continuous monitoring of patient progress we expect to see:

- Improvements in self management of mental health
- Effective management of behaviours
- Reduction of risk
- Maintaining good physical health
- Improved self-esteem & self-worth
- Improved self-care and daily living skills
- The building of meaningful social networks
- Engagement with work placements
- Preparation for successful community living

## Risk and Outcome Measures

Ty Grosvenor use the following outcome measures to monitor progress:

- Health of the Nation Outcome Scores (HoNOS – Secure)
- Positive Behaviour Support Plans
- START Risk Assessment
- HCR20 Assessing Risk for Violence
- EuroQol Health Status Tool
- Model of Human Occupation Screening Tool (MoHOST)
- Lester Positive Cardiometabolic Health Tool
- Occupational self-Assessment (OSA)
- Initial interview Assessment

## Community Integration and Discharge Preparation

Preparation for discharge begins at the point of admission. Patients begin their journey on one of the wards before progressing, where appropriate, to one of the self-contained apartments where they are supported to self-cater, self-medicate, engage with vocational opportunities and integrate themselves into the local community before being discharged. Emphasis on accessing mainstream resources within the local community provide patients with the opportunity to develop community skills.

## Environment

Ty Grosvenor is located in Wrexham, North Wales and just a short walk away from the town centre, cafes and restaurant, leisure facilities and local colleges. The service has two small wards both with en-suite bedrooms. There is a large dining area, lounge and a communal recreation area, complete with a pool table. There are two large occupational therapy rooms where patients can access a computer, attend employment workshops or engage in group therapy and leisure time. There is a rehabilitation kitchen and access to an enclosed garden area. WiFi is available throughout the building and patients have access to technology as a learning, social and leisure resource. Both wards have an extra care suite with an en-suite bedroom and private living area, allowing access extra support in a low stimulus environment if needed. The two bed apartments allow patients to further develop their independent living skills.

## Admission Criteria

- Men and women over the age of 18
- Primary diagnosis of mental health problem
- Informal or detained under the Mental Health Act 1983 (amended 2007) or Mental Capacity Act
- Secondary diagnosis of personality disorder, mild learning disability, substance misuse disorder or a forensic history

Ty Grosvenor accepts referrals from the NHS, Local Health Boards or community settings and assessments can be arranged within 72 hours.

