

# Sturt House

Mental Health Rehabilitation Service for Men

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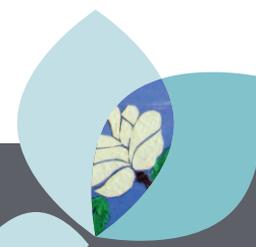
## Overview of the Service

Sturt House is a recovery focused, rehabilitation unit providing specialist mental health treatment for male service users aged 18 and over. The service specialises in individualised care and treatment using least restrictive and safe practices to support individuals in their recovery.

Sturt House is committed to delivering a high standard of person-centred care, with the service user supported to be actively involved in the development and review of their treatment and pathway in accordance with their own abilities.

## Care Pathway

The treatment and therapeutic programme is run on a 12 week schedule, ensuring the therapy and treatments on offer are relevant to and adapted to the needs of each individual. Each service user has an individualised treatment plan and therapeutic timetable. Care pathways at Sturt House comprise of two streams, starting from admission where the service user requires extra support to pre-discharge where they are experiencing independent living in a supportive environment.



“Recovery is important  
There will be no regret.  
With every step I take  
My needs are really met.”

A poem by a patient at Elysium Healthcare

## Model of Care

We follow a person-centred recovery focused model of care, created to meet the needs each service user. Treatment needs are identified from the pre-admission assessment process with the care pathway formulated in collaboration with the service user. From the point of admission discharge planning is underway with individuals actively involved including setting goals and timeframes for discharge. This helps people to be aware of what they need to do to achieve their recovery goals. All care pathways are MDT led with a holistic focus that ensures all aspects of the service users needs are catered for.

We feel that the important factors for recovery, include:

- Good therapeutic relationships
- Mental health recovery and relapse prevention
- Physical health and wellbeing
- Overcoming problem and risk behaviours
- Recovery from substance misuse
- Developing and enhancing coping skills and strategies
- Setting clear goals for recovery through independence and empowerment
- Making feasible plans for the future
- Social inclusion and community engagement
- Real work opportunities both on-site and in the community
- Education and learning life skills.

## Outcomes

We measure the effectiveness of what we do through the audit of our pathways, achievement of goals set at CPA meetings, Individual Care Reviews, service user and carer surveys, audits, and from the feedback from care coordinators, Clinical Commissioner Groups (CCGs), our regulators and other professionals involved.

Outcomes we expect at Sturt House include:

- Reduction of risk and problem 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 including a comprehensive relapse prevention plan
- Building meaningful social networks and improved relationship building skills

## Environment

Each service user has a private, spacious en-suite bedroom which they are encouraged to personalise. There are three additional studio apartments, each with a small kitchen, lounge and bedroom area. The wide range of facilities include a laundry room, occupational therapy kitchen and other therapy spaces. The recreational areas include lounges, pool and table tennis tables, games areas and computer access. There is an enclosed garden and large grounds for outdoor activities.

Sturt House is located near the small town of Tadworth and the larger town of Reigate. There are travel links via bus and the local train stations link well with London stations.

