

Field House & Apartments

A blended rehabilitation service for women

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Overview of the Service

Field House and Apartments is a specialist service for women with a Mental Illness and/or Personality Disorder and a history of trauma and/or attachment disorders. The service offers a blended model of rehabilitation that combines a traditional rehabilitation environment with single and dual occupancy apartments, to provide a seamless care pathway for women. There is a strong emphasis on positive risk taking which enables self-reliance and builds trust and self-esteem.

The service focuses on psychological input and provides specialist, evidence based interventions including Trauma focussed Cognitive Behavioural Therapy (CBT) and Compassion Focussed Therapy (CFT). There is significant staff expertise in early life trauma and attachment disorder, helping the service user make sense of a trauma history.

Model of Care

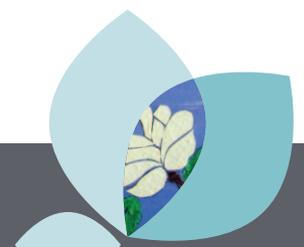
The service offers a unique model that combines Positive Behavioural Support (PBS) with Compassion Focussed Therapy (CFT). PBS enables patients to understand the function of their behaviours and adds the ability to share that with others in their lives, thus reducing maladaptive coping mechanisms and 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. The model aims to develop a true understanding of the function of a person's behaviour in order to develop effective support strategies.

Outcomes

Outcomes we expect to see include:

- Reduction in trauma symptoms
- Effective management of behaviour
- Reduction of risk such as self-harm and management of addictive behaviours
- Building meaningful social networks and improved relationship building skills
- Increased responsibility for a structured day and maintaining individual wellbeing
- Improved self-esteem, self-worth and identity
- Improved self-care and daily living skills
- Engaging with work placements or other vocational opportunities
- Increased ability to trust and build hope





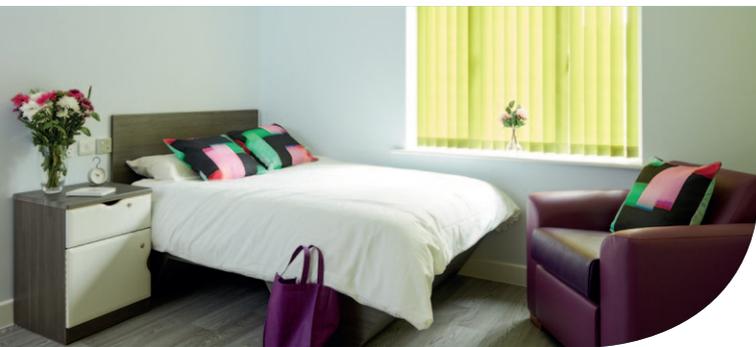
“I’ve only been here for five months and we are looking at tenancies with support for me when I leave here. I’m hoping to be discharged in the next couple of months. I’m excited about my future now.”

Patient quote

Community Integration and Discharge Preparation

Field House and Apartments are located in the market town of Alfreton, Derbyshire and just a short walk away from the town centre where patients can access shops, cafes, leisure facilities and other community resources. The town provides the ideal environment for women 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 Field House that can be utilised upon discharge from the service.



The Environment

The service is split into two different environments to enable patients to progress through a seamless care pathway.

Field House offers eight ensuite bedrooms split over two floors. The bedrooms on the ground floor are suitable for women who have higher levels of need and more complex risk profiles. The first floor is dedicated to patients who are

progressing well in their care pathway and preparing to make a move into either Field Apartments or a community location. There is also a large multi-purpose room, low stimulus room, a dedicated visitor’s room and a rehabilitation kitchen that is modelled on a domestic kitchen. Patients will be supported to build up skills in order to self-cater.

Field House Apartments consists of single and dual occupancy apartments that replicate a realistic community living environment. The apartments 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.

WiFi is available throughout both buildings and patients have access to technology as a learning, social and leisure resource.

Admission Criteria

- Females over the age of 18
- Mental Health or Personality Disorder diagnosis
- May have a trauma history
- May have an attachment disorder
- 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

