

Bromley Road

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Overview of the Service

Bromley Road is a complex care rehabilitation service for men and women with a mental illness and a history of substance misuse and/or trauma. The service is situated in Catford, London and just a short walk away from shops, cafes and leisure facilities. Patients have access to a wealth of community projects including peer support projects, recovery colleges, music programmes, art networks and volunteer work programmes. The location provides the ideal environment for patients to participate in the local community as part of their rehabilitation.

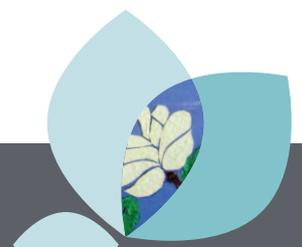
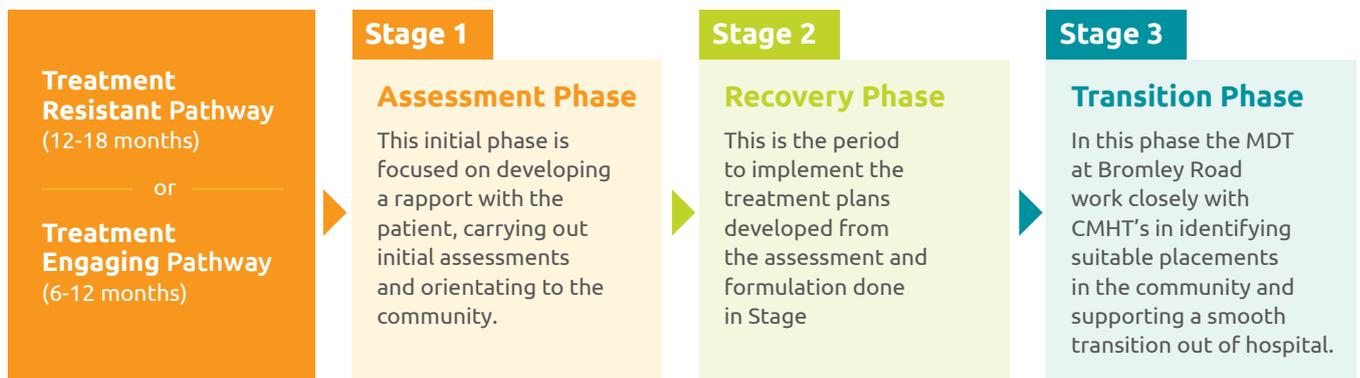
Treatment Pathways at Bromley Road

There are two treatment pathways available at Bromley Road; treatment engaging and treatment resistant. Each pathway is based on a three-stage model of assessment, recovery and transition. The treatment resistant cohort have a greater focus on collaborative management of the patient's mental and physical health, building relationships with staff, friends and family and engaging in the local community. The treatment engaging cohort have a greater focus on targeted interventions, increased levels of responsibility and further developing skills for independent living.



The team at Bromley Road have provided fantastic care and treatment for my patient. The communication has helped tremendously when planning for his discharge and he has been in his new placement in the community for four months. The Bromley Road team have played a huge role in this being possible.

Referrer





Treatment and interventions at Bromley Road include:

- Cognitive Behavioural Therapy (CBT) for Psychosis
- Trauma focussed work
- Substance misuse and recovery work
- Anger management
- Offence related work
- Psychoeducation focussing on self-perception and self-esteem, treatment adherence, family relationships and social networks

Outcomes

At Bromley Road, we aim to focus on individual needs and meaningful outcomes that are specific to each person. Outcomes we expect to see include:

- Reduction of risk behaviours
- Building meaningful social networks and improved relationship building skills
- Improved self-management of mental and physical health
- 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



Community Integration and Discharge Preparation

The service works with each patient to ensure they have the skills they need for a successful and sustainable discharge and focus on skills such as budgeting and money management, cooking skills, road safety and specific relapse triggers.

There is significant emphasis upon accessing mainstream resources within the local community, providing patients with the opportunity to develop robust community skill and develop social networks external to Bromley Road that can be utilised when the patient is discharged.



Admission Criteria

Men and women who:

- Are aged 18+ years
- Are detained under the Mental Health Act 1983, amended 2007
- Have a primary diagnosis of severe and enduring mental illness
- Have typical diagnoses that include Schizophrenia including treatment resistant, Schizoaffective disorder, Depression
- Have a secondary diagnosis that includes complicated alcohol, drugs and substance misuse, behavioural disorders and autism
- May present with limited potential to engage in treatment but would benefit from a rehabilitation setting to maintain functioning and quality of life.
- Are aiming for a full and final discharge from hospital into the community
- Have a history of trauma
- May have a forensic history and/or be stepping down from secure services
- May have a history of repeated acute admissions
- May be stepping up from failed community placements

