



The Chimneys

Female Personality Disorder Service

The Chimneys

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Overview of the Service

The Chimneys is a 12 bed rehabilitation service that offers specialist care specifically designed to support women who have a diagnosis of a Personality Disorder (PD), with or without disordered eating or high functioning Autistic Spectrum Disorder (ASD). Young women who are transitioning from CAMHS will also be considered for this service.

Set in the countryside of Bury St Edmunds in Suffolk, the therapeutic environment aids recovery for each individual. There is a separate therapy barn which houses the Activities of Daily Living kitchen (ADL) and laundry. There are en-suite bedrooms for all service users, a communal living space, dining area and a quiet room. The layout of the service allows people to be as independent as possible as well as having an environment where they do not feel isolated.

The service is a short car journey away from the town centre where service users can access shops, cafes, leisure facilities and other community resources.



Our Aims

Our aim is to enable individuals to work on ways to decrease harmful behaviours and replace them with effective strategies to enhance their lives and help them reach their personal life goals.



Model of Care

We have a dedicated Multidisciplinary Team (MDT) that provides specialist person-centred care tailored to meet individual need. The team consists of a Psychiatrist, Nurses, Healthcare Assistants, Eating Disorder Lead, Occupational Therapist, Psychologist, and individual Therapists, including Systemic and Integrative.

The focus at The Chimneys is to work in collaboration with each individual, to offer a person-centred approach and to personalise their recovery using a blend of therapies. We recognise that one approach is not suitable for all service users with similar diagnoses. Using an alternative treatment approach to Dialectical Behaviour Therapy (DBT) allows the team to work with service users who are assessed as unsuitable for DBT programmes or who have tried other therapeutic programmes with little success.

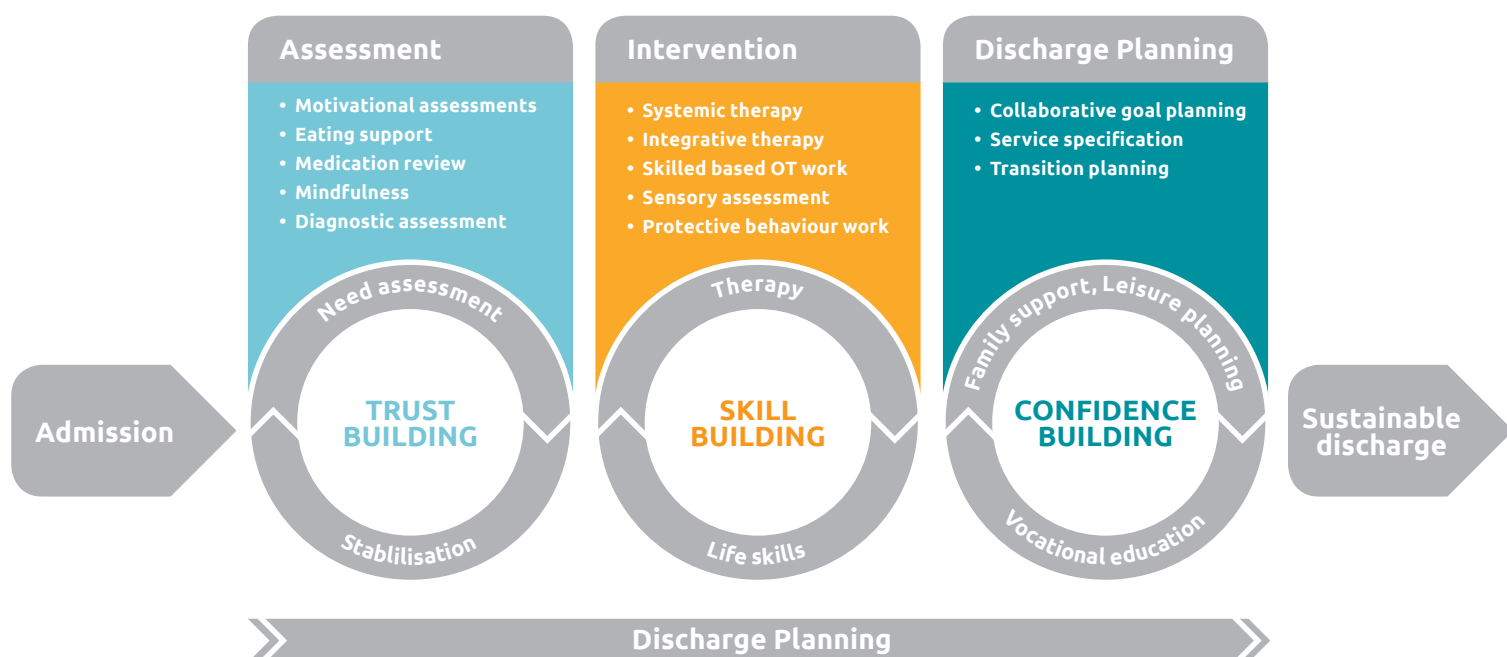
... Where it all comes together



DBT alternatives may include evidence-based therapeutic interventions such as Eye Movement Desensitisation and Reprocessing (EMDR), skills and trauma informed therapy.

The programmes used are designed to reduce the risk of self-harm and decrease risk behaviours and insightfully replace them with effective strategies to allow them to first identify and then to meet their aspirations and life goals.

Model of Care





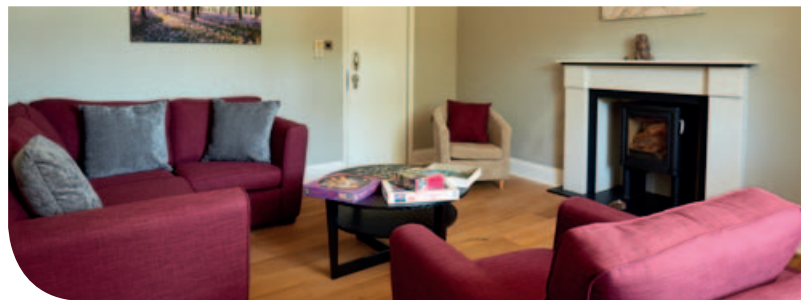
Admission Criteria

- Female aged 18 +
- May be transitioning from CAMHS 17+
- May have a primary diagnosis of emerging or Personality Disorder (PD)
- May be detained under the Mental Health Act 1983 (amended 2007) or informal
- May exhibit risk behaviours linked to difficulties with emotion regulation, distress tolerance and interpersonal difficulties, disordered eating or high functioning ASD
- May consider those with a mild learning disability (subject to suitability of current cohort)
- For those with co-morbid issues including disordered eating, the BMI would need to be stabilised at 16 or above and managing oral intake
- Ideally each service user will need to be committed to working with the team to achieve their personal goals and aspirations

Outcomes

The outcomes we expect to see include:

- Reduction in trauma symptoms
- Effective management of behaviour and coping strategies to regulate behaviours
- 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 functional daily living skills
- Engaging with work placements or other vocational opportunities
- Increased ability to trust and build hope
- Increase community-based integration and independence for future community living



Get in touch

For further information, to arrange a visit, or make a referral, please call our 24 hour referral line on **0800 218 2398** or email referrals@elysiumhealthcare.co.uk

This information is available in different languages, Braille, Easy Read and BSL on request

To view our video tour, please visit www.elysiumhealthcare.co.uk

