

# The Woodmill

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## Overview of the Service

The Woodmill is an 18-bed rehabilitation service for women with complex emotional and mental health needs who may have a secondary diagnosis of autism and/or mild learning disability and/or disordered eating. The 18-bed unit creates a pathway for patients to step down through their recovery. Ivy is a six bed stabilisation area and Rose is a 12 bed rehabilitation area, with the option to flex within the 12 bed area to a four bed section that can create a further step down with a separate entrance and garden for those who are progressing well and preparing for discharge to the community.

## Service Aims

The aim of the service is to support women to improve their self-worth, build a better quality of life for themselves and to equip them with the skills needed for community living, supportive relationships, and increased independence. There is a focus on rehabilitation through engagement, placing a strong emphasis on generating a sense of belonging through active community involvement and building meaningful social networks.

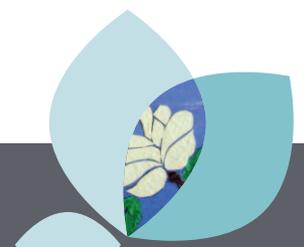
## Model of Care

The Multidisciplinary Team (MDT) provide specialist person-centred care tailored to meet individual need. In collaboration with the patient the clinical team develop an individualised recovery focused treatment programme and a therapeutic timetable for each person.

There is a strong emphasis on learning psychological skills and recovering from trauma in a therapeutic environment with a dedicated culture of compassion. The trauma focused approach includes Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) and trauma reprocessing work.

Stabilisation work is the initial focus progressing to individualised 1:1 work when individuals are able to manage their symptoms and are ready for supported engagement in meaningful activities and community participation.

Occupational therapy is a vital element of the service providing therapeutic activity onsite and in the community. This includes vocational opportunities to support the patient's recovery process alongside acquiring planning and nurturing skills to list a few in a well-equipped and supportive horticulture project on site.





## Outcomes

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



## Community Integration and Discharge Preparation

The Woodmill is in Cullompton, Devon and just a short walk away from the village where patients can access shops, cafes, leisure facilities and other community resources. The village 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 skills. Using community resources assists patients in generating social networks external to The Woodmill that can be drawn on following discharge from the service.



## The Environment

All the bedrooms are double en suites and are light, bright and airy. Bedrooms vary in size to meet the needs of the patient. Each ward has a communal lounge for patients to enjoy activities and a large spacious Activities of Daily Living (ADL) kitchen for individuals to learn daily living skills and entertain their friends and families. The service has ample outside space for patients to enjoy the garden and fresh air. The spaces at The Woodmill can be flexed to support 1:1 sessions and computer access. The women will be able to attend employment workshops or engage in group therapy and leisure time.

## Admission Criteria

- Female aged 18 +
- May be transitioning from CAMHS 17+
- Have a primary diagnosis of mental health disorders alongside autism and/or Emotional Unstable Personality Disorder (EUPD)
- Will be detained under the Mental Health Act 1983 (amended 2007)
- 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 21 or above and managing oral intake



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

For further information, or to discuss a potential referral, please contact:

[referrals@elysiumhealthcare.co.uk](mailto:referrals@elysiumhealthcare.co.uk) | 24hr referral line **0800 218 2398**

To view our video tour, please visit [www.elysiumhealthcare.co.uk](http://www.elysiumhealthcare.co.uk)