

Services for Young People

Specialist assessment, treatment and rehabilitation services for young people with complex and challenging mental health needs

We work with young people with the following conditions:

- Severe enduring mental illness
- Neurodevelopmental Disabilities, including:
 - Learning Disabilities
 - Autism Spectrum Disorder
 - Attention Deficit Hyperactivity Disorder
 - Behavioural phenotypes of congenital disorders
- Complex disorders of conduct and emotion including:
 - Emerging Personality Disorder
 - Recurrent serious self harm/emotional instability
 - Persistent behaviour causing harm to others
- Acquired brain injury
- Challenging Behaviours
- Offending Behaviours.

The Service

St Andrew's specialist service for young people is a centre of excellence leading the field in complex mental health, acquired brain injury and learning disabilities. The service, based in Northampton, is the largest inpatient service for young people in the United Kingdom. We admit young people between the ages of 13 and 18, across a range of abilities from moderate learning disability to normal IQ range.

We provide multi-disciplinary assessment, treatment and rehabilitation care pathways.

Our holistic care programme recognises that young people should be treated with dignity and respect within the environment most suited to cope with the problems and risks they present.

Our teams strive to enable these young people to maximise their potential and contribution to society through positive interventions and the support of their carers. We believe that every interaction with a young person has the potential to be therapeutic.

Social and Behavioural Difficulties

We identify and meet the needs of young people who have complex mental health presentations. Many of our young people have a history of risk-taking, antisocial or aggressive behaviour. As well as externalising their feelings through aggression, some young people also engage in self-harm.

Many of our young people present with complex social and behavioural difficulties, which confer a high risk of their developing an enduring adult personality disorder; a group often described as having Emerging Personality Disorder (EPD).

Over the years, St Andrew's adolescent services have responded to the growth in the number of young people referred with EPD by adapting the therapeutic setting and adopting specific interventions for both young male and female patients with EPD.



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Acquired Brain Injury

We have recently opened an innovative new service for young people with acquired brain injury and related challenging behaviour.

The service has been created specifically for young people aged between 13 and 18 years. The service will offer highly specialised treatment and rehabilitation programmes within a secure setting.

Purpose-built facilities and bespoke care programmes will help young people to progress to community based services. There will be a particular emphasis on improving quality of life and building firm foundations for adulthood.

Our philosophy is to provide a holistic service in the right setting that can intervene as early as possible following brain injury, to maximise the positive impact on an individual's recovery path.

The service offers the following:

- purpose built facilities and tailored care programmes to provide the most effective treatment
- teams with expertise in dealing with challenging behaviour and developmental problems ensuring a better quality of life
- individually tailored programmes based on the National Curriculum at our Ofsted inspected educational facility
- a support network for families during the rehabilitation process.

The facility will also care for any co-morbid mental health issues such as Attention Deficit Hyperactivity Disorder (ADHD), depression and symptoms relating to the experience of severe stress, as well as physical disabilities such as epilepsy, hemiplegia and incontinence.

Neurodevelopmental Disabilities

Our neurodevelopmental disabilities service addresses the needs of young people who have complex developmental histories often with combinations of learning disability, autism, ADHD, Gilles de la Tourette's syndrome, developmental dyspraxia, developmental trauma disorder, bipolar disorder or psychotic illness. They may have engaged in risk-taking behaviour such as deliberate self-harm, aggression and offending behaviour (including sexual).

We lead the field in services for young people with mild to moderate learning disability with possible concurrent diagnosis of ASD, ADHD, mental illness, dyspraxia and behaviour phenotypes associated with challenging behaviours who need secure care because of potential harm to others or to themselves, sexual risks, vulnerability to exploitation, absconding and disengagement from care.

Our Neurodevelopmental pathways work on Treatment and Education of Autistic and related Communication handicapped children (TEACCH) principles.

These difficulties are likely to arise in situations of concurrent mental illness, physical health issues, previous traumatic experiences or a compromised care environment.

At St Andrew's we have ten beds that are commissioned nationally by the NHS Specialised Services for young people that present with Learning Disability with mental illness and a forensic history. We are the only independent provider used by the NHS for this specialised service.

Treatment Approach

The programme is innovative, individualised and continually updated to reflect the latest evidence. Using the principles of the Care Programme Approach, we aim to respond to each young person's profile of need with a range of integrated therapeutic modalities, education and recreation.

Treatment, under close supervision by Consultant Psychiatrists and their specialist multidisciplinary teams, initially focuses on stabilising mental disorders and risky or challenging behaviour and then moves to the development of skills, strategies, attitudes and knowledge to reduce the risk of the return of the mental health and behavioural problems in the future. Young people in our service are increasingly empowered through therapeutic progress and, as their self esteem rises, they are given more trust outside the secure accommodation. 'Therapeutic risk taking' is an extremely important part of the rehabilitation process.

Care pathways across the service focus on rehabilitation, recovery and integration back into the community or into local authority secure care. We pride ourselves on the work we do with young people and always seek to maximise their potential and encourage progress where possible and safe.

Education

Our Ofsted registered St Andrew's College provides education sessions in response to the assessed needs of each young person through individually planned programmes. The curriculum is broad and balanced and includes English, Mathematics, Science, IT, Physical Education, Art and Design, PSHE (Personal Social Health and Economics) and the TEACCH (Treatment and Education of Autistic and related Communication handicapped Children) programme for young people with autism. To support learning we have developed a risk managed service user intranet to provide online resources and the opportunity to learn in an engaging and interactive way.

Our National Examination Centre Status gives young people access to a range of examinations including GCSE, Entry level Certificate, CLAIT (Computer Literacy and Information Technology) and CLAIT Plus, Entry Level Adult Literacy and Numeracy, Sports Leader Awards and the Duke of Edinburgh Award.

Service User Involvement

Young people are encouraged to actively engage and develop their care programme. We use tools such as the 'Teen Star' (an age appropriate version of the 'Recovery Star') that enables young people to track their progress during their treatment.

The Team

The service is staffed by a comprehensive and varied multi-disciplinary team including Consultant Psychiatrists (with broad backgrounds including Child and Adolescent Psychiatry, Lifespan Learning Disability, Forensic Psychiatry, Psychotherapy and General Adult Psychiatry) and Psychologists (both Clinical and Forensic), Nurses, Teachers, Occupational Therapists, Speech and Language Therapists, Dieticians, Art Therapists, Physiotherapists and Social Workers.

Environment

There are 112 beds for young people at St Andrew's Healthcare in Northampton; 100 in environments which can operate at levels of security up to medium security and 12 beds in a locked ward for young people with acquired brain injuries.

There are dedicated Therapy Education and Recreation Facilities (TERF) in each of these facilities. However, in order that education and therapy is delivered most effectively and to as many young people as possible even when their movement outside the wards is restricted by their risk, it is also delivered in multiple environments including the ward, around the hospital and in the community.

Based within the 120 acre St Andrew's Healthcare campus, our service users benefit from a comprehensive range of on site leisure, recreation, spiritual and therapeutic facilities. When appropriate, vocational activities are available both on site and through sister charities to provide our young people with training and experience in a work setting.



Empowerment, innovation and excellence in

Services for Men

Services for Women

■ Services for Adolescents

Services for Older People

Huntington's Disease Service

Dementia and Challenging Behaviour Service

Brain Injury Rehabilitation Service

Getting in touch

For more information or to make a referral please contact us by telephone or email:

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