

St Andrew's Healthcare Adolescents Update

St Andrew's service for adolescents shortlisted for prestigious award

The RCPsych Awards 2010 will nationally recognise individuals and providers who are striving hard to deliver services in often difficult circumstances. The awards also raise staff and service morale, and boost public awareness of excellent mental health services.

St Andrew's service for adolescents, the largest of its kind in the UK, has been shortlisted for Specialist Child & Adolescent Mental Health Services Provider of the Year 2010.

The Charity currently cares for around a hundred young people at a time, aged from 13 years of age. The service consists of two bespoke facilities, Lowther and Malcolm Arnold House, between them housing nine wards and over 450 staff caring for adolescents with mental health and/or learning disabilities, with challenging behaviour.



Lowther Adolescent Service

The Charity celebrates outstanding OFSTED



St Andrew's registered independent school, Northampton, offers our service users excellent learning in a safe and secure environment enabling access to education for all.

Our first OFSTED report recorded 'outstanding' and 'good' ratings in all aspects of the education programme we provide, including: quality of education; welfare, health and safety of students and students' spiritual, moral, social and cultural development.

"Students grow in self-awareness and self esteem. Their behaviour during education settings is outstanding. They respect staff and resources, and are often well motivated to learn. They show pleasure at their successes."
Sue Alridge, OFSTED Inspector.

This year, a record number of our service users entered nationally accredited examinations. 24 candidates entered for a variety of GCSEs in Art, Biology, English, Mathematics, Science and Statistics and all achieved to a very high standard. 32 candidates gained Entry Level Certificate in combinations of English, ICT, Mathematics and Science, the majority achieving Entry Level 3, the highest possible grade. During the year, many young people have also been successful in gaining qualifications in Entry Level, Level 1 and Level 2 ICT qualifications and also in Adult Literacy and Numeracy. Many have also achieved AQA Unit Awards for a variety of skills and some have gained Sports Leader and Duke of Edinburgh Awards.

To view the full OFSTED report visit
[www.ofsted.gov.uk/oxedu_providers/full/\(urn\)/135785](http://www.ofsted.gov.uk/oxedu_providers/full/(urn)/135785)



Service users create their own therapeutic space

On our female high dependency unit staff and service users have worked together to create a large therapeutic, educational and recreational space. This allows service users greater opportunities to access activities such as yoga, sensory circuits, African drumming, dance and fitness that otherwise they may not have been able to participate in.

The lounge area, designed and decorated by the service users is used for community meetings, art and life skills during the day and in the evening for relaxation. The sensory room adjoining the lounge is used both day and night for de-escalation and relaxation before bedtime. It offers a nurturing, person centred, sensory integration supportive environment and interdisciplinary treatment space.

It has recently been recognised that Sensory Integration (SI) principles can help a wide range of people from children, right through the life stages of adolescence, adulthood and old age (Champagne 2004). This has led to SI theory and practice evolving as an integral part of the therapeutic programme becoming embedded into the fabric of each unit.



Sensory processing is the ability to take in, sort out and make use of information from the world around us. It allows us to make an appropriate adaptive response to meet the demands of the environment. Information is gathered from tactile (touch), vestibular (movement & gravity), proprioception (body position), vision, auditory, olfactory (smell) and gustatory (taste). "It is a neurological process of receiving, organising and interpreting sensory information resulting in an adaptive and automatic plan of action that can be carried out in response. This processing of sensory information is called SI. 'The brain locates, stores, and orders sensations-somewhat as a traffic policeman directs moving cars... When the flow of sensations is disorganized, life can be like a rush-hour traffic jam' (Ayres, 1979).

The application of SI with adolescents with high arousal levels, attachment, trauma and forensic histories plus a developmental disability has been developed. Particularly in considering whether this would be useful as an alternative technique for de-escalation and containment of aggressive and violent behaviour.

Often young people find it difficult to recognise why they feel a particular way, they just know that they don't feel 'right'. For most people their sensory system develops through exposure to normal childhood experiences, such as playing, going out, using equipment and modelling from the well adjusted adults around them. A high proportion of our young people have not had these experiences thus their sensory systems have not developed in the same way. Therefore it can be difficult to identify that they dislike background noise, or find this difficult to tune out. Everyone has a tolerance threshold for a particular

Family member feedback:

"When she was admitted she was underweight, depressed, de-motivated and with very low self esteem. She had reached a state at her previous placement where she was often allowed to stay in bed all day. We were very concerned.

Since arriving she has improved significantly, and has begun to show interest in herself and her peers. She now has a varied timetable of therapeutic activities and educational sessions, this structured regime had been a great benefit in reducing her anxieties. There has been an improvement in her personal care and a significant improvement in diet. In my opinion these things could not have come about without the expertise, patience and dedication of the staff together with a physical environment that has been designed especially for young people with complex needs, set as it is in beautiful grounds."



sensory input, unfortunately, for some of our young people, by the time they reach this threshold, they have lost their ability to remain safe and may exhibit challenging behaviours.

Helping young people back into the community

St Andrew's multi-disciplinary teams work actively to help adolescents return to their families and communities. The total number of discharges in 2009 was 32, and only halfway through 2010 we have already discharged 39 service users to a number of settings including back to their own home.



Family member feedback:

"We just thought we would drop you a few lines to let you know how he is getting on. He recently left the care home he went on to live at after leaving St Andrew's to live in his own flat in a sheltered housing scheme for people with special needs and appears to be coping well.

He went to a special needs college for three years and is now working at the railway stations, attending to the flowers which he enjoys. Once again, thank you for the work you did with him it has had a huge impact on his life."



St Andrew's Service for Adolescents

Unit Name	Service Type	Security Level	Bed Number	Service Description
Lowther Unit, Northampton				
John Clare	Mental Health	Medium	14 Female beds	High Risk/Assessment (13yrs +)
Heritage	Mental Health	Medium	12 Female beds	Group Therapeutic Ward for Traumatic/Emotional Conduct Disorders (13yrs +)
Nesbitt	Mental Health	Medium	10 Female beds	Acute Admissions Secure Inpatient Unit (13yrs +)
Richmond Watson	Mental Health	Medium	12 Male beds	Male Rehabilitation and Recovery
Boardman	Mental Health	Medium	12 Male beds	Therapeutic Transitional Unit (13yrs +)
Malcolm Arnold House, Northampton				
Bayley	Learning Disability	Medium	10 Male beds	Learning Disability Forensic (13yrs +)
Heygate	Learning Disability	Medium	10 Male beds	Learning Disability Forensic (16yrs +)
Church	Learning Disability	Medium	10 Mixed Gender beds	Neurodevelopmental Disability / ASD (13yrs +)
Fenwick	Learning Disability	Medium	10 Mixed Gender beds	Neurodevelopmental Disability / ASD (16yrs +)

Peer to Peer Review

The Quality Network for Inpatient Child and Adolescent Mental Health Services organises cycles of peer reviews. The adolescent service has now been participating within QNIC peer review process for a number of years and gained greatly from the feedback of experienced co-professional in similar services. The recent review has seen a minimum achievement of 90% in all areas including 98% in care and treatment and 100% in young persons' rights and safeguarding children. The review team were impressed by the cohesive and supportive multi-disciplinary team working. One of the main strengths noted were that both staff and young people felt that the unit provided a safe and secure environment to work and live in and that the young people benefited from the comfortable and spacious environment provided, which can be a challenge.

Sharing Research and Innovation

St Andrew's is widely recognised as a thought leader in the mental health field with many of our consultants carrying out in depth research aimed at shaping the services we provide.

The Charity organises an Annual Research Prize to encourage staff to creatively address clinical problems in their own specialism. This years' published prize winners were the adolescents service Dr Ernest Galton, Forensic Psychiatrist; Marilyn Sher; Forensic Psychologist and Dr Coro Drew-Lopez for their paper entitled: 'Information and readability issues for psychiatric patients in the 21st Century. E-learning for users?', published in the journal The Psychiatrist.

To find out more about recent research from the Charity, please visit www.stah.org/research

The Princess Royal to celebrate service user success

HRH The Princess Royal (Patron of the College of Occupational Therapists) will be visiting St Andrew's adolescent service this month to help celebrate our young peoples success and achievements, both in education and other therapies including creative therapies, animal assisted therapy, horticulture, cooking, working towards the Duke of Edinburgh award, woodwork, sports and volunteering work.

The Princess Royal will be entertained by a number of performances from the service users including African drumming, a band and a choir.

The care programme provided by the Charity is built on the belief that every staff interaction with our young people has the potential to be therapeutic. It strives to enable young

people to maximise their potential and contribution to society through positive interventions, via the support of a highly skilled and professional multi disciplinary team. Some of the recent projects involving service users include:

Creative Spirit Group run by Lesley Tebbutt, Senior Occupational Therapist, Rev. Neil Tyrer, Senior Chaplain and Laura Wood, Occupational Therapy Technical Instructor helps service users explore different cultures, faiths and spirituality, to consider different ways of coping with different thoughts and feelings, and encourage awareness of and empathy for all living things.



Service user artwork from a Creative Spirit group session.

Animal Assisted Therapy Group where young people are involved in all aspects of animal care including feeding, grooming, cleaning, vet visits

and general health checks. The service has a purpose built small animal area, which typically houses rescue guinea pigs, rabbits and tortoises. The positive feedback from our young people includes: "They calm me down" and "I love to sit and cuddle the guinea pigs."

The Duke of Edinburgh Award has been running in this service for eight years with currently 85% of our young people taking part. There are three programme levels that when successful lead on to a Bronze, Silver or Gold Award. The programme allows assessment, work and evaluation of the occupational performance in areas of personal management, work ability, social ability and use of free time. Since 2002 we have seen our young people achieve 31 Bronze, 14 Silver and 4 Gold awards.



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