

Specialist Medium Secure Services for Men

William Wake House, Northampton



Treatment programmes delivered in partnership

Partnership treatment programmes

St Andrew's Healthcare recognises the value of person-centred care to our service users. However, delivering person-centred programmes in secure settings can be challenging when service users have legal restrictions placed upon them. We believe that by working in partnership with our service users, their families and other healthcare professionals, we can overcome any obstacle to person-centred care and make our treatment truly meaningful, engaging and highly effective.

Collectively, as a partnership group, we design a tailored treatment programme with a range of interventions from our spectrum of specialist support. We maintain this partnership approach throughout and, if at any time an element of the treatment programme is not successful, alternative methods will be identified.

This partnership approach will provide real ownership of treatment, maximise a service user's engagement and produce the very best possible outcomes. This allows us to make a commitment to a service user's length of stay from the very outset.

William Wake House provides some of our most bespoke medium secure services to date, including:

- Acquired Brain Injury
- Adult Mental Health
- Asperger's/Higher Functioning Autism
- Deaf Service
- Learning Disability
- Mental Health Service for African Caribbean Men
- Older Adult Mental Health
- Young Adult Transitional Mental Health.

The leading mental healthcare charity

As the UK's leading charitable provider of specialist mental healthcare, we have centres in Northampton, Birmingham, Essex and Nottinghamshire. Unlike traditional independent providers, we have no shareholders. As a charity we are in the unique position to reinvest our surpluses into identifying cutting-edge specialist services, state-of-the-art facilities and experienced, dedicated staff.

This allows us to offer regionally-centred care that directly responds to service users' needs, invest in ground-breaking research projects, and provide valid, accountable outcome data to demonstrate success.

We provide specialist services for men, women, adolescents and older people across:

- Mental illness
- Developmental disabilities
- Brain injury
- Neurodegenerative disorders.

We pride ourselves on offering an extensive variety of care pathways, through medium to low secure and pre-discharge services. We also offer more specialist treatments than ever before, including services for Deaf Adult Males.



Our specialist services

Our specialist medium secure facility, William Wake House, provides a range of bespoke, high-quality services for men.

Adult Mental Health Service

Service users will have a primary diagnosis of mental illness but may have additional mental health problems including personality disorders, substance misuse, borderline intellectual impairment and developmental disorders. Usually aged 25-55 years, service users present significant risk which requires treatment within a medium secure environment.

Asperger's/Higher Functioning Autism Service

Service users include those with a diagnosis of Higher Functioning Autism and Asperger's Syndrome, either established or suspected, with an IQ of 60 or above. The service user will present risk to themselves or others and would be best managed with the physical, procedural and relational elements associated with a medium secure setting.

Acquired Brain Injury

Service users will be aged between 18 and 65 with an acquired brain injury and/or a progressive neurological condition. They may also have comorbid diagnoses including affective or psychotic disorders, personality disorder and/or substance misuse. We are able to admit at any stage following a brain injury however service users need to be medically stable.

Deaf Service

The service is appropriate for working age Deaf men with mental health problems who are a risk to themselves or others and can therefore only be managed by a condition of medium security. Service users may have had a hearing impairment since an early age. Many will use a sign language, such as British Sign Language, as their primary communication method and may also consider themselves belonging to a distinct Deaf culture.

Learning Disability Service

The service is suitable for males with a primary diagnosis of Learning Disability, however may present with comorbidities including mental illness or other personality or developmental disabilities. Usually aged 18 and over, service users will meet criteria for detention under the Mental Health Act, typically with serious offending histories and behaviours that are too challenging for low secure environments.

Due to restrictions placed under the Mental Health Act, service users will significantly benefit from the extensive facilities within William Wake House not usually available to men without community access.

Mental Health Service for African Caribbean Men

Service users from the African-Caribbean community will usually be aged 18 and above and have a mental disorder; they may also have comorbid diagnoses including personality disorder/s, substance misuse, borderline intellectual impairment and developmental disorders. Service users present a significant risk which requires management within a medium secure environment.

Older Adult Mental Health

Aged over 55 years, service users will have a primary diagnosis of mental illness although may present with additional mental health problems. These may include personality disorder, substance misuse, borderline intellectual impairment and developmental disorders including Autistic Spectrum Disorder and Attention Deficit Hyperactivity Disorder (ADHD). This service recognises the security and physical health needs of older men by providing an age appropriate environment.

Young Adult Mental Health

This service is suitable for males aged 18-25, at the point of admission, with a primary diagnosis of mental illness. There are likely to be significant additional mental health problems including personality disorder, borderline learning difficulties, ADHD and Autistic Spectrum Disorder. Service users will present risk to themselves and others and will be best managed by the physical, procedural and/or relational elements of a medium secure setting.

Comprehensive care pathways

St Andrew's Healthcare provides an integrated care pathway approach to treatment. The aim of our service is to reduce risk sufficiently to enable service users to reintegrate back into their local communities where appropriate. Following discharge from our medium secure setting, we have a range of services where the level of security, treatment programme and environment can be adjusted to meet the evolving needs of the service user.

Our range of pathways include low secure, locked rehabilitation and open units, where the treatment programmes are integrated throughout.

We recognise that having easy access to quality mental healthcare services closer to home plays a vital role in recovery, therefore these subsequent services may be provided either in Northampton, Birmingham, Essex or Nottinghamshire, depending on the need of the service user.



Dedicated state-of-the-art environment

Our holistic approach to treatment incorporates a range of therapeutic, recreational and educational facilities to support our pioneering care programmes. William Wake House leads the way as a model of future developments. State-of-the-art technology combines with visionary construction to provide the very best in therapeutic environments.

A range of facilities are provided within the medium secure perimeter to support our clinical treatment programmes and embrace our service users' social, cultural and recreational needs.

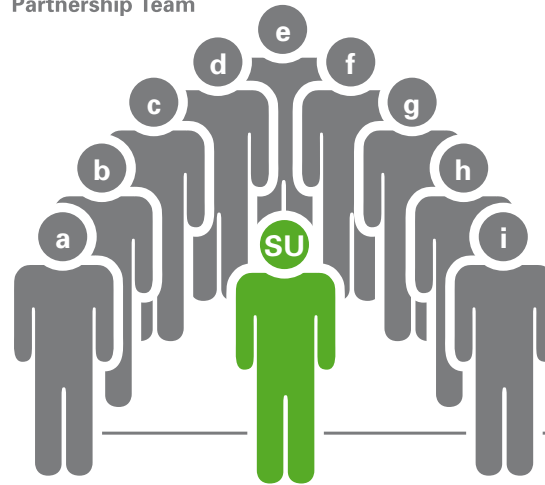
These facilities and services include:

- GP and dental care
- Therapy areas - crafts, IT suites, kitchens, music studio and two purpose-built vocational training environments
- A café
- Child and family visitor room
- A fitness suite - a large gym, multi-gym and a physiotherapy treatment area
- Library
- Hairdressers
- Swimming pool
- A large courtyard and gardens on each ward
- Multi-faith prayer room.

Delivering effective care – the partnership approach

The therapeutic programmes are delivered by our spectrum of specialist support, including experienced psychiatrists, nursing staff, psychologists and occupational therapists. Working together with other specialist staff including speech and language therapists, physiotherapists and social workers, our partnership group works collectively with the service user, families and carers, along with other healthcare professionals to develop and deliver outcome-focussed evidence based treatment.

Partnership Team



- a. Psychiatrists
- b. Psychologists
- c. Nursing team
- d. Occupational therapists
- e. Speech and language therapists
- f. Social workers
- g. Physiotherapist
- h. Dieticians
- i. Education team

Service user



