



Clare House

Not-for-profit

St Andrew's Healthcare operates within a not for profit charitable framework, all surpluses generated are reinvested into service user care and improving facilities.

Contact us

To find out more about the services offered at Clare House, please contact us by telephone or email:

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SPECIALIST REHABILITATION AND RECOVERY SERVICES FOR MEN AND WOMEN IN AN ENHANCED LOW SECURE SETTING



St Andrew's
HEALTHCARE

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INVESTORS IN PEOPLE



A charity leading innovation in mental health



St Andrew's
HEALTHCARE

Clare House



Overview

Clare House provides quality assessment, treatment and longer term rehabilitation for men and women with severe and enduring mental illness who may also present with challenging behaviours. Care is provided within the framework of the care programme approach utilising a broad range of medical, psychological, social, vocational and activity-based interventions. The service aim is to provide packages of care and rehabilitation in a safe environment, empowering service users to reach their optimum level of social skills, quality of life and independence.

Staff provide care and treatment for service users who, for a time, need to be looked after in a secure setting under the Mental Health Act 1983. Clare House features individual service user bedrooms, group activity and therapeutic facilities, as well as an intensive care unit to safely manage those who present with distressed behaviour. Each ward has its own individual garden and service users also have access to a communal courtyard, café and sports hall.

Service users benefit from a wealth of staff expertise across a variety of disciplines. Continuing investment is made in staff training and professional development. Ongoing research programmes further support the continual development of services at St Andrew's.

Clare House is designed to provide a community environment enabling the multi-disciplinary team to embrace rehabilitation and recovery, and support the development of all aspects of recovery and care planning.

The unit has undergone an expansion project to provide a purpose built 34 bed facility. This exciting development provides a dedicated Women's Service with two new wards, an extensive Therapy Suite and a 5-bedded Pre-Discharge Unit.

Care Pathways

Care pathways focus on rehabilitation and recovery. Where appropriate the service provides longer term placements for those whose progression towards independent living is limited. The extended care pathway includes high dependency and low secure environments as well as a pre-discharge rehabilitation facility. Increased responsibility and progression towards independent living are encouraged at all stages of treatment.

Risk assessments and individual care plans are constructed in consultation with the service user and St Andrew's staff. The full multi-disciplinary team includes nursing, psychology, occupational therapy, social work, art therapy, education, dietetic and complementary therapy services.

All interventions aim to emphasize service user's strengths and support self management:

Biological:

- Physical Healthcare Programme and Health Monitoring
- Pharmacological treatments

Psychological:

- Individual and Group Counselling
- Cognitive Behaviour approaches
- Dialectical Behavioural Therapy
- Families of service users
- Life Skills training - interpersonal communication, managing relationships and stress management
- Health Promotion - diet and exercise

Social:

- Social Skills training - assertiveness and anger management
- Social Inclusion activities - introduction to new hobbies and group activities
- Access to an activity centre and music studio

Service Users

Our service users are central to our philosophy of care. A multi-disciplinary team approach aims to help bridge the gap between hospital care and the service users' home area, family, and community mental health teams.

Service users are given the opportunity to voice their opinions through participation in community groups and service user forums and play an active role in the development of Clare House. They have access to a large courtyard, additional garden facilities, social therapy areas and a sports hall and are provided with individual bedrooms and spacious living areas.

Vocational Opportunities

Individual plans of treatment and support are developed with and for service users accessing a variety of secure and open settings. Service users are encouraged to participate in Adult Education Programmes and follow the vocational opportunities, including work experience, on offer. Service users are able to support operational areas by working alongside staff in the Plaza, Occupational Therapy gardens and with our maintenance technician.

Diversity

We embrace diversity and support service users in developing an understanding of their cultural and spiritual interests and needs. Our chaplaincy service promotes contact with community based faith groups and the Hospital chapel is available to all service users.

Women's Services

We offer care and treatment to women aged 18 to 70 years with mental disorder and have specialised services for those who have mental illness, personality disorder or learning disability. Clare House also provides for women who commit offences and present as a danger to themselves or others.

We are committed to examples of good practice emanating from research into the experiences and needs of women in secure settings.

There is particular emphasis on physical environments, activities and professional services and our care complies with government and professional guidance concerning good practice. We deliver care, which is gender sensitive, holistic and service user centred.

We consider referrals for women who meet criteria for detention under the Mental Health Act 1983 or Criminal Procedure (Insanity and Unfitness to Plead) Act 1981 and those women with complex psychopathology.

Facilities for Women

- 1 Enhanced low secure (high dependency) ward - 13 beds
- 1 Low secure rehabilitation ward – 16 beds

Men's Services

Specialist care is provided for men with enduring mental health needs and learning disabilities with dedicated facilities and resources. Low security is provided according to assessed needs and care is provided in the least restrictive environment possible. Seamless recovery and rehabilitation pathways facilitate the provision of care, which may be long term in some cases. The service aims to maximise service users' potential to make positive contributions to society based on a treatment philosophy of assessed risk and rehabilitation.

The service user group comprises male adults aged 18 to 70 years who present with challenging behaviour and are detained under the Mental Health Act (1983). Service users often have behavioural difficulties which seriously compromise their physical and/or psychological well-being or that of others. The complex range of service user needs may include offending behaviour and multiple diagnoses.

Rehabilitation at Clare House aims to provide the service user with the physical, social, psychological and emotional skills needed to function safely within the community.

Facilities for Men

- 1 Enhanced low secure (high dependency) ward – 17 beds.
- 2 Low secure (long term rehabilitation) wards – 2 x 18 beds.
- 1 Step down ward – 5 beds
- Up to 58 male beds at Clare House, Basildon.