



# Women's Services

**FROM SECURITY  
TO COMMUNITY**

Care and recovery  
for women

A charity leading innovation in mental health



St Andrew's  
HEALTHCARE

# Women's Services

## Our Service

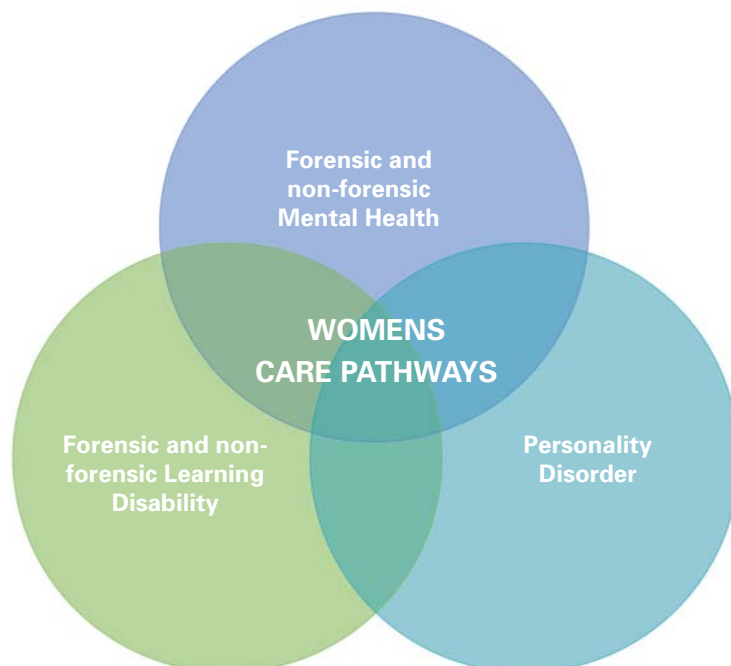
We offer care and treatment to mentally disordered women and have specialised services for those who have learning disability and personality disorder. We also provide assessment and treatment for women who commit serious offences and present as a danger to themselves or others.

We offer a progressive care pathway that differentiates us from competitors, responding to women's security and therapeutic needs. It ranges from purpose built medium security to open settings.

We empower our women to be at the heart of our service and are committed to examples of good practice emanating from research into the experiences and needs of women in secure settings. We are participating members in the Royal College of Psychiatrists Quality Network for Medium Secure Units.

We place particular emphasis on providing high quality physical environments, activities and professional services in a manner that is gender-sensitive. We take account of the fact that many women will have had past experiences involving abuse or other trauma.

Our care complies with government and professional guidance concerning good practice. We deliver care, which is gender sensitive, holistic and service user centred. We follow the requirements of National Minimum Care Standards, Patients Charter, the Mental Health Act, 1983 and Code of Practice, the Human Rights Act 1998, Care Programme Approach, the Care Standards Act 2000, and Patient Centred Planning (PCP), Valuing People (2001) and guidelines and codes of conduct provided by relevant accredited professional bodies.





## Criteria for Acceptance

We accept women of working age subject to assessment, originating from National Health Service acute, rehabilitation and forensic services, other independent sector providers, Special Hospitals, Courts and Prisons.

Whilst ICD10 and DSM IV diagnostic systems will be used to classify mental disorders it is likely that service users accepted will have complex symptoms and co-morbidity that is best understood within a developmental multi-axial diagnostic framework.

We consider referrals relating to:

- Women of working age with mental disorders and/or learning disability including post operative male to female transsexuals
- Women who will benefit from admission to our service
- Women who will be able to integrate into the service environment and service user population
- Women who meet criteria for detention under the Mental Health Act 1983 or Criminal Procedure (Insanity and Unfitness to Plead) Act 1991
- Women with complex psychopathology, where problem behaviours are likely to include: self harm; self neglect; fire setting; severe problems in interpersonal relations; suicidal behaviour; violence to others; substance abuse and non compliance with prescribed medication.

In all cases we exclude women whose needs cannot be met by the resources of the service. Exclusion criteria include those with dementia, major acquired/organic brain damage or serious sensory loss and those who are expectant mothers. However, placement may be offered by an alternative service within St Andrew's Healthcare.



## Therapeutic Approach

Our treatment programmes aim to work with women to provide a clear formulation of their continuing treatment and after care requirements. We assist individuals to recover in a manner that will allow their management and ongoing treatment in conditions of lesser security, with the ultimate aim of rehabilitation and community placement.

Our philosophy of care is based on the recognition that an individual has strengths as well as needs, and a right to support, treatment and care from a multi-disciplinary team able to assist recovery and achievement of optimum health.

A choice of treatment philosophies based upon the social learning theory, inform the psychosocial treatment programme and include 'RAID (Reinforce Appropriate, Implode Disruptive)', CBT (Cognitive Behavioural Therapy), DBT [Dialectical Behavioural Therapy] and PCP [Person Centred Planning].

Relatives and commissioners can expect that women's needs and progress are monitored by regular review and evaluation. Our service meets the standard implied in the Care Programme Approach and Care Standards Act, 2000. Communication between all relevant parties ensures a smooth transition to other facilities when indicated.

## Treatment Outcomes

We provide meaningful clinical outcome information to inform key stakeholders and welcome feedback from external sources.



## Professions

Our teams are multi-disciplinary and include psychiatrists, psychologists, occupational therapists, social workers, nurses and teachers. These teams are further supported by a GP service, including practice nurses, pharmacy, dentistry, chiropody and physiotherapy services.

Our CPA Care Co-ordinators are trained health care professionals in clinical practice nominated and empowered by the clinical team to co-ordinate multi-disciplinary assessment, care and review

Our services are characterised by low levels of staff sickness and high staff to patient ratios. This is underpinned by gender specific staff training and support.

## Facilities

Our Women's Service at Northampton operates from three buildings:

- Spring Hill House
- Smyth House
- Spencer House

Each differs in their degrees of security and supervision. A dedicated child visiting suite with courtyard, access to refreshments and toilet is available for all women who have visitors under the age of 18.

Therapy, educational, and recreational facilities provide an environment, apart from the residential units, for individual, group therapy, education and recreation.

We offer smoke free internal environments for patients and staff.

Women's Low Secure Services also exist at Clare House in Essex.

## Grounds, Sports and Recreational Facilities

Our services are located in landscaped surroundings with opportunities for women to engage in a variety of additional leisure pursuits as their treatment progresses. These include a swimming pool, gymnasium, cafe and patients recreation centre.

## Communicating with us

Referrals are made to us via the Hospital's Admissions Officer, to named Consultant Psychiatrists or the Medical Director. We will acknowledge referrals within seven days of receipt.

## Not-For-Profit

As part of St Andrew's Healthcare, the Women's Service operates within a not-for-profit charitable framework. All surpluses generated are reinvested in patient care and improving facilities.





## Empowerment, innovation and excellence in

Men's Services

### ■ Women's Services

Adolescent Services

Services for Older People

Huntington's Disease Service

Dementia and Challenging Behaviour Service

Brain Injury Rehabilitation Service

## Enquiries

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

### Freephone service enquiries on

0800 434 6690

Email: [enquiries@standrew.co.uk](mailto:enquiries@standrew.co.uk)



**St Andrew's**  
HEALTHCARE

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