

Mental Health Secure Care Women's Blended Service

St Andrew's Healthcare is one of three hospital sites chosen by NHS England to pilot a Women's Blended Secure Service. The blended service aims to reduce length of stay by providing an innovative model of care that negates the need for secure transitions between medium and low security levels. The service intends to offer a better experience for patients with a clear emphasis on recovery and progression.

Admission criteria:

- Adult women, including transgender, 18yrs +
- Require secure physical security framework
- Diagnoses can include mental illness, personality disorder, complex trauma, post-traumatic stress disorder (PTSD), substance misuse, borderline intellectual disability
- Forensic histories
- Have complex needs and propose significant risk to self or others.

Exclusion criteria:

- Women who are likely to require intensive support and stabilisation for prolonged periods. For these patients, Sunley medium secure will be considered, before a movement into the Blended service.

The national service is able to accept referrals from across England with approval from the Local Leicestershire and Lincolnshire Area Team.

Service aims and objectives:

- Significantly reduce inpatient length of stay through the removal of a transition from medium to low secure services.
- Provide women with a more recovery and progressive clinical experience through a new, trauma informed/relational security clinical and operating model
- Improve discharge processes and effectiveness, increasing the number of women able to discharge directly from secure environments into community accommodation.

Innovative care model

- Co-produced with patients and experts by experience, the Women's Blended Service at St Andrew's delivers a trauma informed and responsive relational security model of care on one ward environment.
- A bespoke treatment programme with an emphasis on self-regulation. Therapies may include dialectical behavioural therapy (DBT), cognitive behavioural therapy (CBT), understanding trauma, building life and community skills and feeling safe/being safe.

Contact information

For referrals please contact **0800 434 6690** or email admissions@standrew.co.uk

For further information about our clinical model, please contact **Mr Hugo Nel**, Clinical Lead and Consultant Clinical Psychologist on HNel@standrew.co.uk