

Delivering outcomes that help women to return home

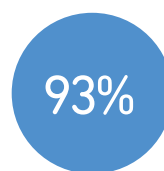
St Andrew's is the UK's leading charitable provider of specialist mental healthcare, working in partnership with the NHS to help support the most complex, challenging patients. Our experience and expert interventions within our women's services help us deliver outstanding outcomes through pioneering care programmes and tools, aiding sustainable recoveries and successfully helping women to return to their home areas.

Last year our women's mental health services discharged **184** patients with a ward average length of stay of **8 months**. Over a **1/3rd** returned home or to community accommodation closer to or within their home area.

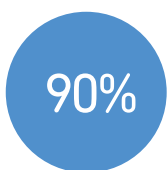
Our outcomes include:



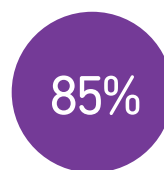
reduction in aggressive episodes
During our 12 month comprehensive DBT service.



of patients were successfully discharged home or to community accommodation
From our locked rehabilitation service.



reduction in self-harm
Within the first 8 weeks on our female PICUs.



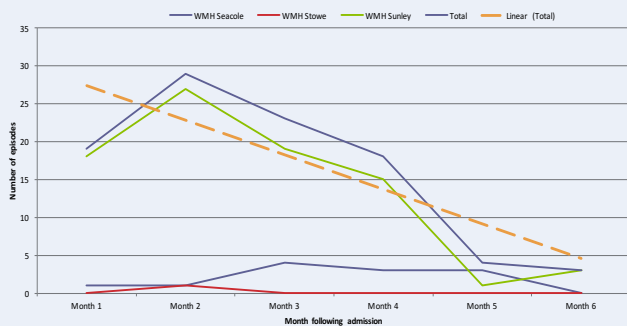
reduction in aggressive episodes
Within the first 6 months on our medium secure services.

Medium secure

Our medium secure wards offer safe and supportive environments to help assess the complexities and variables prompting challenging behaviours. The emphasis here is on stabilisation, which is encouraged through relational security, a personalised approach, Safewards, Reinforce Appropriate, Implode Disruptive (RAID®) and Positive Behavioural Support (PBS) techniques. Women are encouraged to transition to less restrictive environments, with greater emphasis on recovery and skill development for Borderline Personality Disorder (BPD) and Psychosis, as quickly as possible.

Aggressive episodes

Admissions/transfers Jan'17 to Jan'18



n = 19 patients

Outcomes

85.4%* reduction in aggressive episodes
82.2%* reduction in the use of restraints
80.9%* reduction in the use of seclusions
59.7%* reduction in self-harm incidents

*Comparing the first 2 months to the final 2 months of a 6 month stay for patients admitted between Jan 2017 and Jan 2018 who had a LOS of over 6 months.

15 months** is the average length of stay on our medium secure wards.

80%** of patients discharged to lower levels of security, over **3/4** were supported to move closer to home.

**based on patients discharged from medium secure treatment wards between January 2016 and March 2018.

Speak to our expert

To discuss our clinical methods within our women's medium secure services contact Mr Hugo Nel, Clinical Lead and Consultant Clinical Psychologist
HNel@standrew.co.uk

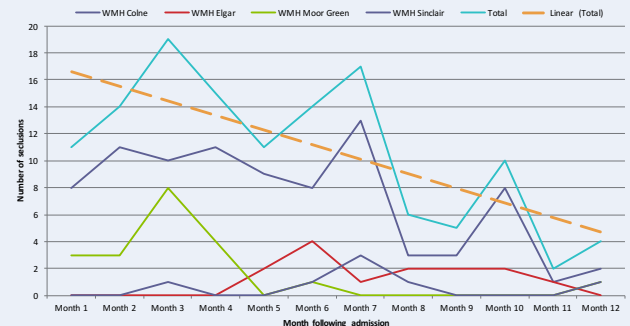
For further information about our medium secure outcomes visit stah.org/womenoutcomes

Low secure

Low secure offers women recovery-orientated services, aiding independent skill development and transition to community living. Women are encouraged through a comprehensive timetable of therapeutic, occupational and recreational sessions which complement individual interests and needs alongside their clinical treatment and rehabilitation. Positive risk taking is encouraged at this stage, managed through a personalised approach between patient and the clinical team.

Seclusions

Admissions/transfers Jan'16 to June'17



n = 19 patients

Outcomes

63.9%* reduction in the use of seclusions
59.2%* reduction in self-harm incidents
54.1%* reduction in the use of restraints
40.0%* reduction in aggressive episodes

*Comparing the first 3 months to the final 3 months of a 12 month stay for patients admitted between Jan 2016 and June 2017 who have had a LOS of over 12 months.

12 months** is the average length of stay on our low secure wards.

1/3rd** over a third of patients returned home or to community accommodation within their home area.

**based on patients discharged between January 2016 and March 2018.

Speak to our expert

To discuss our clinical methods within our women's low secure services contact Dr Michelle Huggins, Clinical Lead and Chartered Clinical Psychologist
MHuggins@standrew.co.uk

For further information about our low secure outcomes visit stah.org/womenoutcomes

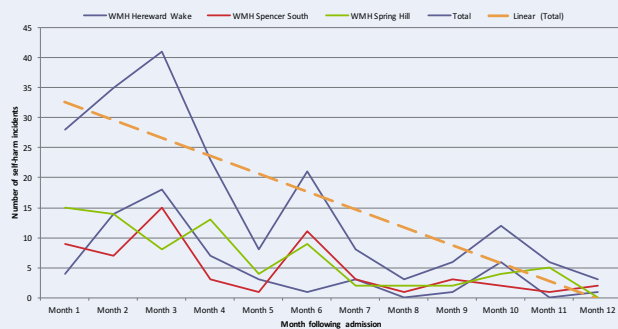
› Dialectical Behavioural Therapy (DBT) service

Our comprehensive DBT services have been specifically designed for women with Emotionally Unstable Personality Disorder (EUPD) or Borderline Personality Disorder (BPD).

Established in 1998, St Andrew's was the first adult inpatient DBT service in the UK and a service that continually strives to conduct research to show its effectiveness. In Spring Hill House the service offers a unique progressive environment which enables a complete risk managed pathway of care, creating a sense of momentum and motivation for patients.

Self-harm

Admissions/transfers Jan'16 to June'17



n = 20 patients

Outcomes

- 97.0%*** reduction in the use of seclusions
- 95.9%*** reduction in the use of restraints
- 94.0%*** reduction in aggressive episodes
- 79.8%*** reduction in self-harm incidents

*Comparing the first 3 months to the final 3 months of a 12 month stay for patients admitted between Jan 2016 and June 2017 who have had a LOS of over 12 months.

14 months** is the average length of stay across our locked comprehensive DBT services.

71%** of patients returned home or to community accommodation closer to or within their home area.

**based on patients discharged between January 2016 and March 2018.

Speak to our expert

To discuss our clinical methods within our DBT services contact Dr Emily Fox, Clinical Lead and Consultant Clinical Psychologist
EFox@standrew.co.uk

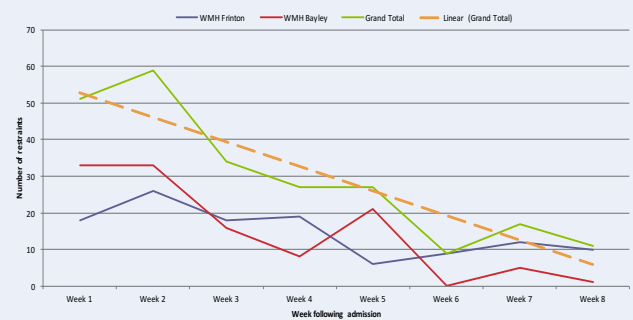
For further information about our comprehensive DBT outcomes visit stah.org/womenoutcomes

› Psychiatric Intensive Care Units (PICUs)

PICU services provide high quality, gender specific psychiatric intensive care in clinically safe and supportive environments, offering 24 hour admission for rapid stabilisation and mental health assessment.

Restraints

Admissions/transfers Jan'16 - March'18



n = 37 patients

Outcomes

- 90.2%*** reduction in self-harm incidents
- 74.5%*** reduction in the use of restraints
- 66.7%*** reduction in aggressive episodes
- 52.9%*** reduction in the use of seclusions

*Comparing the first 2 weeks to the final 2 weeks of an 8 week stay for patients admitted between Jan 2016 and March 2018 who had a LOS of over 8 weeks.

35 days** is our average length of stay on our female PICU wards.

1/3rd** over a third returned home or to community accommodation closer to or within their home area.

**based on patients discharged between January 2016 and March 2018.

Speak to our expert

To discuss our clinical methods within our PICU or Essex based services contact Dr Mark Tarn, Clinical Lead and Consultant Forensic Psychiatrist
MTarn@standrew.co.uk

For further information about our PICU service outcomes visit stah.org/womenoutcomes

Rehabilitation service

Although more complex, women are often more willing to engage in treatment than men and therefore achieve better recovery outcomes in rehabilitation services.

Thornton ward provides a specialist rehabilitation service for women with mental health disorders, providing a step to positively test risk and provide the skills required to discharge to successful community living. The service has established partnerships with supported living providers in Northampton. This allows people to move into the community and, where relevant and necessary, enables continued input from the Thornton clinical team to aid successful transitions.

Outcomes

13 months** is the average length of stay for women's rehabilitation.

93%** of patients were successfully discharged home or to community accommodation.

**based on patients discharged between January 2016 and March 2018.

Speak to our expert

To discuss our clinical methods within our locked rehabilitation service contact Dr Michelle Huggins, Clinical Lead and Chartered Clinical Psychologist
MHuggins@standrew.co.uk

For further information about our locked rehabilitation service outcomes visit stah.org/womenoutcomes

Occupational Therapy

The breadth of occupational therapy interventions, activities and vocational opportunities offered at St Andrew's is unrivalled, giving women the opportunity to develop and test skills already learnt, taking them into everyday community situations.

Each year over **2360** sessions including ceramics, office skills, catering and horticulture are attended by women at Workbridge, our vocational skills service at St Andrew's.

Progress is monitored through regular reviews using measures such as the Model of Human Occupation Screening Tool (MoHOST), and changes made accordingly based on an individual's development.

National service for women at St Andrew's

Our women's mental illness and personality disorder services provide **193 specialist beds** for women of all ages with severe and enduring mental health disorders and complex needs. These specialist services are provided across medium, low and locked environments in three locations nationally, enabling women to be closer to their home area where possible.



Contact/referral info

For more information about our women's services or for referrals:

t: 0800 434 6690 (we welcome text relay calls)

e: enquiries@standrew.co.uk

w: stah.org/women