

Crisis care when you need us most

**Our Acute and PICU ward teams are here to help you
24 hours a day, 7 days a week**

If you have someone with urgent psychiatric needs our team can help you to place a patient in one of our seven high dependency wards based across Northampton and Essex

Male Acute

Female Acute

Male PICU

Female PICU



Transforming lives together

Acute and Psychiatric Intensive Care Units (PICU)

For over 10 years our PICU services for men and women in Northampton and Essex have been trusted for their provision of high quality intensive care in clinically safe and supportive environments.

To enhance our high dependency provision we now also have acute male and female services in Essex and an acute male ward in Northampton.

The MDT across our Acute and PICU services work together with the aim of reducing a person's risk, stabilising their behaviour and supporting them with a return to home, or to a more appropriate community setting as soon as possible.

"The most interesting part of the work is the patients that we support. People come to us who are very fragile and emotionally unwell and over a short period of time you can see them transform."

William Callaghan , Audley ward Nurse Manager

Our bed availability

Our bed availability is updated every week, please visit stah.org/picu for the latest update. If you would like to receive our daily Acute/PICU bed availability email, please contact us at update@stah.org



Our Acute services

Our Acute services admission criteria

We support men and women:

- ✓ aged 18-65 years
- ✓ suffering from a mental health issue including; Schizophrenia, drug induced psychosis, Bi-polar affective disorder, Schizoaffective disorder or a secondary diagnosis of Personality disorder
- ✓ who are at potential risk of harming themselves or others
- ✓ who have been detained under the Mental Health Act 1983 (as amended in 2007), as well as informal patients (Naseby only).

These criteria are a guide for assessing suitability.

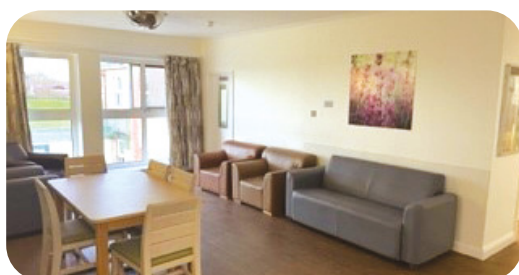
Each patient will be individually assessed by our dedicated team.

This service will not be appropriate for people with a history of Dementia or Learning Disabilities.

Essex

Benfleet (Male)

Acute



Benfleet lounge

Maldon (Female)

Acute



Maldon day area

Northampton

Naseby (Male)

Acute



Naseby day area

**37 days average
length of stay across
our Acute and
PICU wards***

*NHS recommends a stay of no longer
than 44 days, NAPICU 56 days.

Our PICU services

"My care has been brilliant I can now maintain my composure and manage my stress."

Male PICU patient (Audley)

Our PICU services admission criteria

We support men and women:

- ✓ aged 18-65 years
- ✓ suffering from an acute mental illness, a relapse of an enduring mental illness or an exacerbation of a chronic mental illness, including a secondary diagnosis of Personality disorder
- ✓ who may be displaying behaviours that challenge as a result of a mental illness
- ✓ who demonstrate significant risk, including aggression to self and others, absconding and / or vulnerability
- ✓ who require relatively short-term intensive care in a safe environment
- ✓ who have been detained under the Mental Health Act 1983 (as amended in 2007).

These criteria are a guide for assessing suitability.

Each patient will be individually assessed by our dedicated team, relevant information will be gathered and a decision will usually be made within one hour. No formal assessment is required at the point of admission, however, patients will be examined as soon as appropriate.

Essex

Audley (Male)

PICU



Conservatory meeting room

Frinton (Female)

PICU



Frinton lounge

Northampton

Bayley (Male)

PICU



Northampton outdoor gym

Heygate (Male)

PICU



A bedroom on Heygate



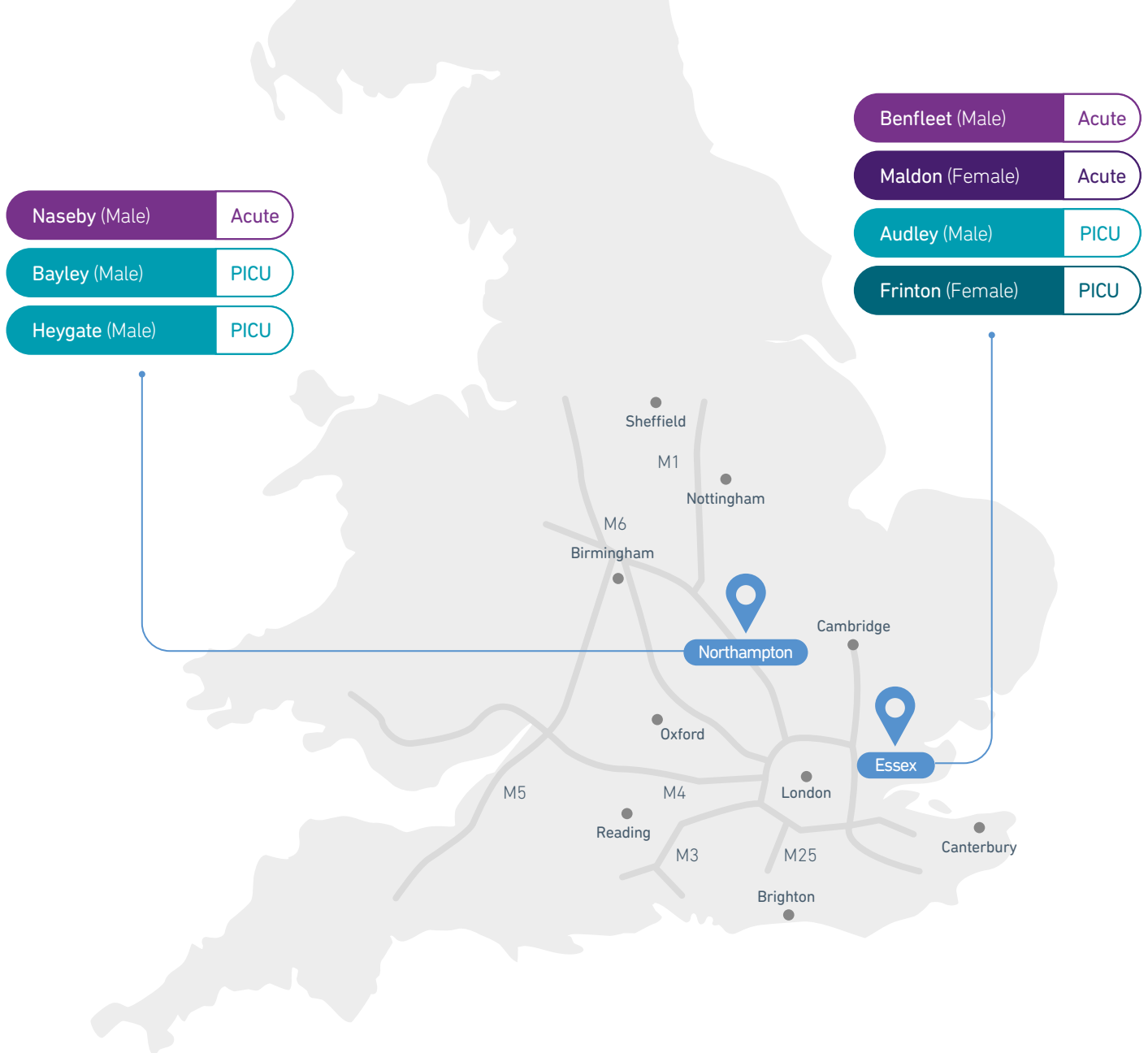
Image of our fruit orchard at St Andrew's, Northampton

Why choose St Andrew's?

- ✓ We make it a priority to actively engage with a patient's home area co-ordinators.
- ✓ Our specialist MDT work closely with patients' families and both our Northampton and Essex PICU services have in-house social work teams.
- ✓ We place a key focus on the relational security of our patients.
- ✓ All PICU wards are members of NAPICU, and adhere to NAPICU minimum standards and their admissions criteria.
- ✓ Our extensive on-site multi-disciplinary team mean that Acute and PICU patients have access to a wide breadth of therapeutic interventions and support.
- ✓ Ward environments with designated spaces are an integral part of our therapeutic approach.

Therapeutic environments on our Acute and PICU wards include:

- ✓ Sensory/Chill-out rooms to support patients with increased arousal levels and help them develop self-regulatory sensory strategies.
- ✓ Therapy gardens helping to promote pride and personal achievement and offering opportunities to engage in activities that encourage positive connections within a physical and social environment.
- ✓ A wide variety of sports facilities and sessions combatting physical health issues, promoting positive emotional regulation and improving self esteem.



A single point of access for referrals

You can now make an Acute or PICU referral across any of our seven wards by sending an email to our central inbox, or ringing the referral line:

✉ sah.picuacute@nhs.net

☎ 0800 434 6690

💻 stah.org/PICU

Did you know we also have a Neuro Rapid Response Service?

As part of our Neurobehavioral services, we also offer a rapid review of patients with an ABI or PNC whose behavioural presentation or cognitive function has deteriorated, and who require urgent stabilisation and intensive therapy in a safe environment.

Our programmes deliver treatment to support a return to community once the crisis period has subsided, and also offers a service for patients requiring a more extensive care package.

To make a referral call 01604 616 000 and ask for Lowther Dementia Hub