



Outstanding education

St Andrew's College provides young people with the expertise and facilities to improve academic skills or gain additional qualifications, wherever they happen to be in their educational development. Individual educational programmes are developed, based on their needs and as part of their overall care plan.

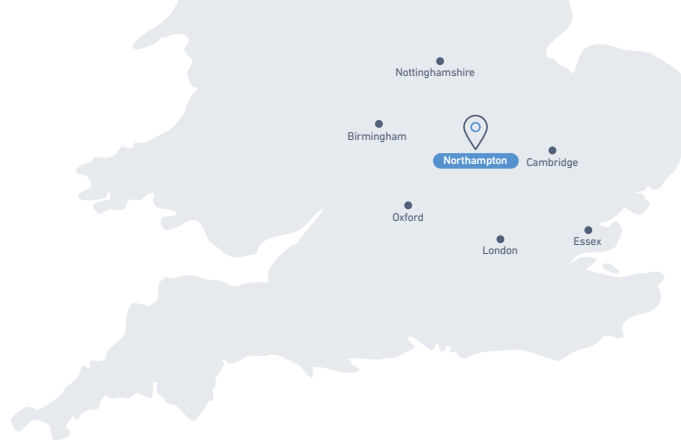
In addition to the College, FitzRoy House also features an environment that provides young people with space to keep active, space to socialise, space to grow, a space to call their own and a space for self-expression.

Next steps...

With the appropriate support patients would likely step down to supported community living or return to live with family where appropriate.

Ultimately, our goal is to equip people with the skills required to live as independently as possible, closer to communities of their choosing.

Individuals pictured are models and are used for illustrative purposes only.



Closer to home...

Centrally located, Fern ward is just 1.5 hours away for 20% of England and 16% of the UK's population.

We recognise the challenges of being away from home and have provided a range of options to make it easier to stay in touch via on-site family visiting suites, a café, courtyards, kitchens, extensive grounds and access to free family sleep over accommodation. All wards also have access to secure Skype and ward landlines.



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Registered Charity Number 1104951

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St Andrew's
HEALTHCARE

Fern Ward CAMHS Pathway: FitzRoy House

Fern Ward is a 10 bedded low secure ward for girls aged 10-18 with mild or moderate learning disability with other difficulties, including mental illness, autistic spectrum disorder (ASD) and who may demonstrate behaviour that challenges.

Fern is part of FitzRoy House, our CAMHS centre of excellence where we provide an unrivalled range of facilities and world class therapeutic care under one roof.



Transforming lives together



Who we help...

Girls aged 10 to 18 with mild or moderate learning disability, with other difficulties including:

- mental illness
- autistic spectrum disorder (ASD)
- a history of adversity including neglect and abuse

Who may demonstrate behaviour including:

- self-harm
- suicidal behaviour
- physical aggression
- substance misuse
- behaviour disorders

Who have:

- been detained under the Mental Health Act 1983 (as amended 2007)
- complex emotional and mental health issues.

How we help...

Starting on admission each young person has a comprehensive assessment informing diagnosis and care planning.

Treatment is formulation-led, describing and explaining the young person's difficulties as well as their key strengths. This allows for the development of holistic intervention plans covering:

- safety and commencing specialist assessments
- treatment engagement and basic coping strategies (e.g. developing emotional literacy)
- stabilisation treatments (e.g. CBT and sensory strategies to regulate emotion)
- specialist treatments (e.g. use of adapted DBT and managing anxiety)
- maintenance and relapse prevention.



Who helps...

There is an MDT therapeutic timetable that runs alongside the education curriculum. This includes group and individual sessions. Personalisation is core to the programme considering the young person's interests, preferences, level of functioning and needs. Therapy may include:

- daily living skills (personal care, laundry, room tidy, kitchen skills, baking, social skills)
- community skills (road safety, shopping, budgeting, money management, orientation, bus skills, train skills, confidence building, social interactions)
- sensory integration incl. Dyspraxia clinic
- vocational skills (animal care, horticulture, work placements, Duke of Edinburgh, volunteering within the local community)
- leisure skills (music, relaxation, project group, arts and crafts).

