Getting in touch

For more information about FitzRoy House or to make a referral:
- T: 0800 434 6690 (we welcome text relay calls)
- E: enquiries@standrew.co.uk
- W: www.stah.org/camhs

Registered Charity Number 1104951

FitzRoy House
World class CAMHS care under one roof
enabling young people to live well
and to their full potential.

Closer to Home
Within a 2hr drive for 49% of England’s population.

Registered Charity Number 1104951
FitzRoy House
Designed for young people

- **Space to learn, grow and develop**
  - Sensory room: Purpose-built space for rehabilitation through exploring sensory preferences
  - Horticulture courtyard: Outdoor space to help develop vocational and life skills
  - Pet therapy courtyard: Outdoor space to connect with nature and develop responsibility
  - Music room: A great environment for exploring self-expression
  - Science lab: Providing students with the opportunity to study all science subjects

- **Space to keep active & stay well**
  - Wider grounds: Wide open spaces for activities including: walking, cycling, running, circuit training
  - Multi-Gym: Cardio and resistance gymnasiums
  - MUGA: Outdoor multi use games area
  - Activity Hall: Large indoor space for sports, games, dance and events

- **Space to chill out and socialise**
  - Tranquillity Courtyard: A special outdoor space with a relaxing water feature
  - Family visiting suites: Dedicated private and relaxing spaces to meet with family, carers and friends
  - Branch Out Café: A vibrant café to grab a bite to eat or drink, with indoor and outdoor space

- **Space to call your own**
  - Ward environment: Spaces including: games room, lounge, dining room, quiet room, art room
  - Ward courtyard: Access to outdoor space straight from the ward
  - Ensuite Bedroom: Temperature control, access to fresh air, storage, personalisation of space

- **ADL kitchen/courtyard**
  - Extensive grounds

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"The new facilities in FitzRoy, mean that young people now have so many more options when it comes to keeping in touch, which is such an important part of recovery and preparing for successful discharge."

Lead Social Worker
Despite the growing awareness of mental health, it is reported that 70% of young people who experience a mental health problem do not receive the appropriate interventions they need.*

*Mental Health Foundation
Being the largest purpose built inpatient facility for young people internationally, St Andrew’s is able to provide an unrivalled range of facilities and world class therapeutic care in one place for young people with complex mental health needs.

Investing in Mental Health

St Andrew’s is committed to investing in and innovating for the growing need for specialist, world-class child and adolescent mental health services (CAMHS).

Purpose built, FitzRoy House provides the opportunity for up to 110 children and adolescents aged 13-18 to receive the highly specialised care they need under one roof, maximising the opportunity for positive experiences, an enhanced recovery, and enabling them to live well and to their full potential.

Welcome to FitzRoy House

World Class Care under one roof

Being the largest purpose built inpatient facility for young people internationally, St Andrew’s is able to provide an unrivalled range of facilities and world class therapeutic care in one place for young people with complex mental health needs.

Designed for young people, by young people

Involving young people and healthcare professionals at each step of the way, the design and fit out of FitzRoy House is both innovative and empathetic to the needs of children and adolescents.

The theme of nature was chosen by the FitzRoy House patient artwork project and unique artwork showcasing their designs can be found throughout the facility.

Strength in its size

With 11 wards and 110 inpatient beds, from medium secure through open, FitzRoy’s size is its strength, enabling St Andrew’s to treat patients across 7 specialist pathways, and provide all the facilities and resources on offer in a centre of excellence.
Our aims

Our aim is to promote healing and relieve the suffering of young people with mental health needs. Our therapeutic approach to managing risk and meeting the clinical needs of the young people we support is based on a number of philosophies of care:

- Care in least restrictive environments
- Promotion of PHYSICAL and MENTAL health
- Safety
- Stabilisation
- Inclusion
- Enabling a BETTER LIFE
- Instilling HOPE
Treatment philosophy

A holistic approach to care for young people
Person-centred approach to care

As experts in CAMHS, we are able to treat a wide range of disorders, including the most challenging and complex.

Our ethos is to provide person-centred care which addresses young people’s mental and physical health, as well as their functional, cognitive, emotional, social, communication, sensory and vocational needs.

Care is delivered through a multi-disciplined treatment programme which is:

- Pathway aligned
- Evidence based
- Needs-led
- Outcomes-driven
- Bespoke

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Individual care programmes are formulated and delivered by a full in-house multi-disciplinary team, with strong CAMHS expertise. This is another significant benefit of being able to treat so many young people under one roof.
Our specialist pathways of care...

The 11 units within FitzRoy House have been designed to enable care to be delivered to a maximum of ten patients, in the least restrictive environments. There are comprehensive pathways for girls and boys, in both mental health and neurodevelopmental/developmental disabilities, across medium secure through to open.

and needs-led treatment and interventions...

All treatment and therapeutic interventions are needs-led, individual, and based on the outcomes of a comprehensive and ongoing assessment process for each young person.

Mental Health recovery & reducing risk
- Full DBT programme
- CBT
- Offence related therapy
- Medication streamlining and optimisation
- Psycho-education
- Therapy-based interventions
- Speech and language therapy
- Family Interventions
- Protective behaviours
- Reparation meetings

Improving physical wellbeing
- Self-care
- Weight management
- Health promotion
- Sports and exercise therapy
- Physiotherapy
- 1:1 clinician sessions
- Nurse-led therapies
- Education

Maximising independence
- Incremental increases in responsibility
- Vocational and creative pathway
- Therapeutic drumming
- Sensory integration
- Duke of Edinburgh Award
- Animal therapy

Achieving full potential & meaningful outcomes
- Social Work Interventions
- Family liaison
- Home team contact
- Looked after care meetings
- Chaplaincy and spiritual care

Meadow
Low secure unit, predominantly for the admission and treatment of girls with complex mental health difficulties, often in the context of an emerging personality disorder.

Maple
Low secure unit providing continuing care and recovery for girls with complex mental health needs, often in the context of an emerging personality disorder.

Willow
Low secure unit, predominantly for the admission and treatment of girls with complex mental health difficulties, often in the context of an emerging personality disorder.

Sycamore
Low secure unit for boys, providing continuing care and recovery for boys with complex mental health difficulties.

Marsh
Low secure ward for boys with complex mental health difficulties, who display high levels of risk and challenging behaviour, often with forensic backgrounds.

Berry
Under development

Bracken
Medium secure forensic unit for boys with developmental disabilities/autism.

Acorn
Medium secure forensic unit for boys with developmental disabilities/autism.

Fern
Low secure unit for girls with developmental and/or neurodevelopmental disability who present with complex mental health difficulties associated with challenging behaviour.

FitzRoy
Low secure unit for girls with complex mental health difficulties, often in the context of an emerging personality disorder.

Medium secure forensic unit for boys with developmental disabilities/autism.

Low secure unit providing continuing care and recovery for girls with complex mental health needs, often in the context of an emerging personality disorder.

Mental Illness Neurodevelopmental/developmental disability...
Enhancing recovery

Environments designed by young people, for young people
All therapeutic interventions within FitzRoy are delivered by the in-house multi-disciplinary team and are completely bespoke and needs-led.

At each step of recovery, assessment is carried out and the therapy adapted to meet the relevant needs of each person, be it: emotional, social, vocational or physical.

"The Sensory room has been two years in the planning and is an exciting addition to the Occupational Therapy provided within the CAMHS pathway.

It gives young people the opportunity to identify their sensory patterns, explore their preferences, sensitivities and dislikes. This will enable them to increase their self-awareness and insight, learn more adaptive ways to self-regulate and develop self-control and mastery, as part of their recovery to wellbeing.”

Lead Occupational Therapist
The many varied spaces within FitzRoy, provide opportunities to access outdoor space, learn new skills, socialise or just take time out.

"Consideration of both mental and physical health and the management of weight, is such an important part of young people’s health."

Consultant Adolescent Forensic Psychiatrist

An emphasis on establishing and maintaining good physical health and wellbeing is a significant part of the therapeutic programme.
Each of the units within FitzRoy has elements designed by young people.

‘It’s important for young people to have a safe and comfortable environment to undertake their journey to recovery, this can be as important as the therapy provided. The facilities in FitzRoy enable each young person to have access to the appropriate equipment and space, including plenty of indoor and outdoor areas for fun, sports and recreation – exactly what every child and adolescent needs!’

Modern Matron
As an existing and well established College, Ofsted regulated and outstanding accredited, St Andrew’s College has its place right in the heart of FitzRoy House.
Individual educational programmes are developed for each young person, based on their needs and as part of their overall care plan.

Over 700 exams sat by CAMHS patients in 2016

“As part of the College and Therapy Suite within FitzRoy House, 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.”

Head Teacher

Education for all

Subjects at the College follow the national curriculum and facilities include:

- Teaching rooms
- IT Pods
- Science lab
- Library
- Art rooms

There is also a specialist TEACCH (Treatment and Education of Autistic Children with Communication Handicaps) programme and environment for young people within our Neurodevelopmental/developmental pathways.

With extra-curricular activities such as the Duke of Edinburgh award, St Andrew’s College is able to offer something for everyone. One of the benefits of having an on-site Ofsted college and specialist teaching team, means that as well as a variety of nationally accredited qualifications, young people also have the opportunity to study a broader range of subjects. These include; business studies, sports studies, work-related learning and the Duke of Edinburgh award.
Keeping in touch

Building relationships with family, carers, friends and the community

Recognising the challenges of being away from home and in new surroundings, FitzRoy House provides a variety of ways for young people to keep in touch, and many spaces to simply spend quality time with family, carers, friends and peers.

- Tranquillity courtyard
- Ward phones
- Branch Out Café
- Family visiting suites
- Secure Skype