

Enabling young people to live well and to their full potential

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 adolescents. Our experience and expert interventions within our Tier 4 child and adolescent mental health services (CAMHS) helps us to deliver outstanding outcomes through pioneering care programmes that enhance recovery and enable young people to live well and to their full potential.

Since 2016 our child and adolescent mental health services have successfully discharged over **175 young people** with an average length of stay of **7 months**. Over **HALF** returned home or to community accommodation in their home area.

Our outcomes include:

80%

reduction in aggressive episodes

Within the first 6 months on our CAMHS low secure young male mental illness services.

76%

reduction in aggressive episodes

During a 12 month period on our low secure female mental illness services.

72%

of our young males were discharged to lower levels of security

From our CAMHS medium secure male developmental disorder services.

2/3rds

of young people were supported to return home or to community accommodation in their home area.

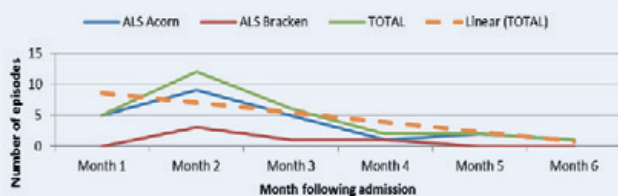
From our CAMHS low secure developmental disorder services.

Developmental Disorder (ASD/LD) Medium secure

CAMHS medium secure wards offer safe and supportive environments to help assess the complexities and variables prompting challenging behaviour. Both wards are for young males with forensic histories, developmental disabilities and complex needs. The emphasis here is on stabilisation, which is encouraged through Positive Behavioural Support (PBS) techniques, using boundaries, positive role modelling and solution focused therapies to enhance a young person's quality of life, taking account of their developmental stage.

Seclusions

Admissions/transfers Jan'17 to Jan'18



n = 6 patients

Outcomes

83.3%* reduction in the use of restraints
82.4%* reduction in the use of seclusions
80.0%* reduction in aggressive episodes

*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.

7 months** is our average length of stay on our forensic boys medium secure wards.

78%** of our young males were discharged to lower levels of security; over 70% were supported to move to appropriate and available accommodation closer to their home region.

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

Speak to our expert

To discuss our clinical methods within our CAMHS medium secure developmental disabilities services contact Anne McLean, Clinical Lead and Consultant Clinical & Forensic Psychologist on A_McLean@standrew.co.uk

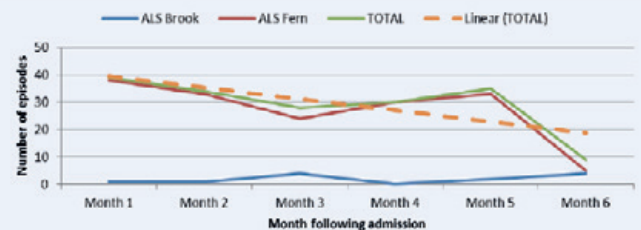
For further information about our CAMHS medium secure outcomes visit stah.org/CAMHSoutcomes

Development Disorder (ASD/LD) Low secure

Our low secure developmental disorders wards offer recovery-orientated services that aid independent skill development, based on individual ability, strengths and goals. Young people (male and female) are able to access a wide range of therapeutic and activity sessions which complement individual interests and needs alongside their clinical treatment and rehabilitation. Key interventions used are focussed on providing structure, predictability and routine, utilising visual aids and strategies from TEACCH (Treatment and Education of Autistic and Communication-Handicapped Children) adopted in our Ofsted 'Outstanding' rated college. Zones of Regulation and sensory interventions are also used to help young people develop skills to regulate their emotions more effectively.

Restraints

Admissions/transfers Jan'17 to Jan'18



n = 8 patients

Outcomes

80.0%* reduction in aggressive episodes
76.9%* reduction in the use of restraints
75.0%* reduction in self-harm incidents
62.5%* reduction in the use of seclusions

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

8 months** is our average length of stay on our developmental disorder low secure wards.

2/3rds of young people were supported to return home or to community accommodation in their home area.

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

Speak to our expert

To discuss our clinical methods within our CAMHS low secure developmental disabilities services contact Anne McLean, Clinical Lead and Consultant Clinical & Forensic Psychologist on A_McLean@standrew.co.uk

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

› Mental Illness Low secure female

CAMHS mental illness wards support young females with complex mental health needs and challenging behaviour, including those with severe vulnerabilities following traumatic experiences or high-risk self harming behaviours. Our services offer safety and stability where young people are helped to understand and manage their mental health difficulties, building resilience rather than reducing risk, enhancing the chance of sustainable recoveries and independent living. Key interventions include a full Dialectical Behavioural Therapy (DBT) programme, a Trauma Informed care model and a focus on helping young females to regulate their emotions through moral reasoning and sensory integration approaches.



Outcomes

- 78.0%*** reduction in the use of seclusions
- 75.6%*** reduction in aggressive episodes
- 71.1%*** reduction in the use of restraints
- 55.4%*** reduction in self-harm incidents

*Comparing the first 2 months to the final 2 months of a 12 month stay for patients admitted between Jan 2016 and June 2017 who have had a LOS of over 12 months.

6 months** is our average length of stay on our mental illness low secure female wards.

1/2 over half were supported to return home or to community accommodation in their home area.

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

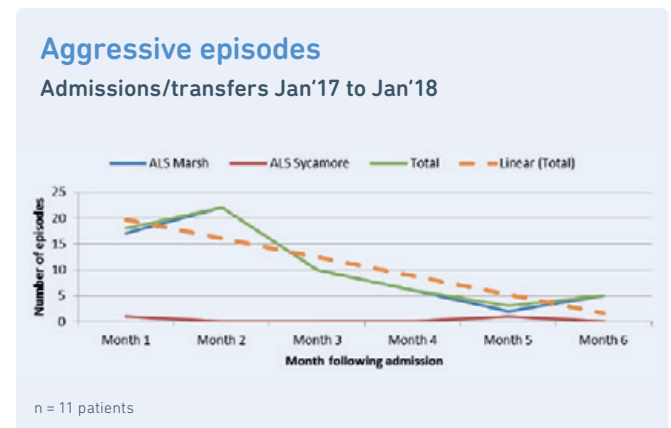
Speak to our expert

To discuss our clinical methods within our CAMHS low secure mental illness services for females contact Dr Charlotte Staniforth, Clinical Lead and Chartered Clinical Psychologist on CStaniforth@standrew.co.uk

For further information about our CAMHS mental illness low secure female outcomes visit stah.org/CAMHSoutcomes

› Mental Illness Low secure male

Our mental illness wards offer safe environments to assess and support young males to understand and better manage their mental health difficulties. Positive Behavioural Support techniques, boundaries, positive role modelling and solution focused therapies encourage young males to build resilience and look to positive futures. Young males are offered a comprehensive activity and rehabilitation schedule which include vocational activities, such as horticulture and woodwork, animal care, Duke of Edinburgh award tasks and a wide variety of sporting activities both on and off site.



Outcomes

- 83.6%*** reduction in the use of restraints
- 80.0%*** reduction in the use of seclusions
- 80.0%*** reduction in aggressive episodes
- 66.7%*** 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.

6 months** is our average length of stay on our mental illness low secure male wards.

2/3rds over 2/3rds were supported to return home or to community accommodation in their home area.

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

Speak to our expert

To discuss our clinical methods within our CAMHS low secure mental illness services for males contact Dr Charlotte Staniforth, Clinical Lead and Chartered Clinical Psychologist on CStaniforth@standrew.co.uk

For further information about our CAMHS mental illness low secure male outcomes visit stah.org/CAMHSoutcomes

Leading care under one roof

St Andrew's is committed to continually investing in and developing the care it offers to meet the growing need for child and adolescent mental health services (CAMHS).

Built in January 2017, FitzRoy House provides highly specialised care for young people with complex mental health or development disorders and associated challenging behaviours. FitzRoy House is a purpose built inpatient facility able to provide an unrivalled range of facilities and therapeutic care under one roof.

St Andrew's College

Located within the heart of FitzRoy House is St Andrew's College, an Ofsted regulated and 'outstanding' accredited college that offers each young person individual educational programmes based on their abilities and needs, helping them to gain nationally accredited qualifications and participate in extra-curriculum activities, such as the Duke of Edinburgh award.

Last year over **135 young people** studied at St Andrew's College. Over **450** qualifications, including GCSEs and AQA Unit Awards, were taken with **45%** of students achieving a pass grade.

"Students make exceptionally strong progress from their starting points because the quality of teaching and learning is outstanding."

Ofsted, 2016



Contact/referral info

For more information about our CAMHS or for referrals:

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

e: enquiries@standrew.co.uk

w: stah.org/CAMHS

