

Transitional community living houses

Watkins House and 37 Berkeley Close offer women with complex mental illness step-down rehabilitative care in the community. The services work with women who require a transitional community living setting to test skills, improve confidence and establish community links to aid their next step towards more independent living.



**Watkins House and
37 Berkeley Close
Northampton**



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Care approach

We adopt a personalised care approach to reflect the unique needs of the women living in our transitional community living houses. Therapeutic activities are designed to reduce risk behaviours, develop daily living skills, build social skills and establish community links so an individual can confidently and safely live more independently in the community.

Admission criteria

- Women aged 18 years and over
- With severe and enduring mental illness
- Who may have a mild learning disability as a secondary diagnosis
- Who may have a forensic history
- Who may have behaviours that challenge but have been risk free for 3-6 months
- Who are detained under the Mental Health Act 1983 amended 2007
- Who are under Deprivation of Liberty Safeguards (DoLs), informal or voluntary registered
- And who are ready to engage in therapeutic treatment and care





Outcomes

We work with women to:

- reduce their risk behaviours
- prepare them for community living
- improve their confidence and self-esteem
- build meaningful social networks
- help them manage their own mental health
- help them maintain good physical health.

To monitor effective care we use the following clinical outcome tools:

- HoNoS - Health of the Nation Outcomes Scale
- CAMFOR - Camberwell Assessment of Need Forensic Version
- Safety Assessment and Risk Planning tools

'I really love my room with en-suite, it's homely and not like living in a hospital.'

Community integration and discharge preparation

Watkins House and 37 Berkeley Close are part of a comprehensive pathway for women with complex mental illness in Northampton. This pathway allows women to transition between medium secure, blended secure and specialist rehabilitation care, dependent on their changing needs.

Focussed around supporting individuals to live more independently in the community, our qualified nursing and social work teams have established links with local support groups and supported living providers.

Environment

Watkins House and 37 Berkeley Close offer specialist rehabilitation hospital care in typical houses in a residential neighbourhood adjacent to our main Northampton hospital site.

The houses are ideally located to support women to develop the essential skills necessary for community living. The town centre is a 10 minute walk away with a bus route just around the corner. Northampton offers a wide range of community facilities including libraries, health centres, parks and colleges.

The houses provide individual bedrooms, shared kitchens, dining rooms, lounges, occupational therapy spaces, large patios and gardens.

Treatment programme

Treatment, therapy and activity programmes are designed around the needs, interests and goals of the women in our care. The programmes are focussed on community integration and building the skills necessary to aid independent living.


Our nursing teams assist to help the women access a number of activities in the community. The houses are also close to Workbridge, which offers vocational opportunities across a number of different areas facilitating the development of work and life skills ready for community employment.

Staffing model

Women within our transitional community living houses are supported by a comprehensive multi-disciplinary team 24/7, consisting of nursing, psychiatry, psychology and social work input.



For more information or to make a referral:

 0800 434 6690

 enquiries@standrew.co.uk

 stah.org