

# 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 a patient with urgent psychiatric needs you can speak to someone directly on one of our five crisis wards based across Northampton and Essex.

Male

Acute

Male

PICU

Female

PICU



*Transforming lives together*

For over 10 years, our well-established PICU services for men and women in Northampton and Essex have been trusted for their provision of high quality psychiatric intensive care in clinically safe and supportive environments. To enhance our crisis provision we have also opened an acute male admission ward in Essex earlier this year.

Our Acute and PICU patients are supported by a specialist ward based MDT including medical and nursing staff, psychiatrists, psychologists, social workers and occupational therapists. Their joint aim is to reduce a person's risk, stabilise their behaviour and support them with a return to home or a more appropriate community setting as soon as possible.

**NEW**

## Male Acute ward – Benfleet

Benfleet ward is an acute ward within the Men's Mental Health pathway, based in Essex. It offers short periods of rapid assessment, intensive treatment and stabilisation within a specialist rehabilitation setting. Typically, male patients present with behaviour that is less challenging than those who require a Psychiatric Intensive Care (PICU) setting.

Our aim is to support patients to overcome acute phases of mental health crisis before working with local teams to enable people to discharge to less restrictive environments in their local community as quickly as possible.

*"It's really rewarding in PICU being able to see that whole patient journey and just how quickly people get better and get back to their home areas."*

Dr Shubhinder Shergill, Consultant Psychiatrist

*"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 Environments

Our wards have been designed specifically around people with complex mental health needs. The service includes both wheelchair and disabled access bathrooms. All of our wards have central living and dining areas, individual bedrooms with en-suite facilities and large enclosed courtyards and gardens.

## Northampton

Heygate (Male)

PICU



A bedroom on Heygate PICU

Bayley (Female)

PICU



Northampton outdoor gym

“This is the first place people really care about me and want me to do things and to do well.”

Female PICU patient (Bayley)

## Essex

Benfleet (Male)

Acute



Benfleet lounge

Audley (Male)

PICU



Conservatory meeting room

Frinton (Female)

PICU



Frinton lounge

# An overview of our Acute and PICU admissions criteria

## Our Acute service admission criteria

### We admit men:

- ✓ aged 18-65 years
- ✓ suffering from a mental health issue including; Schizophrenia, drug induced psychosis, Bi-polar affective disorder and Schizoaffective 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).

### These criteria are a guide for assessing suitability.

Each patient will be individually assessed by our dedicated team. This ward will not be appropriate for patients with a history of Dementia, Learning Disabilities or Personality Disorders.

## Our PICU services admission criteria

### We admit 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
- ✓ 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.

A patient can transfer between our Essex male PICU and acute ward if their needs change whilst they are with us.

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

Male PICU patient (Audley)





*Engaging in an art workshop*

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.

# Getting in touch

## Northampton

Heygate (Male)

PICU

01604 616 111

SAH.PICUMaleNorthampton@nhs.net

Bayley (Female)

PICU

01604 614 584

SAH.PICUFemaleNorthampton@nhs.net

## Essex

Benfleet (Male)

Acute

01268 723 934

SAH.ACUTEMaleEssex@nhs.net

Audley (Male)

PICU

01268 723 930

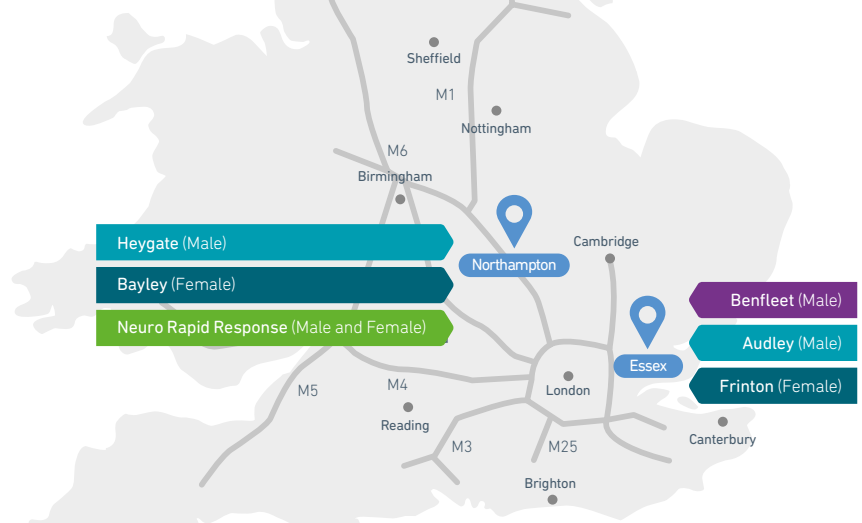
SAH.PICUMaleEssex@nhs.net

Frinton (Female)

PICU

01268 723 860

SAH.PICUFemaleEssex@nhs.net



## Our bed availability

Our bed availability is updated every week day, please visit [stah.org/picu](http://stah.org/picu) for the latest update. If you would like to receive our daily PICU bed availability email, please contact us at [update@standrew.co.uk](mailto:update@standrew.co.uk)

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

As part of our Neurobehavioural 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.

**Make a referral 0800 434 6690**