Elysium Healthcare

Barnet Lane Clinic

Barnet Lane, Elstree, Borehamwood,
Hertfordshire WD6 3QU

T: 020 8953 2573
E: barnetlane@elysiumhealthcare.co.uk

Barnet Lane Clinic is a Level 2 mental health rehabilitation inpatient service for women aged 18 and over with complex mental health problems, including personality disorders, mood disorders, anxiety disorders, complex post-traumatic stress disorder and psychosis.

Our surroundings

Facilities include a communal dining room, lounge, laundry, library, therapy and meeting spaces and extensive outdoor space. Within the grounds there is a separate annex which houses six self-contained studio apartments to prepare patients for discharge and promote independence.

The clinic is one mile from local amenities with access to local mental health networks like MIND; local leisure centres for patients to access swimming and gym sessions; local horticultural groups and charities.
They have established links with Hertfordshire New Leaf Recovery College for patients to access. The surrounding retail outlets offer our patients quieter shopping hours to meet their sensory needs.

Service at a glance:

- 2 — **Level 2** service
- **16 beds** total
- Service for **women**
- 18+ — Age **18** and over

Who we support

Barnet Lane can support women:

- Age 18 and over
- Who may be transitioning from CAMHS
- With a primary diagnosis of mental health problems
- Who will be detained under the Mental Health Act 1983 (amended 2007)
- Who may have additional physical care needs but deemed medically stable
- Who may have co-morbid diagnosis such as personality disorder and or mild learning disability and co-existing physical health conditions

What support we offer

The team at Barnet Lane Clinic follow a recovery focused model of care which ensures a person-centred approach is maintained.

Our initial focus is on building therapeutic rapport and trust, facilitating emotional catharsis, and developing emotion regulation and distress tolerance skills. This is followed by more specific trauma-informed therapy which may include Eye Movement Desensitization and Reprocessing (EMDR), Compassion Focused Therapy (CFT) and/or Dialectical Behaviour Therapy (DBT), depending on the patient's specific mental health needs and emotional capacity. Psychotherapy is offered within an individual and/or group therapy setting. All psychological interventions are evidence based. Positive Behaviour Support plans are regularly reviewed and updated in collaboration with the patient encouraging positive risk taking.

Enabling individuals to reach full potential

The expert multidisciplinary team (MDT) work collaboratively with the patients to provide individualised treatment and care that is bespoke to each patient's needs. The diverse therapeutic programme adapts to each patient's changing needs at different stages within their recovery.

Patients co-produce their own bespoke care and treatment programmes identifying their needs and tailoring their goals to achieve their recovery.

The recovery focused service works collaboratively with patients to improve their self-worth, empowering them to build a better quality of life and to equip them with the skills needed for community living, supportive relationships, and increased independence. There is a focus on rehabilitation through engagement, placing a strong emphasis on generating a sense of belonging through active community involvement and building meaningful social networks.

Each patient's person-centred rehabilitation journey is a at a pace that is individually and clinically appropriate for them with an emphasis on progress and length of stay.

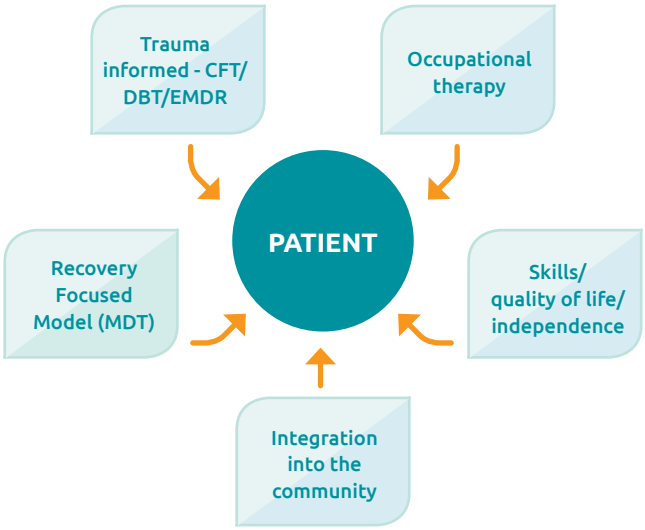
At Barnet Lane Clinic, we aim to focus on individual needs and meaningful outcomes that are specific to each person.

Outcomes we expect to see include:

- Reduction of risk behaviours
- Building meaningful social networks and improved relationship building skills
- Improved self-management of mental and physical health
- Increased responsibility for a structured day and maintaining individual wellbeing
- Improved self-esteem, self-worth, and identity
- Improved self-care and daily living skills
- Engaging with work placements or other vocational opportunities

The team

Barnet Lane Clinic has a multidisciplinary team that includes medical, nursing (comprising of registered nurses and support workers), psychological, and occupational therapy professionals.



How to make a referral:

24h referral line
0800 218 2398

Send an email to:
referrals@elysiumhealthcare.co.uk

To find out more, please visit
elysiumhealthcare.co.uk

This information is available in different languages, Braille, Easy Read and BSL on request

Images used are of similar services at Elysium and are intended as a guide.

Elysium Healthcare

Kindness Integrity Teamwork Excellence

Part of Ramsay Health Care

1688/1124