Elysium Healthcare

Field House & Apartments

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Field House and Apartments is a Level 2 mental health inpatient rehabilitation service that provides care and treatment for women who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or Personality Disorder (PD).

Reasonable adjustments will be made on an individual basis for people with additional needs.

We aim to work closely with patients from the time of admission, including during the assessment period, to determine what a successful discharge outcome looks like from their perspective and that of their care teams.

Service at a glance:

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

Who we support

We support women

- Age 18 years and over
- Who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or PD
- Who have behaviours that challenge or are perceived to challenge services
- Who may have a history of trauma, abuse or attachment issues
- People identifying as women, whether they are transitioning or not, and those identifying as non-binary, gender fluid, gender non-conforming or gender queer
- Detained under the Mental Health Act 1983 (amended 2007)
- Aiming for a return to community or community-based care

The team

Our Multidisciplinary Team (MDT) at Field House and Apartments includes:

Medical: Consultant Psychiatrist

Psychology: Psychologist and Assistant Psychologist

Occupational Therapy: Occupational Therapist and Occupational Therapy Assistant

Nursing: Qualified Nurses and Healthcare Assistants

Support Services: Administration, Catering, Housekeeping and Maintenance

What we do

At Field House, we firmly believe in supporting the individual, not just their diagnosis. Our service aims to work collaboratively with patients from the point of admission (often during the assessment period) to establish their vision of a successful discharge. Once this shared understanding is established, we focus on identifying the specific skills and steps required for the individual to achieve their personal goals and aspirations.

All team members strive to work in a least restrictive, patient-centred manner. We are confident in promoting positive risk-taking, embracing diversity and inclusion, and empowering the patient's voice. We emphasise the importance of tailoring our approach to what is most therapeutic, meaningful, and protective for everyone.

The psychology team uses a variety of flexible, personalised approaches to ensure each patient can effectively adapt the skills to their unique needs, rather than prescribing a one-size-fits-all model.

What support we offer

The Field House and Apartments take a comprehensive, collaborative approach to care. The philosophy recognises patients' trauma and promotes environments based on respect, compassion, least-restrictive practice, and co-production. Therapies aim to reduce risk behaviours and build healthy relationships, drawing on Herman's phase-based model for treating trauma.

The service specialises in evidence-based psychological interventions, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Compassion-Focused Therapy (CFT). The staff have significant expertise in addressing early life trauma and attachment disorders, helping service users make sense of their trauma history.

Enabling individuals to reach full potential

There is significant emphasis upon accessing mainstream community resources, enabling individuals to develop strong community living skills. By utilising these local resources, service users can build external social networks that they can continue to rely on after being discharged from the service. We collaborate closely with local colleges and universities to provide educational opportunities. We support service users in securing voluntary and paid employment, as well as managing their finances, benefits, and budgeting.

Our surroundings

Located in the market town of Alfreton, Derbyshire, Field House and Apartments are just a short walk from the town centre, where patients can access shops, cafés, leisure facilities, and other community resources.

The service is spilt into two buildings:

The main house has four ground floor bedrooms (three of which are accessible directly into the garden area) and four upstairs bedrooms. It has a lift for accessing the upstairs for those with limited mobility needs. The house has a shared kitchen, dining, and separate lounge area for patient use, as well as a sensory therapy room and a low-stimulus de-escalation room.

The Field House Apartments offer single and double-occupancy apartments. There is also a communal lounge and garden. The apartment model aims to increase the ability for community living through a program of increased responsibilities, such as self-catering meals and maintaining their own living environment, as well as continued targeted interventions that support a successful and sustainable discharge.

How to make a referral:

24h referral line
0800 218 2398

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

To view our video tour, please visit
elysiumhealthcare.co.uk

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

Elysium Healthcare

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