

# Spring Wood Lodge

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Spring Wood Lodge 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 individuals 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.

Spring Wood Lodge aims to support individuals to develop the skills they need to achieve a positive and sustainable discharge into the community.

## Service at a glance:

**2** Level 2 service

 19 beds total

 Service for **women**

 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) or informal
- Aiming for a return to community or community-based care





## What we do

The service provides mental health rehabilitation at a pace that is individual and clinically appropriate for each person. Individual progress and length of stay is kept under review to ensure that the time in hospital is only as long as necessary.

The service supports individuals that may present with behaviours that challenge and provides care tailored to meet individual needs. The management of risk is tailored to individual needs, with the fundamental risk management strategy underpinned by the principles of least restrictive practice. Access to and from the building is managed through an electronic fob system. Patients are individually risk assessed to determine their suitability to manage their own fob to enable easy access between the ward and the community.

As part of an agreed care plan, we provide comprehensive rehabilitation services. Collaborating closely with patients and their community-based mental health, learning disability, and autism teams, we support the established care pathway. Rehabilitation typically involves regular engagement with various community resources and agencies, such as employment support, education, housing, and welfare services, unless the care plan specifies otherwise.

## What support we offer

Spring Wood Lodge offers a range of psychological therapies to meet individual needs. Following assessment, patients will be encouraged to engage in some of the following available interventions:

- Full group and individual Dialectical Behaviour Therapy (DBT) programme
- Radically Open Dialectical Behaviour Therapy (RO-DBT) group programme
- Rolling mental health psychoeducation and skills group

Individual Therapies:

- Individual DBT / RO-DBT
- Internal Family Systems Therapy
- Schema-Informed Therapy
- Cognitive Behavioural Therapy (CBT)
- Cognitive Analytic Therapy (CAT)
- Compassion-Focused Therapy (CFT)
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)

## How to make a referral:



24h referral line  
**0800 218 2398**



Send an email to:  
[referrals@elysiumhealthcare.co.uk](mailto:referrals@elysiumhealthcare.co.uk)

We are equipped to offer diagnostic assessment of Autism Spectrum Condition (ASC) using current gold standard assessment tools including the Autism Diagnostic Observations Schedule (ADOS-2) and the Autism Diagnostic Interview (ADI-R). These are bolstered by behavioural observations from multiple sources and full Multidisciplinary Team (MDT) case review.

## The team

Our MDT at Spring Wood Lodge includes:

**Medical:** Consultant Psychiatrist and Associate Specialist

**Psychology:** Psychologists and Assistant Psychologists

**Occupational Therapy:** Occupational Therapists and Occupational Therapy Assistants

**Nursing:** Qualified Nurses, Preceptor Nurses, Student Nurses and Healthcare Assistants.

**Support Services:** Administration, Catering, Housekeeping and Maintenance.

## Enabling individuals to reach full potential

The Occupational Therapy Team works with each patient to develop a meaningful therapeutic timetable that directly aligns with the patient's agreed goals and supports their progress in activities of daily living, ultimately preparing them for a successful discharge into the community. As part of this program, the team also develops community connections tailored to the individual's needs and preferences, fostering integration and laying the groundwork for ongoing community support.

The individuals we support at Spring Wood Lodge have access to a variety of volunteering and enrichment opportunities through local charities and community organisations. These include roles at neighbourhood thrift stores, jobs at nearby restaurants, and the 'Think Like a Pony' program, which empowers people through equine-assisted activities and holistic riding experiences.

## Our surroundings

Nestled in the picturesque town of Guiseley on the outskirts of Leeds, Spring Wood Lodge is surrounded by stunning countryside. Nearby, there is access to a wealth of community amenities, including retail parks, cafes, restaurants, a leisure centre, local library, and an array of shops.

Spring Wood Lodge's ground-floor layout, including communal areas, bedrooms, bathrooms, and therapy spaces, is designed to be fully accessible for residents who use wheelchairs or other mobility aids.



To view our video tour, please visit  
[elysiumhealthcare.co.uk](https://elysiumhealthcare.co.uk)

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