Elysium Healthcare

LEVEL 2

The Chimneys

Level 2 mental health rehabilitation inpatient services (higher support needs)

Service at a glance:

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

The Chimneys is a Level 2 rehabilitation service, with 23 beds, set across two wards. The service supports women who have a mental health need and/or a diagnosis of a Personality Disorder. People may also have other co-morbid diagnoses such as mild learning disability and co-existing physical health conditions or be transitioning from CAMHS services.

There are en-suite bedrooms for all service users, a communal living space, dining area and a quiet room. The layout of the service allows people to be as independent as possible in a supportive encouraging environment. There are two Activities of Daily Living kitchens (ADL) and two laundry rooms on site to support maintaining and development of life skills.

The service has links to the local community in Bury St Edmunds, Suffolk and the surrounding towns and villages. We also link with local Charities and businesses to explore activities such as volunteering.

Community access is strongly encouraged by the team and opportunities are welcomed for exploring with all patients.

Who we support

- Women aged 18 and over
- May be transitioning from CAMHS 17+
- Have a diagnosis of/or emerging Personality Disorder (PD), Emotionally Unstable Personality Disorder (EUPD) or other mental illness
- May be detained under the Mental Health Act 1983 (amended 2007)or informal

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What we do

The Chimneys Multidisciplinary Team (MDT) use a co-production approach. We work with individuals to personalise their care, treatment and recovery using a range of therapies tailored to individual needs, sensitivities, and risks. We recognise that one approach is not suitable for all service users with similar diagnoses. We aim to understand the individual from their own perspective and their experiences, being mindful of the impact of trauma and neurodiversity. Our commitment to co-production is key to ensuring people not only have a say but lead in their care and treatment so we can support safe and timely community reintegration and discharge.

Individualised clinical programmes focus on rehabilitation both within the hospital and in the community, building hope, goals, and aspirations.

What support we offer

Therapy and activity timetables are developed in partnership with the individual to promote inclusion and support their wishes.

We use a phased approach to psychological and trauma work. We promote a sense of safety (physically, emotionally, and relationally), and develop strong therapeutic relationships. We aim to:

- Support the development of hope and motivation
- Increase empathy and reflection
- Improve resilience by building and developing internal and external resources to support themselves
- Developing ability and confidence to understand and respond to their own needs
- Family work is to develop a joint understanding of the difficulties, when and if this is appropriate to individual need

We subscribe to the principle of least restrictive approach to care and treatment. We work collaboratively via co-produced care plans and reviews to meet needs whilst maintaining safe and least restrictive practices. This may include the use of supportive observations to provide safety, which remain under constant review to ensure these are needs-led and only as required.

We continually empower each individual to identify personal risks, become jointly responsible for mitigating and managing them and support them to become the best version of themselves.

The Chimneys can offer the following, dependent on need:

- Transitional skills work and moving forwards
- Community reintegration skills
- Relapse prevention
- Support for educational needs and psychoeducation
- Real work, volunteering, and vocational training opportunities
- Activities of daily living (ADL) skills
- Social inclusion
- Community based leisure activities
- Animal care
- Gardening
- Mindfulness and relaxation
- Personal care
- Health and fitness sessions
- Family therapy sessions

The approaches offered are designed to support people to rebuild and maintain skills which may have been impacted by their own experiences.

Enabling individuals to reach full potential

The outcomes we expect to see include:

- Improved self-awareness and self-reliance
- Improved management of behaviour and coping strategies
- Reduction of self-harm or addictive behaviours
- Improved self-esteem, self-worth, identity, and individual wellbeing
- Improved sense of purpose, self-care, and functional daily living skills
- Engagement with work placements or other vocational opportunities
- Increased ability to trust and build hope
- Increased community-based integration and independence for future community living

The team

The Multidisciplinary Team (MDT) consists of:

- Psychiatrists
- Nurses (mental health, learning disability and physical health)
- Dietician
- Support Workers/Healthcare Assistants
- Occupational Therapist
- Occupational Therapy Assistant
- Activities Coordinator
- Clinical Psychologist
- Forensic Psychologist
- Assistant Psychologist
- Systemic and Family Therapist
- Integrative Psychotherapist
- Art Psychotherapist
- Social Worker

Our values

Kindness Integrity Teamwork Excellence

Kindness -
in everything we say and do

Integrity -
being honest and doing the right thing

Teamwork -
working together to deliver great care and outcomes

Excellence -
being outstanding at what we do

How to make a referral:

24h referral line 0800 218 2398

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

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

The Chimneys
New Road, Rougham,
Bury St Edmunds,
Suffolk IP30 9LR

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E: chimneys@elysiumhealthcare.co.uk

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

Elysium Healthcare

Part of Ramsay Health Care

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REHABILITATION SERVICES