

The Copse

Beechmount Close, Oldmixon,
Weston-super-Mare, Somerset BS24 9EX

T: 01934 818070

E: thecopse@elysiumhealthcare.co.uk

The Copse is a 24-bed Level 2 rehabilitation inpatient service for men aged 18 and over with complex mental health problems.

Rehabilitation is provided as part of an agreed pathway of care. The Copse works collaboratively with patients and their community mental health rehabilitation teams, primary care services, community learning disability and autism community teams to support the agreed pathway.

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.

Service at a glance:

2 Level 2 service

 24 beds total

 Service for **men**

 Age **18** and over



Who we support

We support men

- Age 18 years and over
- Primary Mental Health Diagnosis
- May or may not be detained under the Mental Health Act 1983 (amended 2007)
- May have a forensic history



What support we offer

Individuals are encouraged to co-produce aspects of the therapeutic programme and their own rehabilitation pathway putting them at the heart of their care and treatment.

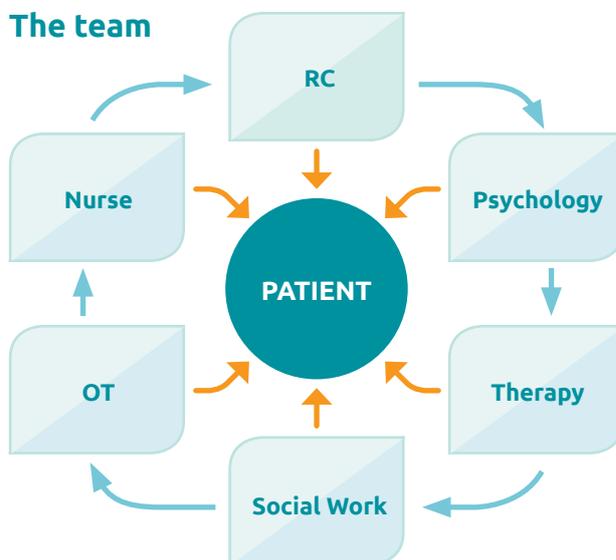
The Multidisciplinary Team (MDT) employs holistic person-centred evidence-based approaches including positive behavioural support, risk reduction strategies, and coping mechanism development to provide a supportive environment for patients empowering them to develop and work towards their recovery goals.

The Copse provides a wide range of therapies such as Dialectical Behaviour Therapy (DBT), Cognitive Behavioral Therapy (CBT), Trauma focused CBT, Comprehensive behavioral intervention for tics (CBIT), Exposure and Response Prevention (ERP), Acceptance and commitment therapy (ACT), Motivational Enhancement Therapy (MET), and Mindfulness to enable patients to improve their self-worth and build a better quality of life for themselves preparing them for independence in the community.

Substance misuse support is provided for patients alongside local services and abstinence meetings to build strong community links supporting patients with social inclusion providing them with the skills and knowledge to manager their recovery.



The team



Enabling individuals to reach full potential

Care pathways are holistically focused to ensure that all aspects of health are catered for, including both physical and mental health. Treatment pathways are identified at the start of the pre-assessment process and bespoke to each patient's individual need.

We work to identify and reduce inequalities and improve quality, ensuring services are safe, effective, evidence-based and informed.

Our surroundings

Located in the heart of Weston-super-Mare and minutes from the sea front, The Copse is the ideal environment for patients to participate in the local community as part of their rehabilitation. Patients have access to a wealth of community opportunities, volunteer, and work programmes.

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