

A purpose built low secure independent hospital with a recovery model service for adults, with resistance to conventional treatment for psychiatric disorders.



Meadow View Independent Hospital has 28 beds within 4 intimate 7 bedded units, and has been designed to comply and exceed the Department of Health Low Secure and PICU standards. The Hospital offers an environment that will promote well-being by offering a high standard of accommodation with open access to independent secure garden areas and open planned living accommodation. The Hospital in addition offers single gender accommodation with all bedrooms having en-suite shower rooms. We also provide communal therapeutic space within our occupational therapy and social therapy suites which allow genders to socialise and mix within a structured environment. This we believe will promote normal social interaction and allows us to effectively manage gender specific risk behaviours.

The Hospital will only accept patients detained under the MHA 1983 who have a chronic and enduring mental health problem or personality disorder who need longer term engagement between two and five years to progress along their journey to recovery and social inclusion.

Our Aim

Our aim is to work across all domains when considering how best to support a person's recovery. We work with the patient to draw on both internal and external sources of support, developing their own inner resilience and ways of coping, whilst utilising the support of family and friends, employment and other services. A starting premise for us is that our patients have strengths, skills, and abilities. Our practice uses these skills and personal strengths as the platform on which recovery will be built. After assessment the patient will be encouraged to set their own SMART objectives (Specific Measurable Achievable Relevant and Time limited). Negotiating small measurable goals allows for early success to take place and this helps foster motivation toward the next small goal. Having set the goal for themselves the person can see the

purpose and meaning of the objective and how it fits with the vision of their preferred future. These goals will be regularly jointly reviewed and serve to help both worker and service user to jointly identify areas of progress and areas for further development and to adjust the action plan accordingly. Ultimately the strengths based philosophy seeks to promote self-efficacy, giving individuals a belief in their own abilities and competencies. The client is helped to begin the transformative journey from service user to service director.

Assessment

An initial assessment for suitability and treatment planning is offered. This gives the opportunity for a treatment plan to be jointly agreed with the person prior to admission. On admission a comprehensive



case review is undertaken – during which all old psychiatric medical records are sought, and relatives, carers and health professionals previously involved in the persons care are interviewed. On the completion of the assessment period a detailed report is compiled, and a comprehensive treatment plan agreed.

Our Recovery Model

Recovery by its very nature is complex and while there may be common themes and experiences no two people's recovery journeys will be identical by virtue of



the fact that we all have very different interests, needs, dreams, motivations and desires. Our background, culture, gender and past experiences also impact considerably on our experience of recovery.

It is unlikely that recovery will be a linear process. Serious mental health problems are generally episodic and recurring and people will, of course, experience set backs in their recovery journey. This does not in any way signify failure or suggest that things must go back to square one. Recovery does not always mean that people will return to full health or retrieve all their losses, but it does mean that people can live well in spite of them. (Curtis, 1997.).

Medication Management

As part of the comprehensive case review, a medication history is completed to allow a full medication review.

Occupational and Art Therapy

All people admitted to Meadow View are assessed

using the Model of Human Occupation assessment tool. Structured programmes are compiled for people after assessment and include a range of activities tailored for individual needs.

Physical Wellbeing

Through the provision of a weekly GP clinic people who are admitted to Meadow View are assured of regular assessment of their physical health needs. In addition people are encouraged to take up Meadow View's Healthy Living programme; which includes the opportunity for education on healthy eating, regular exercise with the Early Morning Walking Group and enrolment in a local Smoking Cessation Clinic.

Family and Carer Support

Meadow View actively promotes the involvement of people's relatives and carers in their recovery. The hospital holds a bi-annual Family/Carers forum, with the focus of the group being to support families and carers.

Location

Meadow View is situated within 10 acres of private woodland and is located off the A631 towards Gainsborough and can be accessed from the M180 and A15.

Referrals

All referrals are usually assessed within five working days, however emergency assessments can be undertaken sooner. A referral form is available online at www.curatehospitals.co.uk or through contacting:

Kelly Nicholson
Hospital Administrator
Meadow View Independent Hospital
Dog Kennel Road, Glentworth, Nr Gainsborough
Lincolnshire DN21 5UD

Tel: 01427 666 080 Fax: 01427 666 099
E-mail: meadowview@caringhomes.org

Please send care plans and any other relevant reports with the referral form.

