Child and Adolescent Mental Health Services
Priory’s commitment to Child and Adolescent Mental Health services (CAMHS)

Priory Group is the UK’s leading independent provider of mental healthcare services. We pride ourselves on offering individualised and quality treatment for every person in our care.

We provide a range of Child and Adolescent Mental Health Inpatient services for the NHS, always aiming to meet a young person’s needs safely and effectively, in the least restrictive environments.

**Our inpatient Child and Adolescent services fall under the following specifications:**

- CAMHS Tier 4 Acute Units
- CAMHS Eating Disorders Units
- CAMHS High Dependency Units (HDU)
- CAMHS Psychiatric Intensive Care Unit (PICU)
- CAMHS Low Secure Unit (LSU)

We understand that arriving at hospital can be a daunting time for a young person so we provide a homely and safe environment, ensuring high quality and effective care. We help to build improved resilience and emotional wellbeing for the future and we always aim to manage a young person in the least restrictive environment, that maintains their privacy and dignity.

**Our outcomes:**

- The mean reduction in HoNOSCA outcome score from admission to discharge was 8.8*  
- 93% of CAMHS service users were satisfied overall with their experience*  
- 95% of CAMHS service users felt their healthcare professionals listened to and understood their problems*  
- CAMHS EDU service users with Anorexia increased in body mass index (BMI) by 4 on discharge, compared to admission, with a mean weight gain of 10.6kg*  
- 86% of CAMHS EDU service users with Anorexia had a Weight for Height ratio in the 85-95% range or above on discharge, compared to 12% on admission  
- CAMHS EDU service users showed improvement in mean global EDEQ score from 3.8 on admission to 1.6 on discharge  

*Between October '14 and September '15

Priory CAMHS – building on quality

- We offer a range of settings with care pathways to ensure safe care in the least restrictive environments
- Good leadership in all units from substantive Consultant Child and Adolescent Psychiatrists
- Comprehensive multidisciplinary teams (MDT) provide high quality evidence-based treatment programmes across a range of conditions
- OFSTED registered schools ensure that young people can maintain their education whilst in hospital and make smooth transitions back to school on discharge
- All CAMHS are regularly reviewed by QNIC (Quality Network for Inpatient CAMHS) to ensure we meet national standards for quality of care
**What is Priory’s approach?**

Most admissions to our inpatient CAMHS units take place on an emergency basis and we accept referrals 24/7, 365 days of the year. As soon as a referral is received it will be discussed by clinicians on site and conversations will take place with referrers where required.

When a referral is accepted and funding from NHS England is agreed, the team will arrange admission as soon as possible.

**Young people are expected to participate in a full treatment programme which will be tailored to their individual needs. The programmes will be provided by:**

- Consultant Psychiatrists
- Specialist Nurses
- Clinical Psychologists
- Specialty Doctors
- Family Therapists
- Psychotherapists
- Teachers
- Creative Therapists
- A range of other therapists

We encourage young people to personalise their bedrooms and we offer indoor and outdoor recreational areas, activities and games to help young people enjoy their free time.

We offer bespoke treatment plans with an emphasis on providing evidence-based care which takes account of not only mental health difficulties but also physical health, educational needs and spiritual wellbeing.

The process of discharge planning begins at admission, including the setting of clear goals and treatment objectives. We use the Care Programme Approach (CPA) to regularly review a young person’s progress. We always involve local professionals, commissioners, young people and their parents and carers in these meetings.

If a young person reaches the age of 17½ years during their admission, we will work with local CAMHS, adult mental health services and commissioners to arrange an effective transition to adult services, which may include referral to adult inpatient services if they are unable to be discharged before their 18th birthday.
Who do we support?

Across our services we offer treatment for those who meet the following criteria:

- Males and females
- Aged 13-18 years*
- Those who have a serious mental health disorder
- Those who pose a significant risk to themselves or others or from others
- Young people who show signs of serious vulnerability due to mental health presentation
- May be admitted informally or under the Mental Health Act
- May be unable to progress in the community or other inpatient settings

*Under special circumstances, Priory is able to arrange treatment for young people from the age of 10

Priory is committed to protecting and safeguarding all the young people that we care for, at all times. We strive to create a transparent and open culture where everyone we admit feels safe and comfortable. For every person we accept, safeguarding concerns are always at the forefront of our minds.
Our treatment programmes

Our treatment programmes are not just focused on improving the mental wellbeing of the young person – we also aim to deliver a holistic service that considers their physical, emotional, spiritual, educational and social needs.

Support provided by our flexible, innovative and multidisciplinary therapy programmes varies for each young person, depending on the severity and complexity of their disorder. A range of individual and group sessions will be provided and may include:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Medication
- Occupational Therapy
- Family Therapy
- Psycho-education
- Creative therapies including music and art
- Exercise and activities
- Educational and vocational programmes
- Other psychological therapies

We recognise the value of service user involvement and all our young people are involved in the planning of their care and treatment. To build upon this we also make sure our young people have input in the recruitment of staff and any changes to treatment programmes and service development.

Priory is committed to continually improving quality of treatment – many of our clinicians are actively involved in this at a national level. This is evidenced by the participation of our CAMHS units in the Quality Network for Inpatient CAMHS (QNIC) annual peer review process.
CAMHS Tier 4 Acute Units

As most young people are referred to a Tier 4 Acute service as an emergency, Priory offer a 24 hours a day, 7 days a week provision and young people can be admitted to us on a formal or informal basis. Referrals are reviewed and where appropriate, the admission is arranged swiftly.

The main aim of a Tier 4 Acute Unit is to provide effective and timely treatment to enable the young person to reintegrate back into the community. Our models of care are tailored to the unique needs of each young person, to achieve positive outcomes.

This service provides care and treatment for young people aged between 13 and 18 with:

- Acute mental health presentations
- Risk to self or others or from others

A young person will progress within the Tier 4 Acute service at their own pace and our MDT will work with young people to:

- Develop trust and a safe framework for recovery
- Support their education and their family or carers
- Re-integrate young people back to their home lives so their treatment can continue in the community
CAMHS Tier 4 Acute Units
Spotlight on: The Priory Hospital North London

Located in a secluded setting in Southgate, The Priory Hospital North London has established an excellent reputation for providing the highest standards of care for people with a wide range of mental health disorders.

At The Priory Hospital North London, we offer two CAMHS units, which provide young people with a holistic and therapeutic environment, that develops trust and a safe framework for recovery.

At The Priory Hospital North London, we also offer a specialist, comprehensive treatment programme for adolescents suffering from Obsessive Compulsive and related disorders such as Body Dysmorphic Disorder (BDD), Health Anxiety and Emetophobia.

Components of the treatment plan may include:

- Engagement for young people, families and carers from the early stages of treatment
- Focused behavioural interventions
- Daily homework diaries
- Weekly outcome rating
- Individual therapy sessions
- Specialised therapy groups for OCD and BDD
- Compassion-focused therapy

The unit closely involves families, carers and schools throughout treatment and provides a high quality education service delivered onsite by Priory Education and Children’s Services. The treatment we offer is part of the longer journey towards recovery – we aim to help young people reach the point where they are well enough to continue their treatment in the community and integrate back into their lives at home.
CAMHS Eating Disorders Units

Our CAMHS Eating Disorders services offer a specialist environment to meet the specific needs of young people suffering from a range of eating disorders such as Anorexia Nervosa, Bulimia Nervosa or binge eating. The young person may have reached such a level of severity and physical risk, that they can no longer be safely treated in a community setting.

Young people requiring inpatient treatment for an eating disorder generally present with:

- Acute physical risk due to low weight and/or dangerous recent weight loss
- Unable to make progress with community treatment
- Associated risks such as suicidality or self-harm
- Often parents or carers do not feel equipped to manage the eating disorder at home and the family may be in crisis

The young person is usually referred to the inpatient service via local CAMHS teams. The MDT will then meet and review the referral. An assessment may then be arranged.

Priory’s expert, multidisciplinary, clinical teams treat the physical and psychological manifestations of the eating disorder. They help the young person develop the skills and motivation to manage their eating habits, thoughts and behaviours, to continue to progress towards recovery and step back into the community.

We provide:

- Treatment in line with best practice
- High quality proactive services
- Training, education and support for families and carers
- Facilitation of communication between families, carers and the young person
- Programmes to meet the individual’s physical and emotional needs

Our teams ensure that young people receive treatment that includes consideration of their medical, psychological and social needs. Outcome measures track changes in weight as well as in their psychological wellbeing. Once a young person is physically stable, activity levels are increased and there is the expectation that the young person works towards a healthier weight.

Towards the latter part of admission young people take more responsibility around choices, begin to challenge themselves by eating outside of the hospital in a variety of social contexts and also begin to make the transition to home and education.

95% of our younger service users rated the approachability of Priory healthcare professionals as good, very good or excellent.
The Priory Hospital Roehampton specialises in the management and treatment of mental health problems and includes a specialist Eating Disorders service for young people.

This provision aims to help young people overcome the difficulties they have with eating and weight so that they can develop healthier relationships with food and their bodies.

From the outset of admission each young person is assigned a keyworker who will be with them throughout the course of their stay. The keyworker will work closely throughout treatment to provide individual support and guidance and will ensure that the young person’s views are taken into consideration.

Treatment is provided by our specialist multidisciplinary team consisting of Nurses, Consultant Psychiatrists, a Specialty Doctor, Psychotherapist, Clinical Psychologists, Family Therapists, an Occupational Therapist, Dieticians, Healthcare Assistants and Teachers and includes:

- Specialist group programmes consisting of psychological groups, creative groups, psycho-education groups, and nutritional support groups
- Education to ensure ongoing connections with home schools
- Groups such as snack cookery, Drama Therapy, dance and movement, and Yoga
- Occupational Therapy, Cognitive Behavioural Therapy (CBT), Mentalisation Based Therapy (MBT) and radically open Dialectical Behavioural Therapy (DBT)
- Regular Family Therapy sessions
- A full OFSTED registered education programme delivered by skilled teaching staff
- Nasogastric feeding when required

Every effort is taken to listen to the young person’s views, understand their goals and involve them in treatment decisions, and this is achieved with regular CPA review meetings, community groups and involving families and carers wherever possible.

Staff were meticulous, cheery, caring and understanding.

Young Person
The Priory Hospital Altrincham in Cheshire specialises in the treatment of a wide range of mental health disorders including eating disorders.

Our specialist team of clinicians work with young people to provide individually tailored care programmes for their eating disorder, which address the physical symptoms as well as any related psychological issues. We use creative and expressive approaches that enable the young person to overcome their disorder and lead a happy, fulfilled life that is built on a healthy attitude towards food.

Our adolescent Eating Disorders service is based in the Rivendell Unit and treats:

- Young people with eating disorders such as Anorexia, Bulimia or atypical Eating Disorders (EDNOS)
- Males and females
- Co-morbid mental health issues such as OCD, depression, anxiety or self-harm
- Young people with significant physical health problems related to their eating disorder

Rivendell Unit is a specialist regional service, which is able to care for 15 young people and provides:

- Thorough assessments prior to admission, which can take place at the young person’s home or on a Paediatric Unit
- Close involvement of families and carers including Family Therapy and family support groups
- Our group therapeutic programme which includes groups addressing self-esteem, body image, and Mindfulness as well as Art Therapy and Dietician-led groups
- Treatment for service users who have low BMIs and structured re-feeding programmes adapted to each individual by our dietician
- Close physical health monitoring
- Nasogastric feeding when required
- High quality, OFSTED registered education provision onsite at Altrincham and at The Priory Hospital Cheadle Royal – our teachers liaise with schools and support young people to plan their re-integration, at a pace they can manage
- Supervised meals on the ward with families and carers, to prepare for going home

The unit also offers:

- Personalised en-suite single bedrooms within a warm, homely environment
- Relaxing communal gardens
- Shared living areas for socialisation

Whilst I accepted the Eating Disorders unit’s boundaries, I felt very much treated as an individual.

Former service user
Some young people may present with levels of risk and complexities that require care and treatment in a HDU setting. Our HDUs offer a safer environment with increased numbers of specialist nursing.

**Our HDU service offers:**

- 24/7 crisis inpatient admissions
- The use of medication to reduce levels of arousal and distress, and to treat any underlying disorders
- The least restrictive environments ensuring safety whilst promoting privacy and dignity
- Comprehensive multidisciplinary assessments and planning of ongoing care
- Treatment including Dialectical Behavioural Therapy (DBT), Eye Movement Desensitisation and Reprocessing (EMDR), Family Therapy, Cognitive Behavioural Therapy (CBT) and creative therapies
- Highly experienced multidisciplinary teams
- Care for both informal and detained young people

Following a referral to HDU, the team will consider whether the young person will be best served by the HDU environment or whether a higher or lower level of security may be in their best interests. A young person will either be accepted and an admission arranged at the earliest opportunity, or advice on management will be offered to the referring team.

Following admission, the specialist multidisciplinary team will work closely with the young people and their families to develop specific care plans to effectively manage their risks in the least restrictive manner, whilst treating their underlying condition. The team recognise that admission to an HDU setting, and the associated restrictions to maintain safety, may be a difficult and upsetting experience therefore we will work hard to maintain good communication and engagement in care planning, with young people and families, throughout the admission process.

We will always aim to step a young person down to a less restrictive setting, such as one of our Tier 4 Acute Units, where it is safe and appropriate to do so, as well as working closely with local professionals from both health and social care teams to plan a safe and timely discharge to the community.
The Priory Hospital Ticehurst offers highly specialist inpatient assessment and treatment services for young people with severe and complex mental health difficulties.

**Upper Court, Ticehurst’s HDU, provides care for the following:**

- Young people who require assessment and treatment of their mental state within a safer environment
- Those exhibiting behaviours that are putting themselves and/or others at risk
- Informal admissions or young people detained under the Mental Health Act
- Young people with complex and severe mental health presentations who may have diagnoses including:
  - Emerging Borderline Personality Disorder
  - Complex Post-Traumatic Stress Disorder (PTSD)
  - Attachment Disorder
  - Early Onset Severe Psychosis
  - Severe Obsessive Compulsive Disorder (OCD)
  - Severe Mood Disorder
- Young people with co-morbidities including substance misuse and mild learning disability

The unit provides discreet areas which offer safe and low stimulus environments, where a young person might be most comfortable when they first arrive.

A young person will progress at their own pace through an assessment period into the treatment phase. Plans are discussed regularly and implemented with a view to transition back into the community. Despite the risks and complexities our young people present, we make every effort to involve them in every aspect of their care, including the management of risks to themselves and others.

Ticehurst also provides a Tier 4 Acute inpatient unit called Garden Court, to ensure a care pathway for young people, as they improve in their presentation.

This care reduces the movement between sites that some young people can experience and instead offers continuity in their treatment and progress.

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96% of young people stated that staff made them feel welcome on arrival

96% of young people said they were treated with dignity and respect during their stay
This service is offered to young people under the age of 18 who present with an acute deterioration in mental state associated with a severity of risk to self or others, such that they can’t be safely managed in a Tier 4 Acute Unit or HDU.

Our PICU service aims to provide a ‘fast turnaround’ service where the focus is on assessment, formulation and helping young people to improve their coping skills in the short term. Our primary goals are to:

• Provide containment and management of risks
• Offer intensive multidisciplinary assessment of mental health needs
• Give recommendations on future care pathways
• Move the young person on to a less restrictive setting as soon as possible

Effective outcomes in a CAMHS PICU setting require a multidisciplinary team who have the skills and expertise to work with highly complex and challenging behaviours. We provide individualised pharmacological and psychological interventions that aim to meet the complex needs of our client group, reduce their risks and improve their mental state.

We recognise that being admitted to a PICU setting can be a frightening and worrying experience for both the young person and their family. We make every effort to work collaboratively with young people as far as is possible given their mental state and risks. We provide close support and communication with families and carers throughout a young person’s admission.

Admissions to our PICU service are taken as emergencies, 24 hours a day, 7 days a week, 365 days a year.

Working closely alongside referrers and NHS England case managers, our PICU service provides:

• A timely response to emergency admissions, usually within two hours
• A safe and containing setting for young people posing high levels of risk
• Discharge planning, commencing as soon as possible after admission
• Early identification and liaison with relevant community services
• Support for families and carers
• Identification of social needs

On admission to our CAMHS PICU, the multidisciplinary team completes the HoNOSCA, HoNOS secure and CGAS outcome measures to establish a baseline, from which future improvements in wellbeing can be measured. These are repeated at regular intervals to assess progress and readiness for step-down or discharge. Young people are also given the opportunity to complete outcome measures.
CAMHS PICU
Spotlight on: The Priory Hospital Cheadle Royal, Meadows Unit

Meadows is one of a small number of CAMHS PICUs within in the UK, offering 24 hour crisis admission for young people aged 13-18 who are detained under the Mental Health Act and require intensive mental health assessment and treatment.

Meadows’ philosophy focuses on fostering each young person’s strengths, recognising their potential for development and recovery.

Meadows adopts a proactive and positive approach to risk management, encouraging our young people to take a full part in developing their care plans. We aim to provide evidence-based treatment in a safe and supportive environment. We also aim to work closely with families and carers.

Our multidisciplinary team consists of:
- A Consultant Psychiatrist
- A Specialist Nursing team
- A Specialty Doctor
- A Consultant Clinical Psychologist
- A CBT Therapist
- A Family Therapist
- A Music Therapist
- An Adolescent Psychotherapist
- An Occupational Therapist (OT)
- Teaching staff
- Healthcare Assistants

Meadows’ clinical model is based on short-term crisis admissions to offer rapid stabilisation of mental state and reduction of high risk behaviours, whilst at the same time offering comprehensive MDT assessment, in order to provide treatment which will reduce the need for high frequency monitoring and containment.

There is an ongoing staff training programme to ensure consistency in approach, which includes:
- Prevention and management of violence and aggression
- Comprehensive risk assessments and management
- Level 3 safeguarding training
- Intermediate and basic life support training
- Nursing care planning
- Prescribing of medication
- Psychological approaches

To support the staff team in managing this complex client group, our Adolescent Psychotherapist provides reflective practice groups for the team to enhance effective practise.

A range of psychological models and approaches are used to inform psychological assessments and interventions in Meadows. These include CBT, DBT, Acceptance and Commitment Therapy and Psycho-dynamic Psychotherapy.

A Music Therapist provides sessions for young people who wish to make use of a creative therapy model. A comprehensive OT programme includes assessments of needs and baseline functioning including sensory assessments. Young people are offered group-based and individual therapeutic interventions according to their needs.
CAMHS Low Secure Unit (LSU)

Our LSU offers a longer stay facility for young women with a history of serious self-harm and complex needs who need an intensive therapeutic and rehabilitative programme in a low secure setting.

This service provides specialist low secure inpatient treatment for young women referred from other inpatient CAMHS Acute or Secure Units, Local Authority Secure Units or Tier 3 Community Services. All referrals receive a full pre-admission assessment by members of the MDT. All admissions are planned and therefore emergency referrals cannot be taken.

Our low secure provision uses an innovative and collaborative approach to work with young people who:

- Present with significant emotional difficulties and severe self-harming behaviours
- May escalate in their risks and become ‘stuck’ within inpatient settings
- May have suffered major trauma and present with complex PTSD, Attachment Disorder or an emerging Personality Disorder
- Need the safety of a secure setting and a defined treatment stay of 6-18 months

Our Low Secure service has an enviable record of success with young people who have found it difficult to progress in other settings. A safe and nurturing approach underpins the treatment plan for a young person which will also include:

- Specialist individual therapy using specific models such as Schema therapy, Acceptance and Commitment Therapy and Psychodynamic Psychotherapy
- Dialectical Behavioural Therapy including weekly groups, top-up sessions, homework and ‘moment by moment’ coaching on the ward by nursing staff
- Family Therapy
- A comprehensive rehabilitation programme led by our Occupational Therapy team including building life skills in community settings
- Creative therapies including Music Therapy
- A comprehensive education programme in our OFSTED registered school
- An expert MDT led by a Consultant Psychiatrist
- Individualised nursing care plans and keyworker sessions
- Specialist assessments and regular CPA review meetings
- Comprehensive planning of discharge packages to maximise ongoing progress
- Social and recreational activities including physical exercise and sport
Woodlands is a Low Secure Therapeutic and Rehabilitative CAMHS facility based at The Priory Hospital Cheadle Royal. The service is for young females aged 13-18 years who pose a significant risk to the health and safety of themselves and/or others.

The service is also for:
- Those presenting with severe self-harming behaviours
- Those with other risk issues and complex needs
- Those who may have suffered childhood trauma
- Young people who present with complex PTSD, Attachment Disorder or emerging Personality Disorder
- Young people who have had multiple or long admissions to Tier 4 Acute CAMHS inpatient services or Local Authority Secure Services

The goal of the service is to engage the young person in a process of therapeutic change and to work toward successful discharge to the community after planned admissions of 6-18 months’ duration.

We encourage young people to be involved in their care planning and take increasing responsibility in their recovery. Every young person will be allocated a keyworker who will support and guide them through admission to discharge.

Treatment is provided by our specialist multidisciplinary team and consists of:
- A Consultant Psychiatrist
- A Specialty Doctor
- Registered Mental Health Nurses
- Clinical Psychologists
- An Occupational Therapist
- A Consultant Psychotherapist
- A Music Therapist
- Healthcare assistants
- A Social Worker

Woodlands has pioneered the Woodlands Attachment Regulation Model (WARM) which encompasses the principles of care and treatment that the unit has found to be effective in working with the complex client group that they support. The team also developed SILAS, a collaborative approach to the management of unsuspended ligatures.

The multidisciplinary team on Woodlands have received the prestigious national ‘NAPICU team of the year’ award, the first CAMHS or independent sector service to do so. The judges were impressed with the dedication of the team to the client group, their innovative approach and evidence of service improvement.
Priory prides itself on ensuring the young people in our care have an education programme tailored to their specific education and health needs. Our ethos is to teach our young people in a way that encourages their participation and enjoyment of learning.

Schools that are a part of our CAMHS provision are registered with the Department for Education and subject to OFSTED inspections. They are staffed by teams of qualified and experienced professionals, who form part of a national network for training, support and governance.

We provide a broad and balanced curriculum, with timetables, specific lessons and assessments. A wide range of subjects are studied, all examinations can be taken and every effort is made to do what other schools do.

We cover the core subjects of English, Maths and Practical Science alongside ICT, Art, PE, Citizenship and PHSE. We also cover a wide range of GCSE and A-level optional subjects.

We ensure communications and relationships remain between the young person and their home school, in preparation for their return and we work extremely hard to make sure that no-one is discharged without a positive destination in terms of school, college, training or similar.

All school staff work very closely with their healthcare colleagues and subscribe to all their policies and procedures. Handovers and communication are very important, highlighting a thriving and vibrant example of cross-divisional working for the benefit of our young people.
How to access our services

Our Priory Child and Adolescent inpatient services take referrals from local community mental health services and from independent and NHS inpatient units across the UK. All inpatient admissions are NHS England funded and therefore also need to be supported by a regional NHS England Case Manager.

We are able to accept referrals 24 hours a day, 7 days a week. Urgent or out-of-hours admissions can often be arranged immediately by telephoning the appropriate hospital directly.

A referral can be made directly to the site via telephone or via Priory Central enquiries.

Call us today on: 0845 277 4679
Send an email to: info@priorygroup.com
Visit: www.priorygroup.com
To make a referral, please call **0800 090 1356**, 24 hours a day, 7 days a week.
Get in touch

For more information on our services or to discuss treatment options:

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Visit: www.priorygroup.com