

Stockton Hall

Secure mental health services



Stockton Hall is a highly specialised hospital where patients requiring a medium secure care setting can maximise their potential from therapeutic interventions. Our aim is to provide a service that produces excellent recovery results for patients and enables them to progress to low secure or locked rehabilitation if possible.

Service overview

The facility is split across seven wards as follows:

- **16-bedded female ward – mental health and personality disorders**
- **16-bedded male ward – personality disorders**
- **8-bedded ward for older adults – for those with a ‘settled in’ presentation in need of rehabilitation for mental illnesses and/or personality disorders**
- **24-bedded male wards for mental health recovery**
- **8-bedded male autistic spectrum disorder (ASD) ward**
- **16-bedded male learning disability ward**

Stockton Hall runs a therapeutic programme, to help patients to develop coping strategies, increase skills and resilience and enable patients to access the community to maximise their recovery potential.



ASD and learning disability services

Fenton ward – an eight-bedded, medium secure service for adult males with an ASD. Patients on Fenton ward also typically have an associated learning disability.

We provide a highly individualised and person-centred service. The service aims to work collaboratively with family members who are often involved in formulations and pathway discussions.

The service is based on a positive behaviour support model.

Kyme ward – a 16-bedded medium secure service for adult males with developmental disorders. The service provides care for patients with higher functioning autism and mild learning disabilities. Patients on Kyme ward are generally more able to tolerate higher levels of activity than those on Fenton ward.

Patients benefit from a full multidisciplinary team and have regular meetings to discuss recovery and risk.

The service is based on a positive behaviour support model and provides psychoeducational work for autism, social skills training, and adapted psychological work for people with autism and learning disabilities.



Patient profile

Programmes that support patients with mental health conditions and or personality disorders are focused towards those who:

- **Require a reduction in self-harming behaviour**
- **Need support with violent behaviour**
- **Present with offence-specific behaviours**

The following individuals will benefit from the service at Stockton Hall, and specific admission criteria includes:

- **Aged 18 or over**
- **Men and women with mental illnesses and/or personality disorders**
- **Men with mild to moderate learning disabilities**
- **Men with ASD**
- **Detained under the Mental Health Act**
- **Presenting with complex and challenging behaviours relating to complex mental health disorders**
- **May have history of offending or self-harming behaviours**
- **May have a history of failed or difficult placement and would benefit from a period of rehabilitation in a patient centred, recovery-focused secure environment**
- **Requiring a bespoke treatment pathway**
- **Often presenting with treatment-resistant mental health disorders**
- **Require rehabilitation to acquire skills in order to move to the least restrictive environment possible**

Our team

Our full multidisciplinary clinical team focuses on:

- **Engaging patients in therapeutic treatment**
- **Increasing patients' skill levels**
- **Promoting recovery and community integration to prepare patients for rehabilitation**

There is a programme of psychological therapies which are coordinated by the head of psychology but are run with all disciplines involved, including:

- **Psychology**
- **Occupational therapy**
- **Psychiatry**
- **Nursing**
- **Social work**

Stockton Hall's team of social workers strive to create or rebuild family networks for all patients who may find this helpful to their recovery.



Treatment programme

Therapeutic sessions include:

- **Cognitive analytic therapy (CAT)**
- **Dialectical behaviour therapy (DBT)**
- **Offence specific cognitive behavioural therapy (CBT)**
- **Substance misuse awareness and treatment programme**
- **Mental health promotion programme**
- **Managing anger programme**
- **Mindfulness**

We also provide real work opportunities to help patients to develop pre-employment process skills including:

- **CV workshops**
- **Application support**
- **Interviews with formalised feedback**
- **Training relevant to the role such as health and safety or manual handling**
- **Real work opportunities include, for example, café manager, shop manager, maintenance worker, gym cleaner and stock ordering**

Patients are supported to participate in a range of music activities as a group or individually, utilising the music room and recording studio. The aim of the music programme is to increase patient engagement.

The environment

We believe that the environment in which our therapy takes place, is just as important as the treatment itself and we provide:

- **A gym**
- **A swimming pool**
- **A woodwork room**
- **A rehabilitation kitchen**
- **Patient-run shop and café**
- **A music room**
- **Recording studio**
- **A multi-media internet suite**
- **An education centre**
- **Activity rooms**
- **Horticulture activity areas**
- **Animal care**

Specialist education at Stockton Hall

Patients at Stockton Hall are able to access education sessions both on the ward and in the therapy department. Sessions are facilitated by a teacher or a teaching assistant who will facilitate an educational assessment and then provide a range of educational opportunities to meet individual needs.

A range of formal and informal learning is available. Patients can access a media suite for online tool teaching opportunities. Interventions range from GCSE, OCR, key skills and functional skills such as literacy and numeracy. This can lead to national accreditation in these subjects. Stockton Hall is OCR accredited which means that patients are supported in gaining a range of qualifications.

Our location

The Village, Stockton-on-the-Forest, York,
YO32 9UN



Find out more

For more information or to make a referral, please contact us by:

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