

Rivendell child and adolescent eating disorder unit

An introduction to our child and adolescent eating disorder services

The Rivendell Adolescent Unit at the Priory Hospital Altrincham is an 13-bedded open inpatient unit. The unit offers specialist treatment for eating disorders and other co-morbid mental health issues, which seriously affect the young person and/or their families/carers.

Providing inpatient care, step-down daycare for patients following admission and an outpatient service, we also offer a wide range of treatments in our therapeutic programme including specialist nursing, group and individual therapies, family therapy, cognitive behaviour therapy and education.

Patient profile

Males and females aged 12 to 18 with a diagnosed or undiagnosed eating disorder, including:

- Anorexia nervosa
- Binge eating disorder
- Bulimia nervosa
- Eating disorder not otherwise specified (EDNOS)

Admission criteria

The Rivendell child and adolescent unit will consider the admission of any patient requiring:

- Assessment and/or treatment of a probable eating disorder that is too high risk, complex, severe or persistent to be managed safely within a community setting
- To be admitted both informally or formally under a Section of the Mental Health Act
- Treatment of existing mental diagnosis as long as the primary presentation of an eating disorder is of a nature which justifies inpatient care

Other mental health issues such as depression, anxiety, obsessive compulsive disorder, post traumatic stress disorder and self harm can co-exist with eating disorders. In such cases they will be treated within the individual's overall programme. We do admit patients with obsessive compulsive disorder alone. We do not admit patients with a forensic background or those with chronic mobility concerns due to the layout of our environment.



Facilities

- 13 en-suite bedrooms
- Dining room
- Multi purpose lounge area
- Group rooms
- Therapeutic kitchen facilities
- Education unit with IT facilities
- Relaxation room
- Outdoor recreational area
- Dedicated garden
- Discreet, relaxed and calm environment
- Multi-faith room

Multidisciplinary team

All our team are trained in managing the special needs of patients with eating disorders and include:

- Consultant child and adolescent psychiatrist
- Unit manager
- Clinical team leader
- RMNs and healthcare assistants
- Dietitian
- Assistant psychologist
- Cognitive behaviour therapist
- Art therapist
- Family therapist
- Group therapists
- Counsellor
- Specialist therapists
- Specialist subject teachers
- Recreational consultant

Assessment

Upon receipt of a referral letter a pre-admission assessment will be offered and admission arranged within 72 hours if a bed is available. The assessment will be offered by a member of our specialist eating disorder team. During this assessment we will discuss individual needs and formulate a treatment plan of appropriate therapy tailored to the individual's diagnosis and the severity of their condition.

Referrals are accepted for all patients with a primary or secondary diagnosis of an eating disorder and/or other concerns. We can also provide assessment in cases where diagnosis is more difficult to establish.

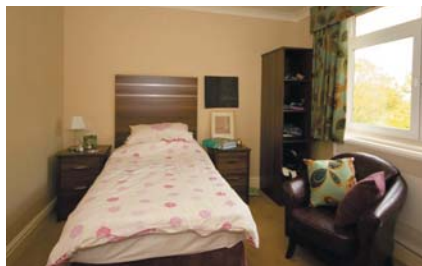
We offer

- Access to a range of psychological therapies including cognitive behaviour therapy as recommended by NICE guidelines
- Treatment tailored to the needs of the individual
- Experienced and fully accredited therapists
- Assistance in re-establishing a relationship with food
- Education and information around eating disorders
- Support and guidance to families
- Naso-gastric feeding and medical monitoring on-site
- Management of eating disorders co-morbid with diabetes mellitus

Treatment options

All treatment options can be modified to match the patient's presenting symptoms and treatment requirements. We aim to provide the techniques to help a patient recover. The types of psychological therapies available include:

- Cognitive behaviour therapy (group and one-to-one sessions)
- Supportive group psychotherapy and psycho-education (group and one-to-one sessions)
- Family therapy
- Dietetics (group and one-to-one sessions)
- Creative expression (art therapy group)
- Individual therapy



Location

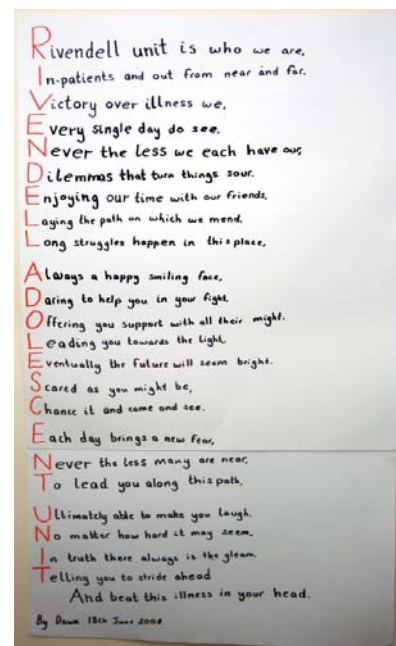
The environment externally surrounding the unit is set in a desirable location within the tranquil grounds of the Priory Hospital Altrincham.

Accessing treatment

Anyone can contact our senior administrator or ward office to enquire about treatment and we are always happy to speak to young people, their parents and families or professionals prior to a formal referral. GPs, mental health and other health professionals, consultants and other agencies can make referrals. Information will be taken over the telephone to ensure the referral can be actioned as soon as possible.

Funding

Funding must be confirmed prior to admission. This may be provided by the local NHS Primary Care Trust, the individual or any major private medical insurance company.



For referral enquiries, admissions or further information and confidential advice please call us on:

0161 904 0050

or send an email to altrincham@priorygroup.com

Alternatively you can visit our website at:
www.priorygroup.com/altrincham