

Learning disability and complex needs service for young people

Situated in 48 acres of unspoilt East Sussex countryside and offering a tranquil environment to service users and their families, the Priory Ticehurst House's adolescent unit offers a range of services for young people aged 12 to 18. This includes those with a learning disability and/or autistic spectrum disorder. They may have complex health and social care needs and behaviour that challenges services and others. We provide an environment in which the person is helped to identify and realise their aspirations and dreams.

We have made a commitment to ensuring that the National Challenging Behaviours Charter underpins our philosophy of care. We believe that an inpatient setting is an ideal environment to help people with sometimes very complex communication systems develop a person-centred plan and map out their lives.



Our aim

When the placement is a crisis admission we are able to promptly provide an assessment, then stabilise the young person to enable them to move onto the most appropriate environment. In the case of rehabilitative placements, the assessment and stabilisation phase of admission is complemented with a longer term package of interventions tailored to individual needs.

Discharge planning starts on admission. We work closely with service users, their families and carers and prioritise good communication with the local teams, to ensure that all are fully involved in treatment decisions. The service user, families, carers and local teams are also involved with the discharge plan.

Key service features

- Short-term intervention and crisis admission
- Longer term rehabilitative placements
- Free pre-admission assessment carried out within three working days
- Individual programmes to promote independence, improve coping strategies and achieve progressive, agreed goals
- Comprehensive and regular risk assessments
- Community integration programme
- Independent learning disability advocacy service

Admission criteria

Service users eligible for this service are young people with a learning disability and/or an autistic spectrum disorder who are experiencing a behavioural or mental health crisis or needing a period of structured intervention in a specialist environment. They may be detained under the Mental Health Act.

Our crisis admission programmes

Many service users, even in settled placements, have periods of instability. Our service can provide short-term acute intervention aimed at restoring equilibrium and swift return to existing placements. Where required, and if requested, the focus can also be on identification of a more suitable longer term environment. A key priority for our multidisciplinary team is to recognise the critical importance of existing relationships and maintain links with familiar key people while the service user's condition is stabilised.



Features of our crisis admission package include:

- Using a behavioural analysis approach to understand, de-escalate and safely manage aggressive and other behaviours that challenge
- Development of a formulation that addresses the causes of deterioration and/or crisis, then describes prevention strategies and effective management tools for the future
- Proactive multi-agency liaison to effect seamless transition back to the existing placement or through to a newly identified home setting

Our rehabilitative treatment and care programmes

Our multidisciplinary team works with individuals using various forms of person-centred planning including essential lifestyle planning, MAP and PATH to identify their needs and establish goals. We support them as they develop the skills required in activities of daily living to move on to greater independence in a supported environment or the community.

Our approach features:

- Individual care pathways tailored to service users' needs with progressive goal setting
- A comprehensive programme including community engagement, socialisation, education and support in activities of daily living to maximise service users' individual potential
- Discharge planning in close collaboration with community teams from the point of admission, maintaining key links with relatives and carers

Our consultant psychiatrist-led multidisciplinary team delivers full psychiatric, psychological, educational, social and nursing assessments with a comprehensive report after 12 weeks



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

01580 200 391

Or send an email to ticehurst@priorygroup.com

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