

Inappropriate Sexualised Behaviour Service

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 high dependency unit offers a range of services for young people who require more intense or specialist intervention. The Inappropriate Sexualised Behaviour Service provides comprehensive programmes of assessment, care and intervention for young people aged 12 to 18 with particularly complex safeguarding needs.

Sexuality is integral to a person's identity and sexual expression through behaviour is natural. However, children and adolescents who have a learning disability, a physical disability, who have been abused or have experienced other disruptions to their social and physical development, are at increased risk of developing inappropriate sexual behaviours. The adolescent high dependency unit's Inappropriate Sexualised Behaviour Service provides a safe and nurturing treatment environment for adolescents who are proving unmanageable in traditional settings as a result of inappropriate sexualised behaviour.



Key service features

- Full multidisciplinary assessment and report
- Specialised psychology programme
- Diagnosis and treatment of co-morbid conditions
- De-escalation/management of challenging behaviour
- Care packages tailored to each young person's individual needs with progressive goal setting
- Proactive focus on the wider care pathway; discharge planning in close collaboration with community teams from the point of admission
- Maintenance of links with relatives, carers and professionals
- Independent advocacy service

Admission criteria

Young people eligible for this service are adolescents aged 12 to 18 presenting with sexualised behaviours which preclude placement or treatment in non-specialised Tier 4 settings. They may also have been detained under the Mental Health Act. They are likely to have a learning disability (possibly undiagnosed) or other co-morbid conditions and be outside mainstream education or have been placed in a secure setting for their own safety or the safety of others.

Treatment philosophy

Our multidisciplinary team combines a person-centered, collaborative approach with a behavioural model for treating sexualised behaviour. A key worker is assigned to ensure continuity in the young person's key relationships during their stay. Specialised assessment tools help identify and inform our approach to behaviour outside what is considered normal or age-appropriate, taking into consideration any developmental disorder.

A range of therapeutic interventions are available from an expert therapy team to address the various co-morbidities often present. These include attachment difficulties, post traumatic stress disorder and complex trauma following sexual abuse, obsessive compulsive disorder and other anxiety presentations and often substance misuse and addiction.



Our approach is holistic, focusing for example on education, play and relationships, as well as specific problem behaviours. We ensure energy is applied to preserving what works, as well as improving problematic aspects of a young person's life. In this context, education plays a critical role in the unit's treatment and rehabilitation programmes, with a specialised curriculum as well as proactive engagement with local services, paving the way where possible for young people to re-engage with education locally. Family work similarly plays a central role in our treatment packages, while activity and play are integral to the treatment process.

The team

- Our consultant psychiatrist-led multi-disciplinary team delivers full psychiatric, psychological, educational, social and nursing assessments with a comprehensive report after 12 weeks
- Our dedicated psychologist oversees the planning, delivery and ongoing evaluation of a therapeutic programme addressing inappropriate sexualised behaviour, accessing expertise from a wider therapy team to address additional identified needs
- Our family therapist and social worker ensure the full participation in the care programme of families, carers and relevant statutory bodies, as well as offering support and guidance
- Our nurses hold key roles in co-ordinating care, engaging young people in their programme, securing their trust and building their sense of self-efficacy
- Our occupational therapy team formulates and delivers individualised programmes based on assessed need and focusing on activities of daily living and social and recreational deficits



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

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Or send an email to ticehurst@priorygroup.com

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