

## **Information and guidance about Orchard unit**

### **1. Aims and Objectives of Orchard Young People's Unit**

- 1.1 The Orchard Young People's Unit is an acute adolescent mental health unit which provides 15 inpatient beds for young people between the ages of 12 to 18 years, who at referral are suffering from significant mental illness/disorder.
- 1.2 The unit aims to offer a high quality, therapeutic, safe and collaborative acute inpatient mental health care to young people, families, referrers and commissioners. The unit particularly aims to work closely with referrers and locality services to develop seamless and appropriate discharge plans.
- 1.3 The unit has a comprehensive multidisciplinary team which aims to work closely together to provide integrated multi-modal assessments, formulations and management plans that meet the whole needs of a young person and their family.
- 1.4 The unit aims to complement existing NHS resources by offering services that are not readily available in a locality or where local NHS capacity is insufficient. The unit aims to work closely with NHS referrers, commissioners and other Tier 4 providers to enhance the quality of care provided.
- 1.5 The unit is staffed to provide a comprehensive educational programme for young people, so as to enable them to continue their education, to continue work in close collaboration with their school and / or to develop new skills and plans for future education or employment.

## **2. Criteria for Admission**

2.1 Young people admitted to Orchard Unit should:

- Be aged between 12 and 17 years old at the point of referral
- Be suffering from a severe mental health episode that requires a period of inpatient assessment and / or treatment
- Be at imminent risk of harm to themselves or others, or have deteriorated in behaviour / functioning to the degree that they cannot be managed in the home environment

2.2 Conditions managed at Orchard Unit include:

- Psychotic disorders
- Affective and anxiety disorders
- Neurodevelopmental disorders with co morbid illness and risk management
- Eating disorders with co morbid presentations requiring an acute unit as opposed to a generic eating disorder unit
- Severe self-harming behaviour / emergent personality disorder

This list is not exhaustive

## **3. Exclusion Criteria**

3.1 Admission to Orchard Unit will not be appropriate where:

- A young person requires secure care(PICU) or forensic assessment due to the level of their risk to themselves or others in their recent presentation
- They present with severely conduct disordered behaviour that is not judged to be related to an acute mental health presentation
- A young person has a moderate or severe learning disability
- A young person presents primarily with drug or alcohol-related problems. (However, the presence of drug or alcohol problems co-morbid with an acute mental health presentation will not exclude possible admission)
- A young person presenting with an eating disorder with a BMI of less than 13.5 this requires significant medical intervention

#### **4. Referral**

- 4.1 Referrals will be accepted from Child or Adult Mental Health Teams within the NHS and funding must be approved by the appropriate agency prior to admission. A nominated Consultant Psychiatrist must agree to the admission and be prepared to take clinical responsibility post-discharge.
- 4.2 Following referral, a 'no cost' multi-disciplinary pre-admission assessment will take place, usually in the home locality, to assess suitability for admission, wherever possible and required.
- 4.3 Urgent referrals will be assessed within one working day of referral and admission facilitated as soon after this as possible.
- 4.4 In emergencies, the Orchard team will aim to respond within the same working day of referral, especially where there is no safe temporary placement for a young person.
- 4.5 Following the approval of funding, an admission to Orchard Unit will be facilitated as soon as possible in agreement with the family and locality team.

#### **5. Duration of Admissions**

- 5.1 Admission will initially be agreed for a four week assessment period, after which a detailed formulation and treatment plan will be presented to the Young Person, their families, the referrers and commissioners.
- 5.2 Thereafter, continued treatment will be agreed in blocks of six weeks and reviewed at six weekly CPA review meetings. Commissioners are routinely invited to attend CPA reviews.

## **6. Features of Orchard Unit Admissions**

6.1 All service users will receive a comprehensive therapeutic structured programme appropriate to their needs including:

- Any necessary physical investigations (excluding high technical diagnostic processes)
- Comprehensive multi-disciplinary assessment and formulation
- Family therapy
- Cognitive-behavioural therapy
- Pharmacotherapy
- Group work
- Occupational and creative therapy
- Motivational work
- Illness psycho-education
- Social skills training, including anger management
- Formal continuation of education
- Recreation, relaxation and exercise
- Community based activities

6.2 An individualised therapeutic programme will be designed around each young person to meet their specific needs following a period of assessment. All young people will be managed under the auspices of the 'enhanced' category of the Care Programme Approach.

## **7. Staffing**

7.1 Orchard Unit is staffed by the following staff:

- Consultant Psychiatrist
- Staff Grade Psychiatrist
- Service Manager (RMN)
- Ward Manager (RMN)
- Deputy Ward Manager (RMN)
- Registered Mental Health Nurses
- Nursing Assistants
- Teaching Staff
- Clinical Psychologist
- Family Therapist
- Social worker
- Occupational Therapists
- Music Therapist
- Gym Instructor
- All service users have access to an independent Advocacy Service whilst on the unit

## **8. Facilities**

- Individual en-suite rooms
- Games, recreation, gym and activities
- Educational and Information Technology facilities
- Therapy rooms
- Lounge and quiet areas
- Space for family visiting
- Garden with patio area and grassed areas for sport activities
- Dining area
- Tea, Coffee and breakfast making facilities
- Laundry facilities

## **9. Provision of Services to Young People**

- To treat Young People with dignity and respect
- To offer a child and family centred service
- To maintain and improve systems for clinical quality
- To provide a safe and therapeutic environment
- To comply with all regulatory and statutory requirements

## **10. Patient Consultation and Empowerment**

- Community meetings are held at least once each week with all young people and staff
- All young people are encouraged to partake in the Care Planning and Risk assessment processes
- All young people will have input to ward rounds, CPA reports and CPA meetings
- Patient satisfaction surveys will be carried out annually and at discharge
- Key workers will provide individual support
- All young people have access to individual advocacy
- Young people and families receive written information on the Unit and information on how to make complaints
- A unit policy encourages user and carer involvement