Priory Highbank Centre – Mental Health Rehabilitation and Recovery Services (Robinson House)

Robinson House is a 10-bedded unit set in the quiet residential area of Bury, Lancashire.

Robinson House is a 10-bedded unit set in the quiet residential area of Bury, Lancashire. Our homely environment caters for individuals who suffer from chronic enduring complex mental health difficulties that have struggled in mainstream NHS settings. The service has particular expertise in managing individuals with complex co-morbid physical health problems or frailty (such as poorly controlled endocrine disorders, epilepsy, cardiorespiratory disorders, and metabolic disorders).

Bury is a lively market town with excellent transport links to the surrounding area. The hospital is ideally located for safe, structured and gradual reintegration back into the community. There are good transport links for ease of keeping in contact with friends and family.

Patient profile

- Males 18 and over
- Individuals admitted either informally or formally under the Mental Health Act (1983) including both civil and forensic sections
- Individuals under the Mental Capacity Act (2005) and Deprivation of Liberty Safeguards (DoLS)
- Individuals who suffer from chronic mental health difficulties including (but not limited to) psychosis and affective disorders.
- Individuals with mental health difficulties that are associated with risk to self and others
- Individuals who have a history of failed placements, relapse and re-admissions to mental health services.
- Alcohol related brain damage with challenging behaviours
- The service has particular expertise in managing individuals with complex co-morbid physical health problems or frailty

The unit has a full multidisciplinary team (MDT) who work together and place emphasis on person-centred recovery.

Referrals

Referrals to our service are often from individuals stepping down from secure services, psychiatric intensive care units (PICUs), acute services, or have a history of frequent failed placements. Additionally, psychiatric liaison services often identify patients who need further treatment but are not suitable for either pure psychiatric or pure physical health orientated environments.

Robinson House provides treatment by adopting the recovery model to implement personalised rehabilitation pathways.
**Admission and care planning**

- A Care Programme Approach (CPA) meeting will be arranged within 3 months from admission. This will review the progress in line with the goals set.
- There is a person centred approach to care and supporting plans for community living.
- Care plans and goals are reviewed and revised with the aim of a successful transition to community placement.
- Comprehensive and regular risk assessments are undertaken in collaboration with the service user.
- Personal interests and treatment goals will be integrated within a therapeutic timetable.

**Care Pathway**

When an individual is referred to the service, the MDT will review the information and an assessment will be promptly arranged. Following this, a report will be provided outlining treatment goals. Upon admission a number of further MDT assessments will take place to further develop the formulation and treatment plan.

Progress is then monitored (using SMART goals) via regular MDT reviews and CPA meetings and plans are tailored accordingly to equip the individual with the skills to progress out of hospital.

We use a range of outcome measures (such as CANSAS, DIALOG and HONOS) which we use to objectively assess treatment efficacy.

**Our specialist expertise**

The service operates within the typology of mental health rehabilitation services as a ‘Longer Term High Dependency Unit’. However, through the environment and expertise of staff, we have developed particular expertise in managing individuals with primary mental health disorders with complex co-morbid physical health issues. Such individuals represent a heterogeneous cohort which few mainstream services are able to adequately meet their needs. We can meet the needs of such individuals with the combined expertise of mental health and physical health practitioners on-site.

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**How to find us**

For more detailed directions on how to find us, please visit our website

www.priorygroup.com/highbank

Walmerley House, Walmerley Road, Bury, Lancashire BL9 5LX

Phone: 01706 829 540
Fax: 01706 829 534

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**Multidisciplinary team**

This unit is led by an effective MDT, experienced in rehabilitation, recovery and caring for service users with complex needs. The team includes:

- Consultant psychiatrist
- Registered mental health nurses and health care assistants
- Consultant clinical neuropsychologist
- Generic therapy assistant
- Occupational therapist
- Dietitian
- Specialty doctor with extensive general medical and acute medicine experience
- Input from physiotherapy and speech and language therapy
- Input from on-site registered general nurses with particular experience in neurological conditions

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To make a referral or for enquiries and further information, call us on **01706 283 304** send an email to **northernrehab@priorygroup.com** or visit our website at **www.priorygroup.com/highbank**