The Priory Hospital
Middleton St George
Dalton Unit

A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT
Dalton is a high dependency rehabilitation service for 13 females with severe and enduring mental health disorders and challenging behaviour, at The Priory Hospital Middleton St George. The hospital provides a campus style complex in spacious grounds, just outside Darlington, with modern facilities and recreational spaces.

The service

Dalton rehabilitation service provides a robust multidisciplinary programme of care for women with complex needs that will empower them to manage their own risk and recovery. We use a recovery-based model of care, which recognises the seven principles of recovery: hope, a secure base, a sense of self, supportive relationships, empowerment and inclusion, coping strategies and purpose.

Our service is patient centred, multidisciplinary, comprehensive and collaborative, which focuses on achieving realistic goals and ensuring an effective pathway to the community.

Who is it for

The service is available for females who are:

- Aged 18 or over
- Informal or detained under the Mental Health Act 1983 (amended 2007)
- Presenting with complex and challenging behaviours related to complex mental health disorders
- Experiencing failed or difficult placements and would benefit from a period of rehabilitation in a patient centred, recovery focused environment
- Requiring a bespoke treatment pathway
- Presenting with treatment resistant mental health disorders
- Experiencing poor ADLS, and require further rehabilitation in order to progress to more independent community settings
Care pathway

Patients are expected to progress from Dalton’s rehabilitation service to more independent accommodation. With this in mind, we start planning for discharge on admission. Our multidisciplinary team works collaboratively with home teams to prepare the patient to progress along the rehabilitation pathway.

Treatment interventions include:

**PRE-ADMISSION**
- Multidisciplinary team assessment
- Formulation of treatment plan
- Development of initial care plan

**ADMISSION**
- Joint multidisciplinary team and patient assessment of care needs using the ‘My Shared Pathway’ framework
- Formulation of risks
- Review care plan
- Identify therapeutic goals with patient
- Develop care pathway
- Collaborative engagement with partner agencies to facilitate plans

**TREATMENT PHASE**
- Monitor and stabilise mental state
- Ongoing review of pharmacological treatment
- Identification of any co-morbid needs
- Engagement with OT to advance and improve ADLS
- Engagement with families and carers to support relationship development
- Facilitate increased access to the community
- Improve involvement in meaningful and enjoyable daily living activities

**PRE-DISCHARGE**
- Collaboratively work with home team to increase unescorted leave to re-engage with families and communities
- Work with patient and community partner agencies
- Develop community care plan with the patient and other agencies
- Focus on transition to community or step down facility

I now have a new lease of life, and my doctor has made me feel great.

Former patient on Dalton Ward

The Team and our treatment approaches:

Dalton has a dedicated multidisciplinary team which is led by a Consultant Rehabilitation Psychiatrist and includes:
- Registered Mental Health Nurses
- Healthcare Assistants
- Clinical Psychologist
- An Occupational Therapist (OT) and OT assistants
- A Social Worker
- A fitness instructor
- GP services
- An Advanced Practitioner

We offer a wide range of Psychological treatments, which include:
- Dialectical Behavioural Therapy (DBT)
- Cognitive Behavioural Therapy (CBT)
- Trauma-based therapy
- Substance misuse work
- Relapse prevention
- Social and life skills training
- Reactive Anger - CALM
- Problem Solving Skills Training (PSST)
- Emotional Management
- Mindfulness
- Psycho-dynamic approaches

The treatment environment is underpinned by the following:
- Holistic Biopsychosocial Treatment
- Evidence-based pharmacotherapy/medical management and medication
- Concordance therapy
- Comprehensive physical health assessment and monitoring, including healthy lifestyle interventions for diet management, exercising and smoking cessation
- Individualised Positive Behavioural Support plans
- Personalised daily activity schedule (structured day)
- Skills acquisition and enhancement, vocational skills training and education opportunities
- Art and music sessions
Patient success - our outcomes

Dalton ward has evidenced positive outcomes for its patients, including:

- An average length of stay of 221 days (31 weeks)
- Approximately 70% of patients discharged to less restrictive environments*

*2015 & 2016

In summary

Dalton offers bespoke packages of care for females with complex needs and challenging behaviour. Our programme focuses on achieving realistic goals, enabling empowerment and hope, so our patients can manage their own risk and recovery. This approach aims to prevent relapse and we provide an effective care pathway to community living.

How to find us

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

www.priorygroup.com/middletonstgeorge

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To make a referral, contact us on 01325 333192, send an email to middleonstgeorge@priorygroup.com or visit our website at www.priorygroup.com/middleonstgeorge

* Names changed to protect identity