

The Priory Hospital Woodbourne





The Priory Hospital Woodbourne is an independent hospital, specialising in the management and treatment of a wide range of mental health conditions. The hospital has established an excellent reputation for providing the highest standards of care.

Our Mental Health services at the hospital **work in partnership with the NHS** to provide the best quality outcomes for all the patients in our care and include:

- **Child and Adolescent Mental Health Services (CAMHS)**
- **Eating disorders treatment**
- **Acute mental health services**

We also work in partnership with Forward Thinking Birmingham, a service which provides support, care and treatment tailored to individual needs, anywhere in the city and for even the most complex needs.

Commissioned by Birmingham South Central Clinical Commissioning Group (CCG) on behalf of all Birmingham CCGs, the Forward Thinking Birmingham partnership combines our expertise with Birmingham Children's Hospital, Worcestershire Health and Care NHS Trust, Beacon UK and The Children's Society.

Where recommendations are indicated, Priory takes immediate action and aims to meet and exceed the highest standards of care.

Acute mental health services - an overview

Woodbourne has a highly experienced team of mental health professionals and support staff, which include consultant psychiatrists, psychologists, nurses and therapists. They can treat a wide range of acute mental health conditions including depression, anxiety, post-traumatic-stress-disorder, obsessive compulsive states, schizophrenia and all other major acute psychiatric illnesses.

- **Suitable for adults from the age of 18**
- **Personalised treatment programmes to treat a broad range of mental health conditions, including stress, depression, anxiety and post-traumatic stress disorder**
- **Specialist therapy programmes offered include cognitive behavioural therapy and eye movement desensitisation and reprocessing (EMDR)**

Eating disorders treatment – an overview

This is a 8 bedded unit for people over 18 years of age which provides evidenced based therapeutic group and individual programmes for those with an eating disorder.

We take an integrative and creative approach to address complex individual assessment and treatment aims.

Our specialist multidisciplinary team is made up of:

- **A consultant with over 20 years' experience**
- **Registered Mental Health Nurses**
- **Registered General Nurses**
- **Specialty Doctors**
- **An Occupational Therapist and a Dietician**
- **Psychologists**
- **DBT, CBT and Integrative Therapists**
- **An Art, Dance and Drama Therapist**
- **Yoga and Tai Chi Therapists**
- **A Gardener and a Chef**

Significant others/Carer teams consist of Carer Liaison Workers and Volunteer Carers who help and support carer roles by sharing their own experiences.

The team is trained in Priory Certification in eating disorders, which is recognised by Brighton University. We also offer free B-eat support and groups are facilitated on the premises by the Manager of the unit, to ensure safety and continuity of care is maintained



CAMHS – an overview

The Priory Hospital Woodbourne offers treatment for children and adolescents from 11 to 18 years. This includes adolescents suffering from a wide range of mental health, emotional and behavioural problems such as depression, trauma, schizophrenia, anxiety, self-harm, conduct disorders and autistic spectrum disorders.

The service is made up of two age appropriate wards:

Mulberry Ward – a 17 bedded mixed ward for young people needing assessment and treatment for mental illness

Rowan Ward – a 6 bedded mixed ward for young people with high dependency due to mental health issues

Our team provides parenting advice and liaises with schools and other professionals involved in the young person's care. It is made up of:

- **Family therapists**
- **Psychologists**
- **Social workers**
- **Occupational therapists**
- **Specialist teaching staff**
- **Child and Adolescent Consultant Psychiatrists**

Individualised assessment and bespoke treatment plans are formed with the young people and their carers.

Evidence-based treatments are available for all young people who require inpatient care and treatments includes:

- **Cognitive Behavioural Therapy**
- **Dialectical Behavioural Therapy**
- **Eye movement desensitisation reprocessing**
- **Family therapy**
- **Medication**

To aid recovery specialist education is offered alongside group therapy including drama therapy, yoga and art therapy

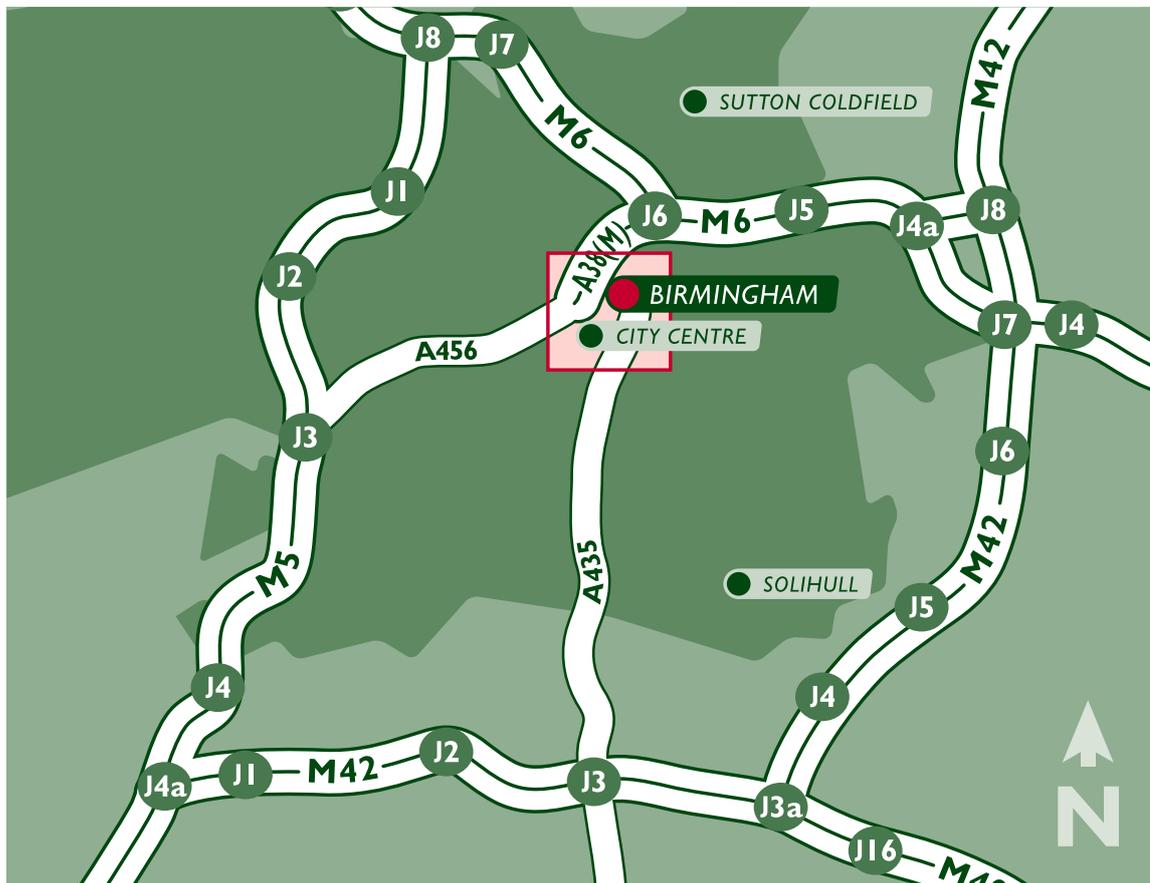
Home leave and maintaining close connections with family and friends in the community during admission is encouraged and supported. Discharge planning occurs from the point of admission to keep admissions short and ensure a relapse prevention is in place for discharge

Specialist teaching at The Priory Hospital Woodbourne

Our adolescent wards at The Priory Hospital Woodbourne have their own fit for purpose classrooms which are staffed by a team of four specialist teachers.

The aim of our schooling is to support all young people who are inpatients to continue with their studies. We work with all young people as individuals, creating bespoke timetables and personal learning plans whilst recognising the importance of building resilience and self-esteem.

Our teaching staff forge links with young people's existing educational placements to ensure continuity and a smooth transition back to school. The school is registered as an Independent day school.



How to find us

21 Woodbourne Road,
Edgbaston,
Birmingham, West
Midlands, B17 8BY
Tel: 0121 434 4343
Fax: 0121 434 3270

Contact us:

If you would like further information on the services we provide, please call us on **0121 434 6109**.

If you need to make a referral, please call our 247 help line on **0800 090 1356**.

You can also email us:

Woodbourne@priorygroup.com

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