



# The Ayr Clinic

## Low secure services

**The Ayr Clinic provides low secure inpatient services for both men and women with mental illnesses and personality disorders.**

Treatment is offered in a safe and positive environment where patients improve their mental condition and develop their skills for independence, self-confidence and knowledge of how to manage their mental wellbeing. We work collaboratively with the residents to empower them, using recovery and person-centred approaches.



### Service overview

Secure services:

- + Belleisle Ward is a 12-bedded service that specialises in supporting adult males with a primary diagnosis of mental illness, personality disorder and/or mild learning difficulties, in a low secure environment
- + Arran Ward is a 12-bedded service that specialises in supporting adult females with a primary diagnosis of mental illness, personality disorder and/or mild learning difficulties, in a low secure environment
- + Low Green Ward is a 12-bedded service that specialises in supporting both males and females with a primary diagnosis of mental illness, personality disorder and/or mild learning difficulties, in a low secure environment

Low secure step-down service

- + The Gatehouse is an 8-bedded, community facing annex of the Ayr Clinic, providing a structured pathway from low secure services for female patients suffering with mental illness and/or personality disorder. All patients admitted to the Gatehouse must undertake a period of assessment at Ayr Clinic prior to transfer

## Patient profile

The Ayr Clinic is suitable for patients that fit the following profile:

- + Primary condition of mental illness and/or personality disorder
- + Co-morbid diagnosis may include mental illness, personality disorder, and mild/learning disability
- + Patients detained under the Mental Health Act or Criminal Procedures Act
- + Complex and challenging behaviours relating to mental health disorders
- + May have history of offending or self-harming behaviours
- + May have history of failed or difficult placement and would benefit from a period of rehabilitation in a patient-centred, recovery focused environment
- + Those requiring a bespoke treatment pathway
- + Treatment-resistant mental health disorders
- + Those requiring rehabilitation to acquire skills for independent or supported living in the community

## Treatment programme

We provide high levels of therapeutic care that are underpinned by evidence-based knowledge, and delivered by a highly experienced team. Our individualised and group treatment programmes have clearly defined goals and outcomes for our patient group.

Our treatment programmes focus on therapies including:

- + Wellness Recovery Action Plan (WRAP) Programmes
- + Cognitive behavioural therapy (CBT) informed input
- + Dialectical behaviour therapy (DBT) informed interventions
- + Emotional regulation
- + Self-harming reduction and management
- + Trauma, grief and loss counselling
- + Psychoeducation
- + Anger and anxiety management
- + Problem solving
- + Relapse prevention
- + Life and social skills

## Real work opportunities (RWO)

This programme replicates the demands of work and develops employment skills such as responsibility, following structured work times and duties, people skills and personal presentation.

## An environment supporting recovery

We believe that the environment in which treatment takes place, is as important as the therapy itself. We provide:

- + A safe and homely environment
- + En-suite bedrooms for each resident
- + Communal therapeutic and leisure areas for residents
- + A therapeutic kitchen for residents
- + Access to the local community for structured activities

## Our team

Our multidisciplinary teams are led by consultant psychiatrists and include:

- + Psychologists
- + Occupational therapists
- + Nursing team including a primary nurse
- + Healthcare assistants
- + Support services team

Patients are supported by a highly skilled, experienced and trained team of clinicians and healthcare professionals, working with patients in an environment of hope, positive regard and empowerment.

## Find out more

For more information or to discuss how we can help, please contact our admissions department by:

**Telephone: 01922 886 666**

**Email: [info@priorygroup.com](mailto:info@priorygroup.com)**

**Web: [www.priorygroup.com/the-ayr-clinic](http://www.priorygroup.com/the-ayr-clinic)**

Ayr Clinic, Dalmellington Road, Ayr, KA6 6PT

