

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.



Find out more

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

Telephone: **01292 886 666**

Email: **info@priorygroup.com**

Web: **www.priorygroup.com/the-ayr-clinic**

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.

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 location

Ayr Clinic, Dalmellington Road, Ayr, KA6 6PT

