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10% of children and 20% of adolescents experience mental health difficulties\*

# Priory Hospital Roehampton

## Young people’s mental health inpatient service

**Our dedicated young people’s mental health inpatient service provides specialist support for young people across 2 wards: Richmond Court and Kingston Court. Our young people’s inpatient service delivers evidence-based treatment for young people aged 12 to 17 in a nurturing and age-appropriate setting. Our aim is to empower young people to understand and manage their mental health needs during this important and transitional phase of their lives.**

Situated within the affluent borough of Richmond, in South West London, Roehampton is Priory’s first hospital site and maintains its position as one of the UK’s leading centres for the treatment of mental health conditions.



### Service overview

- + A safe environment where one of our team’s main aims is to build a rapport with each young person and to support them through treatment and recovery
- + Programmes specifically tailored for young people experiencing mental health issues
- + A specially developed programme delivered by our multidisciplinary team and headed up by experienced consultants
- + We are able to offer 24-hour medical and nursing care
- + Young people accessing our service will have their admission funded by their families or through private medical insurance
- + Our service works closely with Priory’s private outpatient services at Roehampton and Priory Wellbeing Centre Harley Street

### Treatment programme

- + Our programme offers a full 7-day activity timetable which can include school, stress management skills, cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), coping skills development, physical health monitoring, as well as family therapy
- + Outcome measurement tools such as Health of the Nation Outcome Scales for Children and Adolescents (HoNOSCA) are also used

Live your life

## Patient profile

- + Young people aged 12 to 17 years
- + Referrals are accepted nationally, and we are also able to facilitate international referrals if required
- + Young people may present with mental health difficulties, including:
  - Depression
  - Anxiety disorders
  - Obsessive compulsive disorder (OCD)
  - Post-traumatic stress disorder (PTSD)
  - Self-harm
  - Suicidal ideation
  - School phobia
  - School refusal
  - Mood disorders (including hypomania)
  - Prodromal psychosis (initial stages of psychosis)
  - Emotional dysregulation

Please note, our service won't be suitable for young people with a moderate to severe learning disability, aggression, disruptive behaviour, conduct disorder, substance abuse, or eating disorders that require naso-gastric feeding.

## Activities

Young people are provided with access to a number of activities, including:

- + Pets as therapy (PAT)
- + Art therapy
- + Gym
- + Yoga
- + Relaxation
- + Visiting workshops, which focus on topics including music, debating and astronomy
- + Outreach activities, including theatre trips and visits to local parks

## Education programme

As well as the intensive therapeutic element of treatment, our young people are also provided with on-site school facilities, available during term time, delivered by specialist and understanding teachers. This ensures ongoing access to education and helps build confidence within small, supported groups.

- + Our school is Ofsted accredited
- + Each young person receives bespoke 1:1 tutoring
- + Each young person receives personal development sessions, which may focus on career advice, or social and emotional skills, are incorporated into schooling through group sessions

## Step-down programme

Our step-down programme helps young people move smoothly from inpatient care back into everyday life. This short, structured 6-week course bridges the gap between hospital and community support, giving young people and their families the tools for a confident transition.

### **What's included:**

- + Weekly 1:1 therapy session – either online or face-to-face, as preferred
- + Online group sessions every Wednesday, 4pm-5.30pm
- + Family support group for parental guidance and advice
- + Ongoing psychiatric and nursing support

### **Weekly themes**

- + Week 1 - understanding behaviour
- + Week 2 - managing anxiety
- + Week 3 - low mood
- + Week 4 - school-related challenges
- + Week 5 - navigating transitions
- + Week 6 - key relationships

By the end of the programme, young people will have developed practical coping strategies, improved confidence and a clearer understanding of their thoughts, feelings and behaviours. Parents and carers receive guidance and family sessions to help reinforce these skills and support their child's recovery at home.

## Specialist team

The team at Roehampton are experienced and highly specialised at delivering young people's services.

## Funding

Priory offers personalised treatment packages for individuals who are looking to self-pay for treatment.

We are also an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

## Contact us

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For the most up to date information on our services, please visit our website.