



# Priory Hospital Barnt Green

## Day care services

At Priory Hospital Barnt Green, we understand how much mental health problems can affect everyday life. That's why we offer a flexible, supportive day care programme, designed to meet your individual needs without the requirement for an overnight stay.



### About the programme

- + Structured therapeutic treatment tailored to your needs
- + No need for overnight admission
- + Based on an integrative therapy approach using evidence-based techniques, including:
  - Cognitive behavioural therapy (CBT)
  - Compassion-focused therapy (CFT)
  - Dialectical behaviour therapy (DBT) skills

### When and where?

- + Available at Priory Hospital Barnt Green
- + Every Tuesday and Thursday
- + Attend either:
  - A full day (5 hours)
  - A half day (2.5 hours)

### What the programme offers

- + Intensive group therapy sessions
- + A safe, therapeutic environment
- + Support for a wide range of general psychiatric conditions
- + Option for one-to-one therapy, depending on your needs and our clinical recommendations

### Recommended attendance

- + Typically 6 weeks, attending both days each week
- + Programme length and format can be adjusted based on your individual circumstances and clinical needs



## Our programme

Before joining our day care programme at Barnt Green, you'll be invited to a free 30-minute assessment with one of our therapists. This is a chance for us to:

- + Introduce ourselves
- + Explain how the programme works
- + Have an open conversation about your goals and what you'd like to get out of your time with us
- + Determine whether day care is the most suitable option for you, and if needed, recommend alternative treatment such as inpatient care

Everyone's experience with their mental health is different, so this assessment helps us understand your unique situation and begin to shape a tailored treatment plan that supports your individual needs.

Day care at Barnt Green takes place as part of an open group. This means you can join at any time, as long as you're currently under the care of one of our consultants and have completed the initial assessment. If you're not yet under the care of a consultant, you can still get in touch using the contact details below, and our team will guide you through the next steps.

## Who can we support?

- + Adults aged 18 years and older
- + People struggling with a mental health condition, such as anxiety, depression, obsessive compulsive disorder (OCD), and bipolar disorder
- + People with secondary diagnoses of autism and/or attention deficit hyperactivity disorder (ADHD)

Please note that while our day care programme is designed to support a wide range of mental health needs, it is not suitable for people with complex post-traumatic stress disorder (CPTSD), as it does not address trauma directly. However, it can be a valuable first step in helping to stabilise and build resilience before accessing more specialised trauma support. If you'd like to explore alternative treatment options, we're here to help - please don't hesitate to get in touch.



## Day care themes and structure

### Tuesdays - maintaining stability

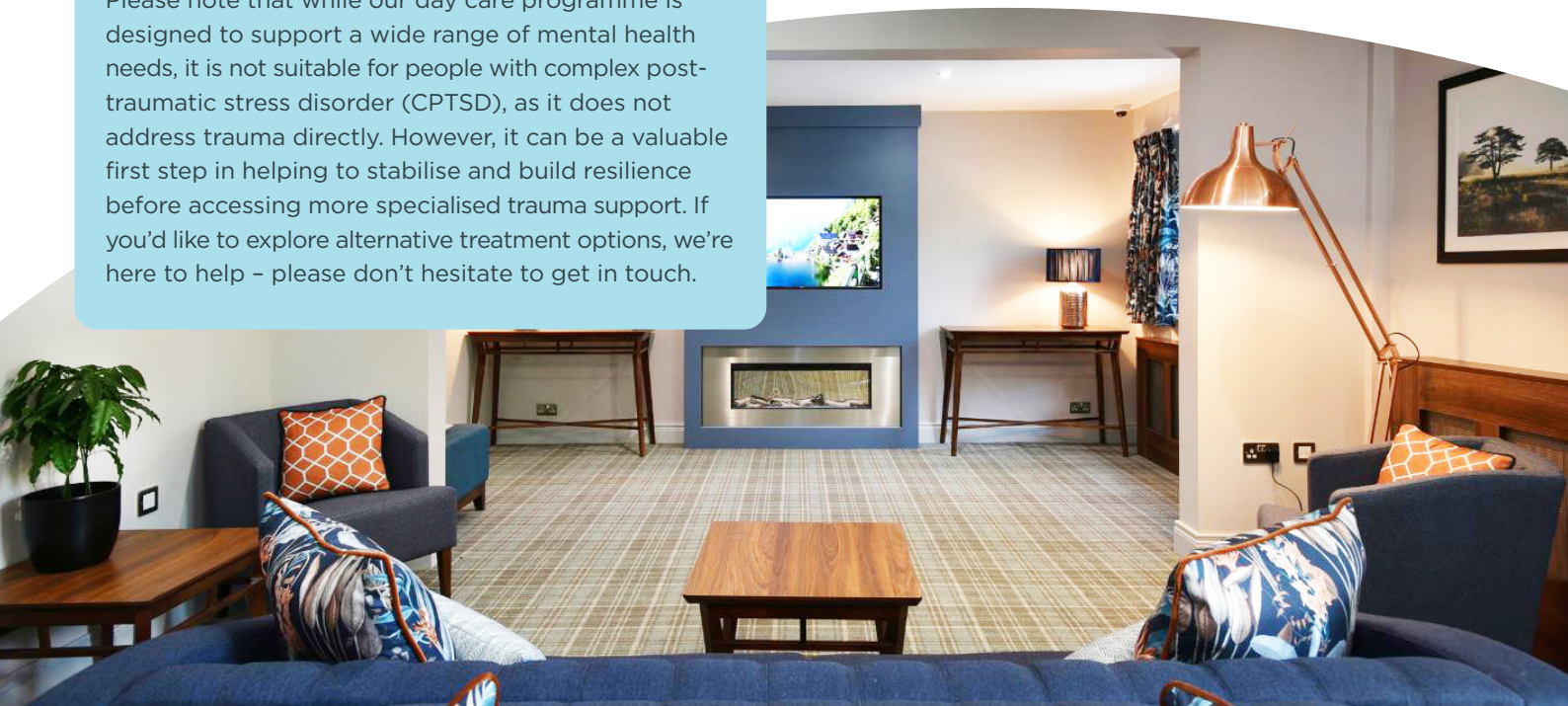
Our Tuesday day care sessions are all about helping you find and maintain a sense of balance and emotional wellbeing. For some people, that might mean focusing on relapse prevention, while for others, it's about learning and putting into practice the tools that support ongoing stability in everyday life.

### Thursdays - implementing change

Our Thursday day care sessions are designed to help when you're feeling 'stuck' or unable to move forward with your mental health. These sessions focus on exploring what might be holding you back and supporting you to overcome barriers so you can start making meaningful progress.

Each week has a different theme:

- + Week 1 - exploring thoughts
- + Week 2 - challenging thoughts
- + Week 3 - understanding emotions
- + Week 4 - dealing with distress
- + Week 5 - changing behaviours
- + Week 6 - managing relationships





## Day care timetable

The structure of our day care sessions remains consistent each day, but the content is tailored to reflect the focus of the group – whether that’s maintaining stability on Tuesdays or implementing change on Thursdays. Each part of the day is carefully designed to support the needs and goals of those attending, with themed discussions, psychoeducation and therapy sessions aligned with the day’s focus.

Please note, the timetable and session content may occasionally be adjusted to best suit the needs of the group attending on the day.

Time	Maintaining stability	Implementing change
9:15am	Arrival	
9:45-11am	Introduction to the theme of the week	
11-11:15am	Break	
11:15-12:30pm	Psychoeducation	
12:30-1:15pm	Lunch (included and provided)	
1:15-2:30pm	Supportive psychotherapy	
2:30-2:45pm	Break	
2:45-4pm	Homework setting, relaxation and check out	
4pm	End of day	

## Day care costs

6-week programme	Half day (9:45am-1pm)	Full day (9:45am-4pm)
Maintaining stability and implementing change (Tuesdays and Thursdays)	<b>£3,708</b>	<b>£7,032</b>
Maintaining stability (Tuesdays only)	<b>£1,854</b>	<b>£3,516</b>
Implementing change (Thursdays only)	<b>£1,854</b>	<b>£3,516</b>
Individual days	<b>£309</b>	<b>£586</b>

Our day care programme is available both on a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

## Find out more

If you or someone you know is interested in our day care programme, please contact us today:

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

**Phone: 0121 289 6733** (please request to speak to the outpatient reception).

Our outpatient phone lines are open between 8am and 5pm. If we’re unable to answer straightaway, please leave your name and number and we will get back you within 1 working day.

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