



“”

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

# Priory Hospital Chelmsford

## Young people's mental health inpatient service

**Situated in the heart of Chelmsford, Essex, Priory Hospital Chelmsford provides specialist inpatient care for young people experiencing a range of mental health difficulties. Our dedicated young people's inpatient service supports up to 12 young people and delivers expert, compassionate care within a safe and supportive environment.**

The service, based on Willow Ward, provides evidence-based treatment for 12 to 17-year-olds through flexible, person-centred programmes, delivered in surroundings designed specifically with young people in mind.



### 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

### 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, occupational therapy (OT) and ward-based activities
- + Outcome measurement tools such as Health of the Nation Outcome Scales for Children and Adolescents (HoNOSCA) are also used

## 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
- + Yoga
- + Relaxation
- + 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

## About Willow Ward

Willow Ward has been carefully designed to offer a calm, welcoming and therapeutic environment for young people. We understand how important surroundings are in supporting recovery, and our modern facilities provide a safe and nurturing space where each young person can focus on their wellbeing and personal growth.

**Our young people's inpatient service includes:**

- + A bright, purpose-built ward, designed specifically for young people
- + Comfortable communal areas that encourage social connection and relaxation
- + Daily housekeeping and high standards of cleanliness
- + Nutritious, freshly prepared meals and quality catering options
- + Access to snacks and drinks at any time
- + Modern, en-suite bedrooms that offer comfort, privacy and a sense of security
- + A variety of leisure activities to support relaxation and recovery
- + An outdoor courtyard for our young people to relax and spend time in

## Specialist team

The team at Chelmsford 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

**Telephone: 020 8876 8261**

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

**Visit: [priorygroup.com/locations/individuals/priory-hospital-chelmsford/private-camhs-essex](https://www.priorygroup.com/locations/individuals/priory-hospital-chelmsford/private-camhs-essex)**

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