



# Bespoke therapeutic placements for adults

## Priory Hospital Mildmay Oaks

Priory Hospital Mildmay Oaks created its first adult bespoke therapeutic placement (BTP) at the start of 2020, after the success of the young people's BTPs.

James\* came to us presenting with aggressive behaviours and his complex and challenging needs were difficult to manage on an open ward. He was a risk to himself and others, and suffered from past traumas and sensory issues. Our BTP was ideal as it allowed us to create a bespoke team and programme for James, which better suited his needs. James came to us from his community placement that had broken down due to his harmful behaviours, so it was important to create an environment as close to community living as possible, whilst keeping him and others safe.

James is autistic, so we focused on developing a nurturing nursing and care team who were skilled in autism. They also created a bespoke multidisciplinary team, which was led by an autism consultant. They designed activities specifically around James's interests and abilities, with therapies including music, play and cooking, plus community engagement work.

The overall aim was to give James the space he needed and the extended time to self-regulate his emotions. At the time, this couldn't be given in another ward environment, but our BTP was a robust and safe space where he could still be around staff to support him in his recovery.



### Positive results

Our senior team worked with the nursing and healthcare workers and provided ongoing staff training, reflective practice and wellbeing initiatives, which supported the whole process and promoted positive results for all involved.

Over time, it became clear that the 'single person environment' was contributing towards positive outcomes. James didn't need to be secluded or restrained, as the new environment began to put him at ease. He became less aggressive and much more receptive to our team and the therapy on offer.

James developed his independence skills well and we are focusing on supporting him back into the community as soon as possible.

### Contact us

To contact Priory's central team, please call **0330 137 3910** or to speak to someone at the hospital directly, please call **01252 845 826**.

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