

Specialist mental health services for young people

- ✓ Specialist residential services
- ✓ Specialist residential transitional services
- ✓ CAMHS Tier-4



Welcome



Cambian are one of the largest providers of specialist behavioural services for children and adults in the UK. Although our work embraces many specialist disciplines, it is united by a common purpose: to actively enable each and every one of the people in our care to achieve their personal best, however it is defined by them or for them.

We provide services for more than 2,400 individuals in 286 services. We work with over 140 public authorities and employ more than 6,000 people.

Cambian provides a unique range of specialist mental health services for young people. Our residential services focus on behaviour management and independence supported by our acute CAMHS Tier-4 service, which focuses on assessment and treatment for stabilisation of behaviour.

We adopt a person-centred approach, which is delivered by caring, supportive and outcome-driven staff. We also understand the importance of place for young people, and as such we endeavour to create an environment that is welcoming, modern and empathetic to their needs.

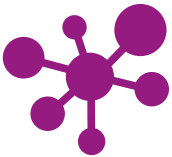
We would be delighted to welcome you to any of our services to see the work that we do. If you would like to arrange a visit or to discuss a case in confidence, please call **0800 902 0733** or email **referrals@cambiangroup.com**



Our services at a glance



Specialist residential services
Specialist residential transitional services



CAMHS Tier-4



Daniel's journey



Our services at a glance

More choice and flexibility for young people

Our specialist mental health services for young people have been carefully developed to offer more choice and flexibility, ranging from specialist residential services to acute services such as CAMHS Tier-4.

A combination of relational and physical security enables us to care for young people and patients requiring different levels of support, whilst focusing on outcomes and their on going learning and development needs.

All of our services work closely with the local community in order to break the cycle of relapse, thus preventing further hospitalisation.



* CQC variation to 15 years if required.

Our specialist residential and transition home profiles

Focus on mental health and independence

Our specialist residential services offer different levels of staff support to meet the needs of young people who do not require acute services. However, they still have mental health needs that require specialist services.

We address the mental health needs of young people, helping with their transition back to independent lives. This is done through the promotion of independent living skills, community activities and choice.

Each specialist service has a team of care workers on hand that offer support, devise individual placement plans, minimise any risks and help residents achieve their personal best. Direct access to clinical support is provided through our multidisciplinary team.

Community involvement is an important part of our specialist residential services, promoting independence. As such, each home has established links within their communities in order to provide as seamless a transition to independent living as possible. Such community links include local schools and colleges, (to ensure that each young person's learning is maintained), shopping centres, supermarkets, leisure centres and job centres.

We work closely with parents and carers to ensure the needs of each young person are understood and fully met.

"Our son found staying at Cambian Willows very helpful, and for us as parents all of the support we have had from you and the team has been wonderful. We are in touch with the Early Intervention in Psychosis Team, and with their ongoing help we hope that he can continue to get on with his life." **Parent testimonial, August 2014**



Meeko House, Cambridgeshire

Specialist residential service

At a glance

- ✓ Access to full MDT
- ✓ LoS 12-18 months
- ✓ 2:1 support
- ✓ Home Tree School
On-site education

Meeko House is an Ofsted-registered children's residential home, catering for 12-18 year olds with on going mental health needs and challenging behaviours that may prevent them from functioning within the community.

Our aim is to support young people through an in-depth and integrated approach to health, care and education, in a nurturing yet safe environment, and to achieve excellent individual outcomes. At Meeko House the staff will get to know each young person and their expectations. Every young person will have personalised plans that cover their placement, individual needs and education. The plans are developed with the young person, parents, carers and placing authorities.

We also carry out impact assessments for each placement.

Each young person will be supported to build on their daily living skills, engage in the education or vocation of their choice, build positive relationships and understand boundaries.

Meeko House is supported by a multi-disciplinary team with an assistant

psychologist and an OT working at the house on a full-time basis. Our overall aim is to provide a stable environment for young people, where their mental health needs can be supported and where they develop the skills to be able to move forward in their journey towards independence.

Our home has two wings; each with 8 en-suite bedrooms and a dining room with cooking facilities, where young people can make their own meals or cook for others, if they wish to do so. Cooking is encouraged within the home to promote daily living skills.

There is a communal lounge area where the children can relax and watch television and read books. Meeko House also has a recreational room with a pool table, air hockey and board games.

Young people will be educated at our on-site school, Home Tree School. This provides a personalised education approach at key stages 3, 4 and 5, and we support every young person with 25hrs of weekly education.



Age range

12-18 yrs



Gender

Mixed



8 + 8 beds

Resident profile:

- ✓ Known to CAMHS
- ✓ May have had multiple Tier 4 admissions
- ✓ Present with difficulties relating to: autism, ADHD, emerging personality disorder traits, post-traumatic stress disorder
- ✓ Long term psychosis currently needing rehabilitative care and on going support





The Hale, West Midlands

Specialist residential service

At a glance

- ✓ Access to MDT
- ✓ Average LoS > 12 months
- ✓ 4:5 support
- ✓ Bespoke education



Age range

12-18 yrs



Gender

Female



5 beds

The Hale, a therapeutic residence for 5 young girls. We support them through an in-depth and integrated approach to recovery, with a view to helping them gain skills for independent community living.

Our mission is to ensure that every young person is safe and free from harm, and to provide outstanding individualised care. We cater for people from a range of cultures and ethnicities, with varying social, emotional or behavioural difficulties. This ethos runs through the core of our home and staff team and it helps us to plan care packages tailored to each individual young person. The emphasis is on building positive relationships with the young person and providing strong role modelling.

Our overall aim is to provide a stable environment for young people, where they can learn to utilise and build upon their own self-soothing skills, mindfulness, resilience and emotional regulation abilities, and are able to move forward in their journey towards independent living.

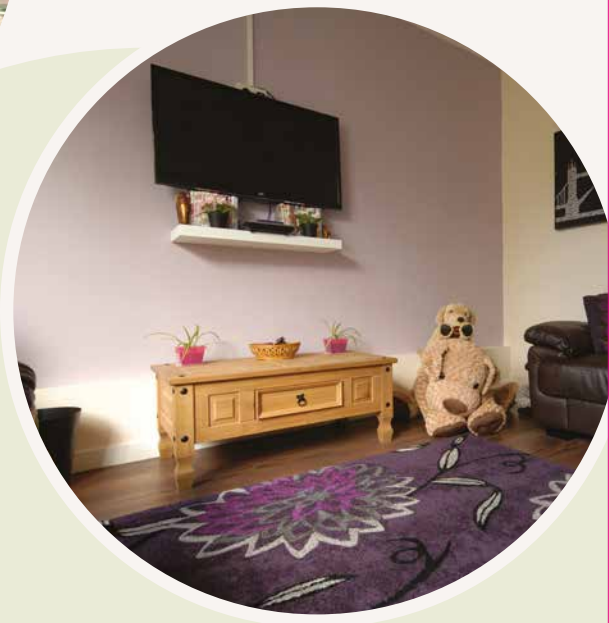
The home has modern furnishings and fittings that create a comfortable and nurturing environment. It comprises five bedrooms, a separate on-site therapy suite, a large kitchen, dining room, lounge, quiet room and a laundry room. There is a local shopping centre within walking distance from the home and we are situated approximately 20 minutes' travelling time from Birmingham city centre.

Resident profile:

- ✓ Known to CAMHS complex needs as a result of early childhood trauma.
- ✓ Have a range of emerging difficulties, including; personality, attachment, behavioural and developmental problems.
- ✓ Experienced repeated family and/or placement breakdowns.

The Hale is supported by a multi-disciplinary team, with an assistant psychologist working at the house on a full-time basis. Aspects of dyadic developmental psychotherapy, including PACE techniques, may be incorporated into the therapeutic package, alongside dialectical behaviour therapy techniques, targeted therapeutic work and trauma-focused cognitive behavioural therapy.





Trent Valley House, Staffordshire

Specialist residential transitional service

At a glance

- ✓ Access to MDT
- ✓ Average LoS 12-18 months
- ✓ 3:5 support
- ✓ Bespoke education

Trent Valley House offers personalised assessment and intervention planning to support young people in their recovery process. Based on an individual's needs, we offer the support they need to progress towards well-being and independence.

We aim to support the young people in our care through personalised therapies and vocations designed to build resilience, promote well-being and build coping strategies to prevent relapse. We achieve this through individualised psychological input and relevant OT-led approaches, such as transitional support and functional skill building.

Our team consists of an occupational therapist, an assistant psychologist, a registered manager, team leaders, key workers and support workers. We liaise with our CAMHS consultant psychiatrist and the young people are supported by the local community psychiatric teams (if appropriate).

Trent Valley House offers a warm and comfortable environment with spacious communal areas, an inviting games room and large outdoor space.



Age range
16*-25 yrs



Gender
Male



5 beds

Resident profile:

- ✓ May present with: mental health illness, learning disability, neurodevelopment disorders such as autism spectrum conditions, attachment disorder or ADHD
- ✓ Substance misuse that includes dual diagnosis where there is no evidence of addiction, combined with one of the above disorders
- ✓ Individuals who require a 'step-down' service before independence or are currently receiving a service from CAMHS or a local therapeutic services

Opening 2015, adopting the same approach as Trent Valley House

Ash Lea House Staffordshire



Age range
16-25 yrs



Gender
Female



5 beds

The Brambles Essex



Age range
16-25 yrs



Gender
Male



5 beds

Eversley House Staffordshire



Age range
16-25 yrs



Gender
Female



5 beds

* CQC variation to 15 years if required.



Cambian Willows, Cambridgeshire

CAMHS Tier-4

Cambian Willows is a Tier-4 assessment and treatment service for young people between the ages of 12 and 18, who are experiencing mental health difficulties.

Our clinical interventions aim to help the people in our care stabilise their behaviour and reduce their level of risk, whilst also equipping them with coping skills to manage and regulate their emotions.

Utilising a holistic and multidisciplinary approach to care, our service offers an essential stepping stone for young people and their support networks. We help to understand their strengths and difficulties to work towards leading a full and independent life in the future.

Young person profile:

- ✓ 12-18 years
- ✓ May be detained under the mental health act or admitted informally
- ✓ Require a period of assessment and or treatment as an inpatient to assess or treat any mental health concerns
- ✓ At risk to themselves or others
- ✓ Cannot be managed safely in the community
- ✓ All referrals must be approved via NHS England gatekeeping

Age range
 **12-18 yrs**

Gender
 **Mixed**

 **14 beds**

"I feel compelled to write to you to commend you on what you have achieved whilst working with this young person. I can honestly say that I believe it has been transformational and as such he will be able to leave hospital soon... I am not exaggerating when I say that I believe you have changed the course of this young person's adolescence." **Mental health case manager - CAMHS, May 2015**





Why Cambian Willows, CAMHS Tier-4

Active Care™ CAMHS

Active Care™ is at the heart of our unique model of care. Developed by our multidisciplinary team (MDT), it delivers interventions in programmes designed to meet an individual's needs. Active Care™ makes it possible to integrate measurement and outcomes in care plans, which are regularly reviewed by the members of the MDT.

Active Care™ CAMHS has been created to address the very specific needs of young people, from stabilisation of behaviour to rehabilitation needs. The model helps us define and establish step-by-step objectives in individualised care plans.

We will also use outcome measures tailored for the presentation of the young person to measure progress or record risk. This may include BDI and SAVRY, alongside the Cambian GAP which is specific to each of the services.

Our team will always adapt their engagement technique and personnel delivering specific interventions to maximise engagement and ensure that progress is always being made. This includes initiating opportunities based on the person's interests or aspirations.

"Many thanks for the support you're all giving to Alex. We were obviously anxious about the move but feel reassured and far more confident about the future."
Parent testimonial, June 2015



How do we help the people in our care achieve their personal best?

Education and therapeutic programmes

Our education and therapeutic programmes are delivered through Active Care™ CAMHS and are matched to individual needs. Education can be accessed within the local community.

Therapeutic programmes include:

- ✓ Cognitive behavioral therapy
- ✓ Anxiety management group
- ✓ 1:1 psychology sessions
- ✓ Relapse prevention planning
- ✓ Anger management
- ✓ Medication awareness programme
- ✓ Mental health awareness programme
- ✓ Community and social involvement
- ✓ Enhanced thinking skills group
- ✓ Support for young people to continue with their personal education and learning





Our multidisciplinary team

Working at the forefront of our commitment to quality

At Cambian we work by the motto of helping everyone in our care achieve their personal best. This goes for our staff as well as our service users, whose dedication and passion is felt right across our mental health care, learning disabilities and specialist education services.

We recognise the importance of how an incident in one discipline could result in disturbance in other areas, so our teams work in a joined-up way to address any gaps in our young people's progress no matter what discipline these concern.

Family members and healthcare professionals are invited to CPA meetings so that they can understand our processes and view the young people's progress.

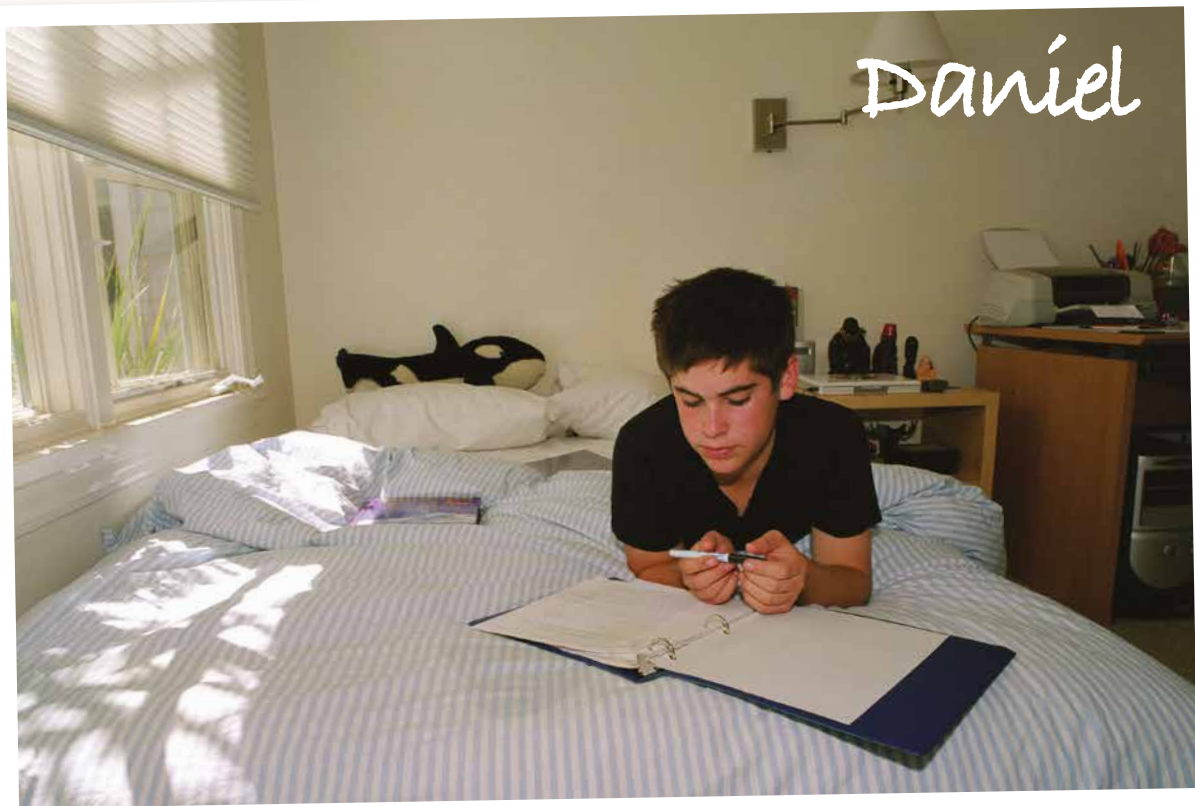
Our multidisciplinary teams consist of:

- ✓ Consultant Psychiatrist
- ✓ Assistant Psychologists
- ✓ Specialty Doctors in Psychiatry
- ✓ Clinical and Forensic Psychologists
- ✓ Registered Mental Health Nurses (RMNs)
- ✓ Nurses
- ✓ Occupational Therapists
- ✓ Hospital Managers
- ✓ Heads of Care
- ✓ Coordinators
- ✓ Advocacy Advisors
- ✓ Support Worker





CASE STUDY



When we first met Daniel

Prior to involvement with Cambian, Daniel had been known to CAMHS for 2 years from previous admissions to inpatient services. His history indicated that he had developed psychotic symptoms following deaths within the family. His diagnosis was described as ‘unspecified non-organic psychosis’.

When Daniel came to us

Daniel was admitted to Cambian Willows in November 2013. Following a period of assessment, it was determined that he didn’t have a psychotic illness but had an anxiety-based disorder with traits of anxious avoidant personality. In February 2014, Daniel transferred to Trent Valley House as a step towards returning home. Upon arriving at Trent Valley House, Daniel’s behaviour tended to follow a pattern where he would present as low in mood and describe feeling overwhelmed by his auditory hallucinations or “voices”. There was also some self-harm.

Daniel’s care

Staff would offer 1:1 support and remind him to utilise distraction techniques that he had learned at Cambian Willows. These periods of low mood would then be followed by gradual improvement and Daniel could be encouraged to engage in college or try voluntary work. Daniel met weekly with the assistant psychologist,

to whom he stated that he was feeling anxious about starting a new study skills programme and taking public transport. He said that this anxiety, historically, had triggered a mental health relapse. Daniel was offered an intervention, involving regular 1:1 sessions with support staff, in order to pro actively set himself goals and discuss his feelings of anxiety and low mood.

Today

Daniel has been able to manage his levels of stress and anxiety around education with the support of staff. Daniel now attends a sports and leisure study programme for 3 days a week to work towards his goal of gaining an apprenticeship. He is independently using public transport around the city to access this. In addition to having completed employability modules and first aid training, he is currently working towards gaining his Functional Skills qualifications in literacy and mathematics - the equivalent of a GCSE grade C. He is also engaged in a variety of sporting activities as part of the course, reporting that he is feeling more body confident and has increased his level of fitness. He has even begun to forge relationships with peers at college and is described by tutors as engaging well with others.

Referral information

To find out more about our specialist residential services or CAMHS Tier-4* provision, please call us on **0800 902 0733** or email **referrals@cambianguroup.com**

- ✓ Free assessments
- ✓ Admission is based on access criteria

Specialist residential services

- 01 Meeko House – mixed gender**
12-18 yrs
- 02 The Hale – female**
12-18 yrs

Specialist residential transitional services

- 03 Trent Valley House – male**
15-25 yrs
- 04 The Brambles – male**
16-25 yrs
- 05 Ash Lea House – female**
16-25 yrs
- 06 Eversley House – female**
15-25 yrs

CAMHS Tier-4

- 07 Cambian Willows – mixed gender,**
12-18 yrs



The Cambian Group Working with over 140 public authorities in the UK to provide specialist services in education and care, mental health and learning disabilities. The Cambian Group comprises a number of companies which are registered in England and Wales and the Bailiwick of Jersey. The details of those companies in the Cambian Group registered in England and Wales can be found at www.cambianguroup.com/about/legal **CAM343 Date of preparation 03/07/15**

*Referrals for Cambian Willows are managed by NHS England. For further information visit www.england.nhs.uk
Once a gatekeeping assessment is carried out by NHS England and a referral is made, assessments by Cambian are conducted free-of-charge.