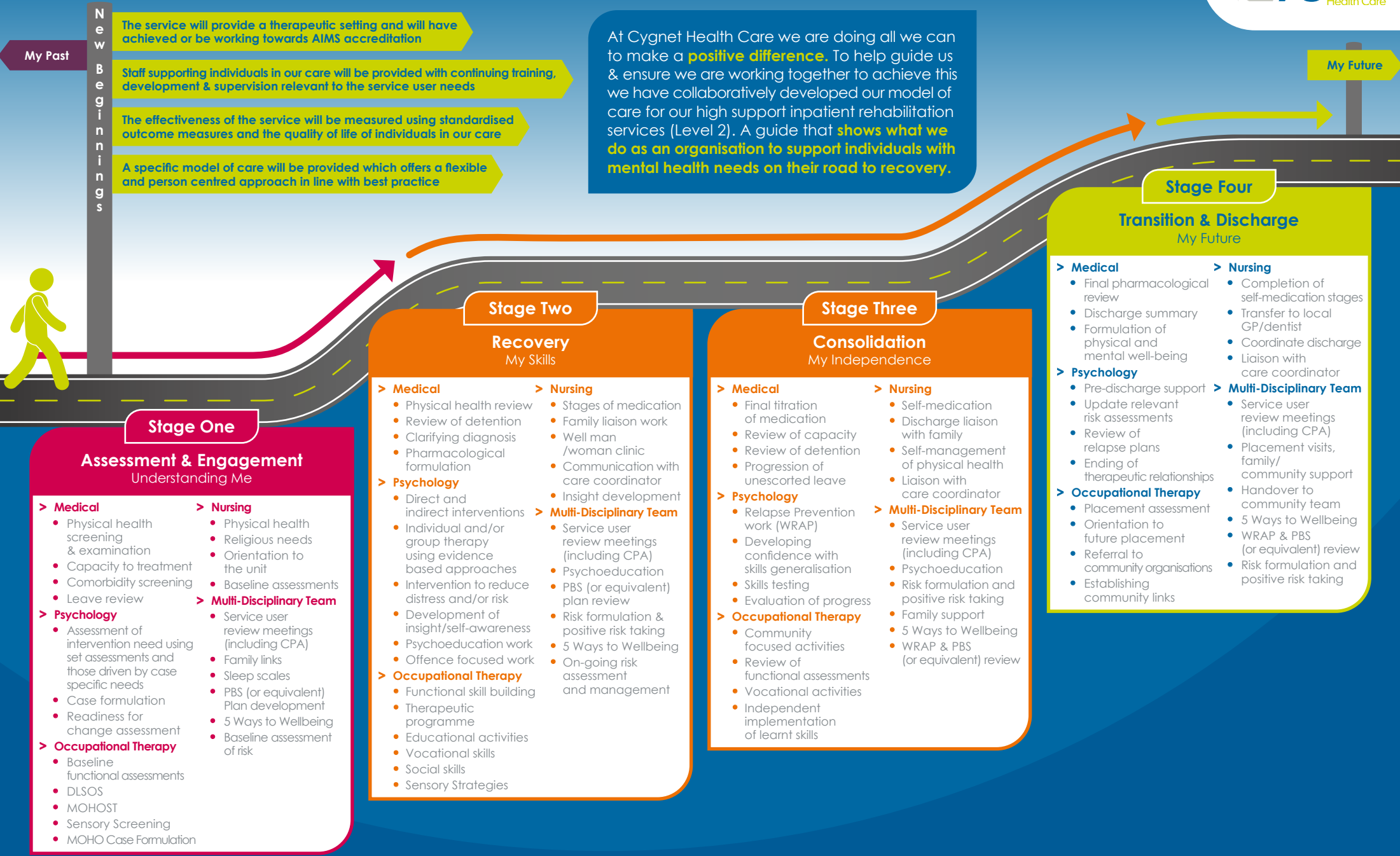


# Model of Care for our Mental Health High Support Inpatient Rehabilitation Services (Level 2)



**New Beginnings**  
The service will provide a therapeutic setting and will have achieved or be working towards AIMS accreditation

Staff supporting individuals in our care will be provided with continuing training, development & supervision relevant to the service user needs

The effectiveness of the service will be measured using standardised outcome measures and the quality of life of individuals in our care

A specific model of care will be provided which offers a flexible and person centred approach in line with best practice

At Cygnet Health Care we are doing all we can to make a **positive difference**. To help guide us & ensure we are working together to achieve this we have collaboratively developed our model of care for our high support inpatient rehabilitation services (Level 2). A guide that **shows what we do as an organisation to support individuals with mental health needs on their road to recovery**.

My Future



## Stage One

### Assessment & Engagement Understanding Me

- > **Medical**
  - Physical health screening & examination
  - Capacity to treatment
  - Comorbidity screening
  - Leave review
- > **Psychology**
  - Assessment of intervention need using set assessments and those driven by case specific needs
  - Case formulation
  - Readiness for change assessment
- > **Occupational Therapy**
  - Baseline functional assessments
  - DLSOS
  - MOHOST
  - Sensory Screening
  - MOHO Case Formulation
- > **Nursing**
  - Physical health
  - Religious needs
  - Orientation to the unit
  - Baseline assessments
- > **Multi-Disciplinary Team**
  - Service user review meetings (including CPA)
  - Family links
  - Sleep scales
  - PBS (or equivalent) Plan development
  - 5 Ways to Wellbeing
  - Baseline assessment of risk

## Stage Two

### Recovery My Skills

- > **Medical**
  - Physical health review
  - Review of detention
  - Clarifying diagnosis
  - Pharmacological formulation
- > **Psychology**
  - Direct and indirect interventions
  - Individual and/or group therapy using evidence based approaches
  - Intervention to reduce distress and/or risk
  - Development of insight/self-awareness
  - Psychoeducation work
  - Offence focused work
- > **Occupational Therapy**
  - Functional skill building
  - Therapeutic programme
  - Educational activities
  - Vocational skills
  - Social skills
  - Sensory Strategies
- > **Nursing**
  - Stages of medication
  - Family liaison work
  - Well man /woman clinic
  - Communication with care coordinator
  - Insight development
- > **Multi-Disciplinary Team**
  - Service user review meetings (including CPA)
  - Psychoeducation
  - PBS (or equivalent) plan review
  - Risk formulation & positive risk taking
  - 5 Ways to Wellbeing
  - On-going risk assessment and management

## Stage Three

### Consolidation My Independence

- > **Medical**
  - Final titration of medication
  - Review of capacity
  - Review of detention
  - Progression of unescorted leave
- > **Psychology**
  - Relapse Prevention work (WRAP)
  - Developing confidence with skills generalisation
  - Skills testing
  - Evaluation of progress
- > **Occupational Therapy**
  - Community focused activities
  - Review of functional assessments
  - Vocational activities
  - Independent implementation of learnt skills
- > **Nursing**
  - Self-medication
  - Discharge liaison with family
  - Self-management of physical health
  - Liaison with care coordinator
- > **Multi-Disciplinary Team**
  - Service user review meetings (including CPA)
  - Psychoeducation
  - Risk formulation and positive risk taking
  - Family support
  - 5 Ways to Wellbeing
  - WRAP & PBS (or equivalent) review

## Stage Four

### Transition & Discharge My Future

- > **Medical**
  - Final pharmacological review
  - Discharge summary
  - Formulation of physical and mental well-being
- > **Psychology**
  - Pre-discharge support
  - Update relevant risk assessments
  - Review of relapse plans
  - Ending of therapeutic relationships
- > **Occupational Therapy**
  - Placement assessment
  - Orientation to future placement
  - Referral to community organisations
  - Establishing community links
- > **Nursing**
  - Completion of self-medication stages
  - Transfer to local GP/dentist
  - Coordinate discharge
  - Liaison with care coordinator
- > **Multi-Disciplinary Team**
  - Service user review meetings (including CPA)
  - Placement visits, family/ community support
  - Handover to community team
  - 5 Ways to Wellbeing
  - WRAP & PBS (or equivalent) review
  - Risk formulation and positive risk taking

Enabling and Nurturing Environment