



FLORENCE  
NIGHTINGALE

Addiction Inpatient Care  
Your stay at Nightingale Hospital

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# Welcome

## to Nightingale Hospital...

...caring and committed professionals treating individuals with addictions.

We are a team of consultant psychiatrists, doctors, therapists and nurses who take pride in supporting all patients in a confidential manner. Every person is unique and faces their own challenges so we provide specifically tailored treatment programmes.

Within these pages you'll find useful information about your stay and our approach to your care and treatment. It is important that you take time to read and understand the following information about your care and the hospital, and how it operates to provide a safe and secure environment in which you can participate in your treatment decisions and begin your recovery.

Positively **changing** the **lives** of others

## Hospital Values

### Respect

We ensure everyone is always safe and treated with dignity and respect

### One team

We work together to deliver the highest quality care for our patients and families

### Compassion

We treat every patient with compassion and kindness

### Commitment

We are committed and passionate about making a difference in peoples' lives

### Recognition

We recognise and support each other's contributions and efforts

# To reassure you

Our consultant psychiatrists and therapists are highly experienced in all areas of emotional and mental health and therefore offer specialist support, guidance and care from the moment you step through our doors.

Our hospital is regulated by and registered with the Care Quality Commission and delivers treatment services under the terms set out in the Health and Social Care Act and Mental Health Acts. All our treatment services are compliant with NICE Guidelines/Royal College of Psychiatrists recommendations. We are inspected regularly by the Care Quality Commission. The hospital is also an Approved Practice Setting as determined by the General Medical Council.

Care Quality Commission reports can be found at [www.cqc.org.uk](http://www.cqc.org.uk).

Nightingale Hospital is the first acute mental health hospital to have been formally accredited by the British Association for Counselling and Psychotherapy (BACP) for its counselling and psychotherapy services. BACP Accreditation means that patients can be assured that after stringent evaluation of the hospital, Nightingale Therapy Services meet the highest levels of governance, delivery and clinical outcomes.

All our therapists are registered and/or accredited with one or more of the organisations below. All comply with the individual association standards and undergo strict recruitment and supervision procedures.

- BACP - The British Association for Counselling & Psychotherapy
- BPS - The British Psychological Society
- HCPC - Health and Care Professions Council
- BABCP - The British Association for Behavioural and Cognitive Psychotherapies
- UKCP - The United Kingdom Council for Psychotherapy



# guidance

## Outcomes

Clinical outcomes are measured using established and externally validated methods. All patients will be subject to HoNOS and CORE in addition to specialist and particular measures of effectiveness utilised by our therapy staff. Service users also report high levels of satisfaction.

We are constantly striving to improve the quality of the services we provide and examine our services under the categories; safety, effectiveness and person-centred. We appreciate and encourage feedback from our patients, family members and referrers and use this together with nationally recognised measures.

What you can

# expect

now you have arrived at Nightingale Hospital



This may be your first admission to Nightingale Hospital. You may be here because you chose to be or because someone close to you or a professional has recommended addiction treatment. Whatever the reason, we acknowledge that you have made a bold step.

Now that you have arrived at the hospital, one of our admissions team will welcome you at reception and take you to your room. You will be guided through the registration process.

After you have settled in, you will be seen by a ward doctor and a nurse who will carry out your initial assessment to develop a tailor-made treatment programme to meet your clinical and personal needs. If you have arrived after 5pm or during the weekend you may be seen by a different doctor to the person who will actually care for you.

You will be assigned a key nurse who will support and guide you throughout your stay. Together with your key nurse, you will draw up your aims and objectives of your treatment. From this your individual treatment plan will be developed and continually assessed with you to ensure that you are receiving the best care for your specific needs. You will also meet an addictions therapist in the first days of your stay where you can discuss the therapy programme.

You will be given a copy of your agreed care plan so you can be involved in your treatment throughout.



# individual



### Your safety

Nurses will complete regular assessments with you to identify any risk factors that may affect you during your stay. These assessments may mean that closer levels of observation of you or escorted trips out of the hospital are advised. Remember, if this is the case, the team are only concerned about your wellbeing so please talk to them about their advice. Room and personal searches may sometimes occur if a specific issue or risk is identified in your assessments.

The majority of patients at Nightingale Hospital are informal patients. As an informal patient you are not subject to any restrictions with regard to leaving the hospital. However, in the interest of your treatment we recommend that you attend the whole programme which has been tailor-made for you. In the interests of safety we would also ask that you inform staff if you want to leave the hospital at any time.

For your privacy and safety we advise socialising in communal areas of the hospital rather than your room, not to loan money, or exchange personal information that may impact negatively on your treatment progress. We understand that you will make friends during your stay with us but for your own personal recovery we advise that no close relationships are formed allowing you time and space to focus on yourself. If you feel a relationship is forming in this way please seek advice from your psychiatrist or therapist.



### Consenting to your treatment

The team will regularly ask you whether you consent to treatment and the elements that make up your care plan. This is why it is vital you continually participate in this planning and reviewing process so you understand what is expected of you, what you can expect from treatment and that you are able to give your consent to participate in treatment confidently.

Please remember however, you have the right to withdraw your consent at any time.

# Your treatment

Our approach to treating addictions combines individualised treatment programmes with therapies that are based on current clinical evidence. Using Cognitive Behavioural Therapy (CBT), Motivational Enhancement Therapy (MET), Interpersonal Therapy (IPT) and Twelve Step Facilitation (TSF) we consider biological, psychological and social factors in our programmes. If detoxification from a chemical or substance is required we have experts in this field to carry out specialist detoxification as the first stage of treatment. Our programmes aim to achieve abstinence from mood-altering chemicals and other addictive behaviours.

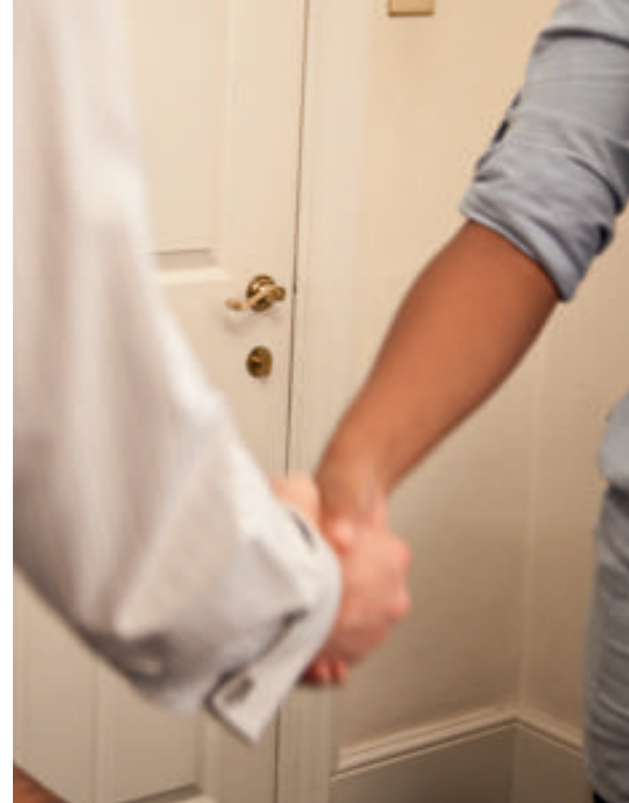
Our treatments are put into practice by an experienced, multidisciplinary team consisting of:

- Dr William Shanahan, Medical Director
- Addiction Consultant Psychiatrists
- Addiction Unit Doctors – available 24 hours a day
- Specialist Addiction Therapists including psychologists, cognitive behavioural therapists, family therapists and occupational therapists. They are skilled in a wide range of disciplines including CBT, Motivational Enhancement Therapy, IPT and Twelve Step Facilitation
- Specialist Nursing Addictions team

Your team will work in partnership with you, helping you recover and reach your goals. We have the expertise to approach the support and treatment we offer in a personal and flexible way to benefit you the most in your recovery. Progress is reviewed regularly with the treating consultant, nursing and therapy staff. You will see your consultant a minimum of three times a week.

Through therapy, education on addiction and alternative approaches such as meditation, art therapy, life skills, sleep therapy, nutrition and physical therapies we aim to give you the knowledge and coping skills for living without the aid of mood-altering chemicals or addictive behaviours. The programme has a strong focus on relapse prevention as avoiding relapse is the greatest challenge. Offering an introduction to self-help groups such as AA (Alcoholics Anonymous), NA (Narcotics Anonymous), CA (Cocaine Anonymous), MA (Marijuana Anonymous) and GA (Gamblers Anonymous) helps support this.

Treatment is phased to allow easy and supported transition from acute care through to rehabilitation. The same team will follow you through your recovery process.



*“We believe strongly that through our programme you can discover a rewarding way of life free from addictive behaviours. It is important to us that treatment helps you achieve your recovery and goals. Progress towards recovery is a process of combined efforts in making the programme work for you.*

*We take this responsibility very seriously.”*



### Group Therapy Goals

Our group therapy aims to motivate, educate and promote recovery. With the help of others in the group you can overcome the destructive condition of addiction in a safe environment. Group members gain hope and strength from being with others in a similar situation. That is why group therapy is such a vital part of treatment. Identifying similar experiences and feelings with other members of the group can help facilitate change.

We cannot avoid stress and uncomfortable feelings in group therapy, but we find that we can relearn how to cope with difficult emotions without resorting to alcohol, drugs or negative behaviours. There are some feelings that are not comfortable but are normal and necessary to experience.

Group therapy gives you the tools to deal with these in a healthy way. Patients new to group therapy often feel anxiety at the prospect of interacting with a group of people they do not know. This is a natural response and should be expected.

### Tips for Group Therapy

- Be willing to risk as much honesty as you can.
- Listening is as important as talking.
- Try to use the word “I” when speaking, not “They” or “We”.
- Grow to recognise your patterns of response and behaviour.
- Take responsibility for your feelings and thoughts.
- Be prepared to give others help as well as receive help from them.
- Be specific and direct but also conscious of the effect of your behaviour on others. Group therapy is a respectful process.
- We encourage you to stay for the whole duration of the group. With this in mind please be punctual, do not arrange other appointments during group time, do not use mobile phones or eat food or drink apart from water to prevent disruption for your group members.
- **What you see here, hear here, say here, stays here when you leave here.**

We hope these tips support you in getting the most from your group therapy and please ask a therapist or nurse if you would like further information.





# Descriptions of your treatment groups

### Assignment Groups

These groups consist of a Relapse Group, Life Story, Steps 1, 2 & 3 and a Recovery Plan. If your length of stay does not allow it, it may not be possible to present all the following assignments, in which case it will be decided between the individual and the therapists to select those assignments which will be of the most benefit in the time available. There are handouts in the group room to help you understand all the assignments. You may also discuss these with the therapists involved.

### Relapse Group

This is given only to individuals who have relapsed so that they may better understand why it happened and to avoid a further relapse.

### Life Story

Life Story has two main purposes: firstly to introduce you to the rest of the group members, so that they can get to know and identify with you; and secondly for you to become aware of the addictive patterns that have operated in your life.

### Steps 1, 2 & 3

These steps are a set of principles used to recover from addiction. They are based on the Twelve Steps of the Anonymous Fellowships and consist of a list of questions that ask us to look honestly at our addiction, to recognise the negative consequences of it and how recovery can restore us to a worthwhile life.

### Recovery Plan

This consists of drawing up a practical strategy of positive ways of thinking and behaving that will maintain your recovery after leaving treatment. Stopping the alcohol, drugs or gambling is only the first step of recovery, slowly making the changes necessary which would allow us to live without addictive substances or behaviours will strengthen recovery, lessen relapse and lead to a better quality of life.

### CBT Addiction Psycho-Education

CBT states that it is unhelpful thinking that leads to unhelpful emotions and the Psycho-Education group aims to look at some of the addictive thinking which fundamentally contributes to relapse or continued reliance.

### Addiction/IPT Groups

These groups generally have a focus around the other issues which often affect individuals with an addiction problem, such as 'Relationships', 'Anxiety & Depression' and 'Motivation & Change'. They are a therapeutic and safe space to share your concerns and issues. It will also give you the opportunity to interact with the group and explore ways in which you relate to others. Identifying similar experiences and feelings with other members of the group can help engender a supportive atmosphere and facilitate change.





### Relapse Prevention Groups

A fundamental part of maintaining recovery from addiction is to recognise thoughts and behaviours that may lead to relapse. This group provides a chance to explore your individual experiences of relapse or to safeguard against possible relapse in future. We believe that patients are their own best researchers and personal experiences are important to future relapse prevention. The group covers topics such as:

- Cross addiction
- Cravings
- Relapse triggers
- Changes in recovery
- High risk situations
- Progression of addiction
- Good vs. bad thinking
- Motivation

These groups will also be used to explore and educate on the various aspects of addiction.

### Mindfulness Group

Mindfulness helps you learn how to pay moment-to-moment attention to yourself and your surroundings without judgement.

### Anger Management

Anger, for many, can be a very difficult emotion and it is important anger is acknowledged as a normal human feeling. Where difficulty may lie is in the expression of anger, which may be inappropriate, for example verbal aggression or violence. It may also be that for some they do not believe they have anger issues, as the anger is suppressed and not acknowledged or expressed.



### Dance and Movement Therapy

This is an opportunity to get some relaxation on Sunday evening. The aim of dance therapy is for patients to have some fun and to socialise in a light-hearted way. Dance therapy provides some light relief from thinking about problems and it provides an opportunity to exercise. It is also an effective means of relieving stress.

### Drama Group

Drama therapy provides a stage to enact situations arising from relapse prevention discussions. For example, a high risk situation can be acted out, looking at possible endings created by the group.

An important medium for retaining and remembering information can be by this type of visual means. Acting skills are not required, only a willingness to be open and participate.

### Wellbeing Programme

This programme supports patients' overall health and complements the inpatient therapy and includes Mindfulness, Nutrition, Fitness and Exercise, Yoga, Massage and Self-image.



### Relaxation

These groups are designed to help with finding new relaxation methods. These methods can also assist with the detoxification process, withdrawal symptoms, the promotion of rest/sleep and the reduction of craving, as well as being of physical benefit. The groups are gentle and are suitable for all ages and for all levels of fitness.

### Art Therapy

You do not need to be an artist as this group is about self-expression and discovering unspoken thoughts and feelings. This group has proved to be rewarding for patients and, for some, this has been the first step in expressing themselves in a safe way.

### Sleep & Energy Group

This session will focus on how to return to normal sleep and energy patterns without the use of alcohol or drugs.

### Progress Review

This group is an end of week review where you can not only summarise how you think may have changed since entering treatment, but also listen to how others view your progress.

### AA / NA / CA / GA Meetings

These meetings are held in the evenings and at weekends. AA, NA, CA and GA meetings have been around for a long time, AA since the 1930s. These fellowships have helped and supported many millions of dependent people all over the world, and although attendance is voluntary, we do recommend that you consider taking part so that you may judge for yourself the benefits available. They offer, post treatment, an option for support, maintenance and growth in recovery. The speakers that chair these groups do so on a voluntary basis, therefore, although regrettable and beyond our control, there may be occasions when speakers fail to attend.

### Purchasing Additional Therapy

If you wish to purchase additional one-to-one therapies and enhanced wellbeing therapies, e.g. couple counselling, individual counselling, specialist counselling, sleep therapy, massage or relaxation, please speak to your key nurse or doctor and they will guide you through the process.

# Life on the unit

The information here advises you about our joint expectations to support you in giving up your addiction and enable you to get the best out of your treatment. Please ask a nurse if you would like further information.

## Expectations for treatment

- You will be assigned a key therapist and nurse who will co-ordinate your care. We encourage you to get to know your nurses and to be open about your difficulties.
- The treatment process involves group therapy unless prior arrangements have been made with your treating consultant. We encourage you to attend the group programme. Although you might initially find this daunting, we assure you that it is a powerful treatment tool. At times it may be appropriate for group therapists or your co-patients to challenge you or give you direct feedback in groups. Feedback is given in the spirit of helpfulness.
- You will be asked to participate in written assignments. Our therapists may ask you to present these assignments to your peer group.
- It is advised to retire at night at a reasonable time and not to socialise in the bedrooms of other patients. Ward kitchens and lounges are available for when you have free time with fellow patients.
- It is sensible to avoid stimulant drinks such as 'Red Bull'. When possible drink decaffeinated tea and coffee.
- Please be conscious of the effect of your behaviour on other patients, staff or property. We obviously do not tolerate verbal abuse or violence.
- Alcohol, illicit drugs and gambling are not permitted whilst in treatment (including aftercare groups), doing so or supplying other patients will put your stay here at risk.
- Please cooperate with requests by staff to have your room/property searched, blood/urine specimens taken for drug/alcohol screening and to be screened by breathalyser. If you go out, screening may be requested before departure and again on your return.
- Please may visits and communication take place outside of group time. We hope you understand that visitors cannot be intoxicated when at the hospital and those suspected will be asked to leave.

## Expectation of Abstinence from all Mood-Altering Chemicals

Abstinence from all mood-altering chemicals and addictive behaviours is part of the Capio Nightingale Addictions Unit philosophy. Therefore please do not drink alcohol, take drugs (including self-prescribed medication) or gamble during your stay or whilst attending aftercare.

## Information on drug testing and searches

A drug test may usefully assist in the assessment/treatment of any patient who has a sudden and unexpected change in behaviour. Drug tests will not be carried out routinely but only for those suspected of taking drugs, as part of their agreed care plan and with their consent. When taking a sample, staff will ensure that you are treated with dignity and respect.

Searches are external only. A second member of staff will be present and your gender and culture will always be taken into account.



# Useful information about your unit



In our discreet, newly refurbished central London location we pride ourselves in providing a caring and confidential environment where you will feel safe to explore your issues. To ensure your safety we have 24-hour security on reception and strict entry and exit procedures.

As an inpatient you will have the privacy of your own comfortable and contemporary bedroom, with en-suite bathroom, digital television, radio and wireless internet access.

The inpatient facilities also include:

- Communal living room with dining area, kitchen facilities, large flat screen TV and audio equipment
- Coffee lounge
- Reading rooms and quiet rooms
- Wireless internet
- Laundry facilities (towels are provided)

## Community meeting

We are keen to hear your opinion and feedback on community matters. Community meetings are held every week bringing staff and patients on the unit together to discuss matters that arise which affect community life. These include programme changes, ideas to improve the running of the unit, social/meal outings, maintenance problems and any issues in the community that affect your wellbeing.

## Advocacy service

Nightingale Hospital has partnered with the Advocate for Mental Health to provide you with a free, independent and confidential advocacy service offering information, support and, where necessary, representation at meetings at the hospital. The Advocate for Mental Health's ultimate aim is to promote and support self-advocacy to ensure that your views and concerns are listened to and are at the centre of the care and treatment you receive.

An advocate is fully independent of the hospital and is available to speak to you about any concerns whatsoever you may have.

- Advocates will support you to raise concerns or issues about any aspect of your care and treatment.
- Advocates can provide information about your rights under the Mental Health Act.
- Advocates can provide information about and signposting to your local services.
- Advocates can attend meetings with you and represent your views.

Advocates attend the hospital on a weekly basis on a Monday and Wednesday afternoon. If you wish to speak to an advocate outside of these times or would simply like more information about the service please call +44 (0)20 8969 3000.

## Visiting times

We request that visiting times are after 5pm to avoid interference with the therapy programme. This can be flexible at the discretion of the nurse in charge of your unit. Visitors are required to report to reception on arrival.

## Patient liaison

There is a patient liaison volunteer who attends the wards regularly and is happy to spend time with you and help you in any way they can. It provides you with the opportunity to raise any concerns or queries you may have about your stay, treatment or care.

## Religious services

Religious beliefs are respected so if you wish and are well enough to attend an outside service this can be arranged for you. If you are unable to go to local services, nursing staff will liaise with religious officers of any faith to visit the ward.

## Valuables

We would prefer that valuable items are not brought into the hospital but we do have a safe we can temporarily store items in. Access is between the hours of 9.00am-4.30pm Monday to Friday. At your request your bedroom door can be locked. Nightingale Hospital does not take any responsibility for loss or theft of personal belongings.



## Feeding back your thoughts and experiences

Throughout the hospital there are comment boxes where you can post your suggestions or observations with regard to the hospital and its services. If you have a personal or individual difficulty regarding your particular care plan please address it immediately with your nurse or therapist so that it can be resolved efficiently and will not affect your overall treatment outcome.

We value your feedback on your experience of the hospital and its services, and would be grateful if you would complete a Patient Feedback Survey. Once completed, please hand it to one of your nurses or to reception staff. If you would like a written response, please include your name and contact details. If you need assistance in completing the survey one of our therapy assistants will be happy to help.



# Hospital information

## you need to know

### Dining

The hospital restaurant is bright and cheerful with a conservatory leading on to the courtyard for relaxation and reflection. Breakfast offers a selection of traditional English, continental, pastries, cereal, yoghurts and fruit. Lunch offers two hot menu options, fresh soup, salad bar, fresh sandwiches, baguettes and paninis, baked potatoes and omelettes. Three times a week there is also 'theatre' style specials made to order. Dinner offers two hot menu options, a salad bar and fresh soup but you can also request a lighter option such as an omelette. Visitors may dine with you but will be required to purchase their meal.

|           |                   |                             |
|-----------|-------------------|-----------------------------|
| Breakfast | 8:00am - 9:00am   | (Sundays 08:30am - 09:30am) |
| Lunch     | 12:30pm - 14:00pm |                             |
| Dinner    | 17:30pm - 19:00pm |                             |

Patients can request food and snacks from the restaurant at any time during the day. Each ward also has a kitchen stocked with tea and coffee making facilities, milk, bread, butter and jams for patients.

### Dietary requirements

For all your dietary requirements we can arrange an appointment with the Head Chef. The catering team are always happy to answer and help with any questions or requests you may have.

### Gym

Nightingale Hospital has a fitness instructor who offers an initial assessment and will give you an overview of your physical state. They will recommend the most beneficial course of activity and through observations determine the most appropriate level and intensity of exercise for you. Our fitness instructor aims to maintain variety, motivation, progression, fun and safety in the sessions.

### Pharmacy

We have a pharmacy within the hospital for your medication requirements. However, we advise you to bring with you all medications you are currently taking as some may not be readily available as stock on your arrival. There may be additional charges for specific medications not covered under the terms of admission for which you will be responsible.

We can arrange for you to speak to our pharmacist regarding your medications. Your doctor will prescribe medication upon discharge for which there may be an additional charge. Please confirm with your nurse/pharmacist.

### Patient Accounts

You can finance your treatment through private medical insurance or self-paying. If you are a self-paying patient, we require you to maintain your account in credit at all times. If you have private medical insurance our Admissions Department will liaise with your insurer regarding cover as and when needed.

Please note, non-medical expenses, e.g. telephone charges, newspapers etc., are not recoverable from medical insurance and you will receive an invoice on discharge. You will be required to settle all your accounts upon discharge. We accept all major credit cards. Unfortunately we are unable to accept any personal cheques. If you require further information or assistance please ask your nurse to arrange a visit to Patient Accounts.

### Family Support Group

The role of family and friends is important in the addiction recovery process and has been found to improve treatment success by up to 65%. However, it can be hard for your friends and family to cope and come to terms with the fact that you, their loved one, have an addiction.

That is why Nightingale Hospital provides a free family support group which takes place every Tuesday at 6.30-8.00pm at the hospital. This group is anonymous and confidential – a relaxed, open forum to be able to express feelings, understand the condition, ask any question and to help and comfort each other.

### Family Therapy

We also offer Family Therapy for individual families which addresses issues specific to your family. In this kind of therapy, the therapist acts as a catalyst for family members to air feelings and clarify, express and verbalise their needs within the family structure. Through the support provided by the counsellor, participants become aware of how other members of the family experience situations and develop healthier and more constructive ways of communicating with one another and help you move forward together.

If you require any family therapy sessions please call +44 (0)20 7535 7700 to book an appointment.

### Confidentiality

It is very important that not only the staff but also you and other patients understand and respect the significance of confidentiality within and outside the hospital. This extends to all matters on the ward and not just those that may arise in group therapy. Your consent will be sought prior to exchange of any information concerning you with third parties outside of the hospital. Please discuss this with a member of staff.

### Complaints procedure

If you have a complaint please discuss it with your nurse in the first instance. If you feel that your complaint has not been resolved to your satisfaction you can write to the Compliance Manager who will acknowledge receipt of your complaint and will conduct an investigation. Whilst your complaint is being investigated every effort will be made to keep you informed. A full response will be sent to you within 20 working days unless the investigation is still in progress, in which case a letter will be sent to you explaining the reasons for the delay. Once the investigation is completed, a full response will be sent to you.

The hospital strives to be as open and honest with all who use the service and to this end we would welcome your comments on any dissatisfaction about any aspect of your experience with us.

Nightingale Hospital is a member of the Independent Sector Complaints Adjudication Service (ISCAS) – [www.independenthealthcare.org.uk](http://www.independenthealthcare.org.uk).

### Fire regulations

Please make yourselves aware of the procedure in case of fire. Instructions are on the notice board and can be found on the back of your bedroom door. If you hear an intermittent fire alarm, please wait for instructions from staff; if you hear a continuous sounding bell then you should make your way towards an exit close to you. The nurse in charge of the ward will direct you. Please also note that regulations require us to conduct regular fire alarm tests.



### Health and safety

Due to our health and safety regulations, all electrical equipment that you bring to the hospital with you will have to go through Portable Appliance Testing (PAT) on arrival.

### Smoking policy

There is a designated smoking area outside in one section of the courtyard. This area is clearly identified with signs. It is against the law to smoke anywhere other than this area and this includes electronic cigarettes. We would appreciate your help in ensuring that these rules are followed and please don't hesitate to notify a member of staff if others aren't doing so. The Hospital Smoking Policy is available on all wards if you wish to seek further clarification. Please also remind your visitors of the need to comply with the legislation and refrain from smoking within the hospital.

### Alcohol and illicit drugs

Alcohol and illicit drugs are not allowed in the hospital to ensure your own safety and the safety of others around you. Patients may be subject to random urine testing. Those who are found in possession of drugs or alcohol may find their position in the hospital compromised.



# On leaving the hospital

## Discharge

To help you with your return home an individually tailored aftercare plan is devised in conjunction with you. This may involve:

- Reviews with your consultant
- Day Therapy
- and/or 1:1 therapy
- Free weekly aftercare group
- AA / NA / CA / GA Groups

Discharge planning will begin on the day of admission and will be an integral part of the treatment planning process between you and the treating team. You will be provided with 3 days' medication on discharge, and the medication you brought into hospital will be returned to you. A notification is sent to your GP unless otherwise requested. We ask patients to vacate their rooms by 11am, but please feel free to attend your agreed groups that day.

## Aftercare and on-going support

We strongly believe that a patient's relationship with the hospital does not end when they are discharged from inpatient care. We offer step-down day therapy programmes and outpatient services. Your consultant will discuss and agree on the best option for you. In addition, we offer a complimentary weekly aftercare support group for one year after treatment. This support group takes place each Tuesday between 6.30-8.00pm.

## Day Therapy Programme

Our day programmes offer flexible treatment options that take into consideration your daily responsibilities and social routines. Initially, you will meet with a member of the day therapy team where a personalised programme will be devised with you. Your participation could be on a full or half day basis or as little as one therapy session a week. The recommended programme is normally group therapy focused. Together with group therapy you may also participate in individual therapy and treatments from our Wellbeing Programme.

## Outpatient Treatment

Outpatient treatment would involve one-to-one appointments with your consultant psychiatrist and/or therapist.



**Enquiries and referrals: +44 (0)20 7535 7700 (24 hours)**

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