



Specialist Rehabilitation and Community Services

Your Pathway: a better future

Why is monitoring body fat

Body fat percentage

flexible

fitness

decline at a slow but steady rate to the desired level.

Using the specially designed body fat monitor to measure changes in both fat and weight gives a more dependable picture of fitness and is more encouraging.

recommended when you are active during these times.

If you would like any further information on the Body MOT you have taken part in, please contact ActivePathways@CityCouncil.nhs.uk



About Us

Active Pathways is an established provider of Mental Health services in the North West of England. We offer a range of recovery focused support to adults aged 18-65+ years within our locked and open rehabilitation services, as well as a range of transitional, domiciliary and outreach services within the community. **The Hamptons** (*locked rehabilitation*) and **Brookhaven** (*open rehabilitation*) are situated in Preston and our Community service supports people within the wider Lancashire area.

Our Vision

Our vision is for each service user to have their own individual and unique pathway designed by them with the support of the organisation, to get from their current situation to their desired situation. Each service user is supported to be an expert in their own mental health, with their voice heard, respected and acted upon.

Our Pathway



Services Offered.

We provide services to a number of Clinical Commissioning Groups and Local Authorities throughout the North West and have extensive experience of supporting people with mental health issues, developing relationships, managing risk and providing opportunities to improve skills and enjoy citizenship within the local community.

The Hamptons.....

Locked Rehabilitation Service

- Registered as an Independent Hospital
- Number of Beds: 14
- Gender: Male
- Anticipated length of admission: 12- 24 months
- Status: Detained under the Mental Health Act





The Hamptons provides a structured and well-defined approach to rehabilitation using a recovery focused philosophy.

Whilst recognising the constraints of detention under the Mental Health Act the service adopts a positive risk taking approach to support the service user in setting their own recovery goals to facilitate community living.

The service is designed to provide an active and motivating environment for people with complex mental health needs. The service provides a range of therapeutic opportunities within a structured care pathway with core modules including:

Relapse Prevention; Education and Employment; Coping Strategies and Social Networks; Skills Development and Symptom Reduction; Lifestyle Dynamics; and Cognitive Strategies.

Scope of Services at The Hamptons

✓	Fast Stream Rehabilitation
✓	Recovery Focussed Therapeutic Strategy
✓	Registered to provide accommodation for people detained under the Mental Health Act
✓	Consultant Psychiatrist
✓	Psychologist
✓	Full Time Occupational Therapist
✓	Individualised, person-centred approach to care
✓	Dedicated Care Pathway
✓	Substance Misuse Treatment and Support
✓	Employment and Educational Opportunities
✓	Outcome Measurable Interventions
✓	Positive Approach to Risk
✓	Skilled and Supportive staff who work in a partnership with service users
✓	Holistic approach to care
✓	Culture of openness, safety and transparency
✓	Use of Recovery Star as a baseline assessment tool
✓	Effective communication with care co-ordinators and commissioning authority
✓	Production of high quality review reports
✓	Partnership with community and voluntary service
✓	Family involvement in care is encouraged
✓	Citizenship and social inclusion is encouraged
✓	Step-down to Supported Living or Independent Living with private tenancy

Brookhaven

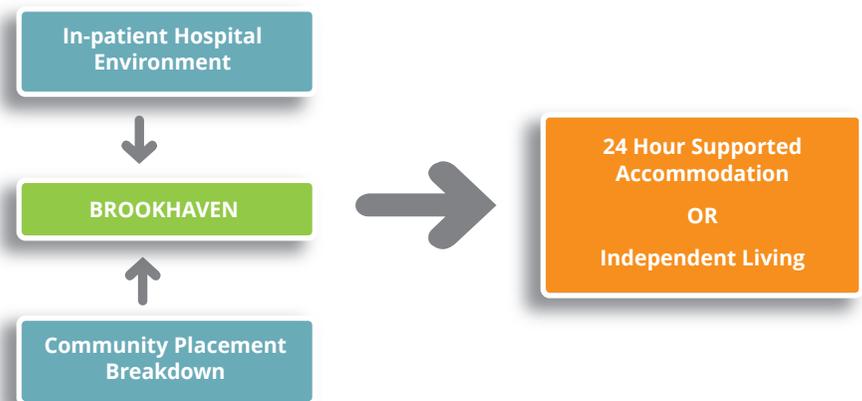
Open Rehabilitation Service

- Registered as an Adult Nursing Home
- Number of Beds: 22
- Gender: Mixed
- Anticipated length of admission: 6 - 24 months
- Status: Informal or CTO



Brookhaven provides a homely environment to enable a transition process to bridge the gap between hospital and community care for people with complex and enduring needs.

Brookhaven Pathway



Brookhaven provides a whole systems approach to recovery from mental illness which maximises an individual's quality of life and social inclusion through nurturing their skills, independence and autonomy to lead to successful community living. The service is designed to provide an active and motivating environment for people with complex mental health needs who cannot be discharged directly from hospital to an independent or supported community placement due to their ongoing level of need. The focus is on facilitating further recovery, optimising medication compliance, engagement in psychosocial intervention and skills development.

Brookhaven is designed to meet a commissioner need for a service which bridges the gap between hospital and community care. It is nationally acknowledged that there are a group of service users who are in high value hospital placements who do not require the limitations of a hospital environment. These service users could receive ongoing care and support in a less restrictive environment which is capable of still meeting their complex mental health needs – this is the intention of Brookhaven.

Additionally, there are a group of service users whose community placements have broken down because of a mental health deterioration, and would ordinarily require a period of detention within a hospital environment. This process of admission is often longer, more expensive and more restrictive. Brookhaven creates an alternative pathway choice for commissioners between the community and hospital to help prevent hospital admission.

Scope of Services at Brookhaven

✓	Length of admission 6 – 24 months
✓	Recovery Focussed Therapeutic Strategy
✓	Full-time Occupational Therapist
✓	Complex Risk Management
✓	Psychology available on an needs led basis
✓	Consultant Psychiatrist oversight
✓	Substance Misuse Treatment and Support
✓	Employment and Educational Opportunities
✓	Outcome Measurable Interventions
✓	Individualised, person-centred approach to care
✓	Transitional skills development
✓	Skilled and Supportive staff who work in a partnership with service users
✓	Holistic approach to care
✓	Culture of openness, safety and transparency
✓	Use of Recovery Star as a baseline assessment tool
✓	Valuable communication with care co-ordinators and commissioning authority
✓	Production of high quality review reports
✓	Partnership with community and voluntary service
✓	Family involvement in care is encouraged
✓	Citizenship, social inclusion and positive networks outside of Brookhaven is encouraged
✓	Step-down to Supported Living or Independent Living
✓	Jointly funded packages CCG/Local Authority, or single stream funding

Community Services

Our community mental health service provides specialist support to people who have complex mental health difficulties to live more independently in the community, reducing re-admission into hospital and enjoying a better quality of life in their own home.

We deliver individualised, person-centred care packages for service users who do not require the restrictive environment of residential care, but do require on-going treatment and support from an experienced clinical team, thus reducing the likelihood of relapse and re-hospitalisation.



Active Pathways is able to provide:

- Crisis Support
- Maintenance Support
- Home Care
- Outreach
- Specialist Support

Recovery focussed intervention is provided by our experienced and skilled staff team which may consist of the oversight of a multi-disciplinary team:*

- Support Workers
- Nurses (RMN)
- Occupational Therapy
- Psychology
- Psychiatry

*Depending on the level of need and care package

Through our model we are able to evidence a significant cost reduction

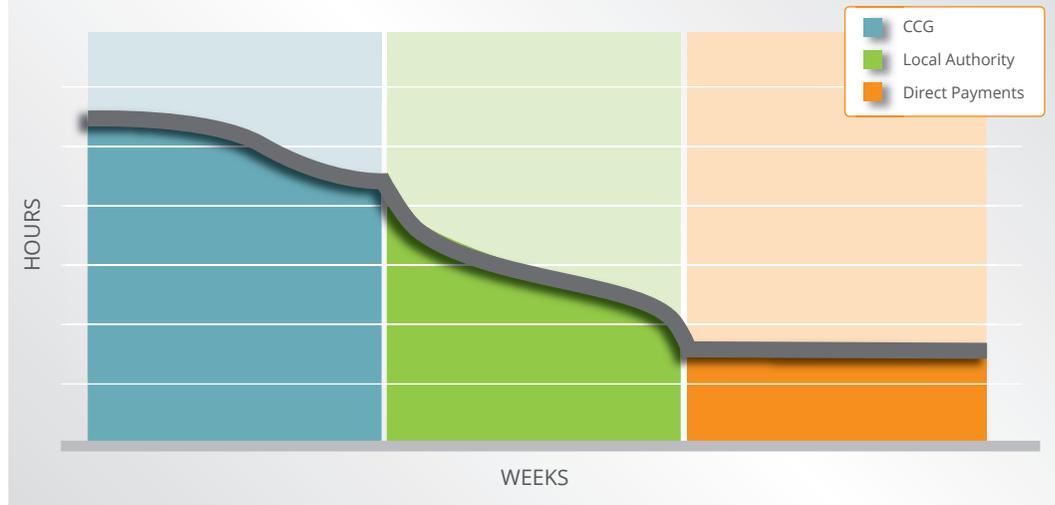


We work in partnership with local CMHTs to provide a consistent service which is focussed on rehabilitation and recovery.

Clients are referred from a variety of sources:

- GP Referral
- Early intervention team clients who have ongoing disability or potential relapse
- Assertive outreach team clients who are well-engaged but with rehabilitation needs
- Community mental health team clients who need a more structured and intensive approach to rehabilitation
- People who are making the transition from in-patient rehabilitation units, low secure services or highly supported placements, to a less supported setting. We aim to support the gap in provision between in-patient units and supported housing schemes to aid discharge from hospital.

Sliding Scale: Needs / Fee Reduction Model



Scope of Community Services

✓	Mental Health Outreach
✓	Supported Independent Living
✓	Specialised community services for mental health and learning disability
✓	24 hour supported living accommodation for mental health
✓	Older adults domiciliary care



Active Pathways

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Contact Us

For more information on our services or to make a referral contact:

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Or email us at

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www.active-pathways.com