

Brookhaven House, Preston

Residential service with mental health nursing – for adults with complex mental health needs



Inspected and rated

Outstanding 





About Brookhaven House, Preston

Brookhaven in Preston is a specialist residential service with mental health nursing for adults with complex mental health needs. We provide a therapeutic, psychologically informed, recovery-focused environment where individuals are supported to build life skills, regain confidence and take next steps towards independence.



22 ensuite bedrooms



Therapeutic kitchen



Garden & Outdoor Spaces



Spacious lounges, dining room & meeting spaces



Life skills & vocational coaching

Located in a calm, residential area of Bamber Bridge, Preston (PR5 6AQ), with close links to community amenities, public transport and local healthcare services.

About Active Pathways

At Active Pathways, we believe that everyone deserves a life filled with meaning, dignity and purpose.

With more than 20 years of experience, we support adults living with:

Mental health conditions

Autism

Learning disabilities

Complex needs

Our evidence-based model of care combines professional expertise with a genuine understanding of each person's goals and aspirations. Across all services we create belonging, safety and community. Every small step matters - each one builds the skills and confidence needed for a fulfilling, independent life.

Our internal pathways allow us to offer specialist support as needs change, providing continuity of care and seamless transitions.

Care Pathways with Active Pathways

Therapeutic care led by an in-house therapeutic team, including occupational therapy, psychology and mental health nursing.





Who we support

Brookhaven House supports adults aged 18 and over

- **With a primary mental-health diagnosis and/or personality disorder**
- **Who may be subject to a CTO, Section 37/41, DoLS, or informal status**
- **May have a forensic history with low or moderate levels of risk, aggression, self-harm or substance misuse**
- **May present with active symptoms such as hallucinations, delusions, anxiety, depression, or negative symptoms of psychosis**
- **May have a secondary diagnosis including ABI, autism, alcohol or substance misuse, or mild/borderline learning disability**
- **May be a risk to themselves or others**

Placements are individually planned, with duration and progress reviewed regularly through the My Review framework to ensure care remains outcomel-focused and based on changing needs of each resident.



Therapeutic & clinical model

Therapeutic, person-centred and evidence-based care is delivered by an in-house therapeutic team. Each person's plan is guided by their Outcome Star assessment (e.g. Recovery Star or Spectrum Star) to identify goals and track progress.

**Residential support
workers**

**Senior support
workers**

Psychology

**Occupational
therapy**

**Mental Health
Nursing**



Our Tiered Therapeutic Model

Therapeutic, person-Centred and evidence-based care Support at Brook House is delivered by an in-house therapeutic team:

Level

1

Therapeutic environment (core)

A safe and consistent culture is underpinned by Positive Behaviour Support (PBS). Reviews includes monthly therapeutic meetings, reflective practice, debriefs, and staff training.

2

Assessment, formulation & treatment planning (commissioned additionally)

Comprehensive psychology and OT assessments, behavioural observations and formulation meetings leading to PBS and individual support plans.

3

Person-Centred Interventions (commissioned additionally)

Tailored therapy and skills programmes, including DBT-informed groups, mindfulness and life-skills training delivered by OTs and Assistant Psychologists.

4

Specialist Interventions & Assessments (commissioned additionally)

Level 4 provides highly specialised psychological or occupational-therapy input for residents with complex presentations and may include such as DBT, CBT, Compassion-Focused Therapy (CFT), trauma-focused work, sensory profiling and diagnostic assessments.



Positive risk management

As a member of the Restraint Reduction Network, Active Pathways is committed to least-restrictive practice and continuous improvement across all services.

Brook House promotes positive risk-taking, collaborative risk planning and continuous MDT review. Risk assessments incorporate input from the individual, family (where appropriate) and professionals, resulting in shared risk protocols and clear contingency plans.

Substance misuse management

Following Recovery-Oriented System of Care (ROSC) principles, we address substance use alongside mental health, focusing on sustained recovery, inclusion and wellbeing within CQC guidelines.

Physical health & medication

Staff are trained to monitor physical health indicators, promote wellbeing and support staged self-administration of medication to build independence and life skills.

This approach gives commissioners assurance of robust governance, transparent incident review and proactive quality monitoring.



STOMP Pledge for Social Care

Promotes alternative to medication and involving residents in care decisions.



Outcomes and review framework

Our review framework ensures that therapeutic input is directly linked to measurable progress-providing commissioners with clear evidence of impact, effectiveness and value.

At Brookhaven, outcomes are measured in a way that is meaningful for both residents and commissioners. Progress is tracked through validated tools, ensuring that decisions are based on evidence, not assumptions. This data-led approach helps us demonstrate improvement, evaluate impact and continuously enhance quality.

How we measure progress:

**Outcomes Star MoHOST
CORE-OM, GAD-7, PHQ-9**

These tools provide a clear picture of what is working and where further support may be needed, ensuring transparent communication with commissioners, individuals and families.

My Review Process – Turning outcomes into action

Every resident takes part in our structured, three-stage My Review process alongside professionals, families and advocates. Reviews are visual, collaborative and strengths-based, helping people see and celebrate their progress.

1

Settling In – orientation and baseline assessment to establish starting points

2

Progression and Optimising Quality of Life – collaborative goal-setting, achievement tracking and support plan updates

3

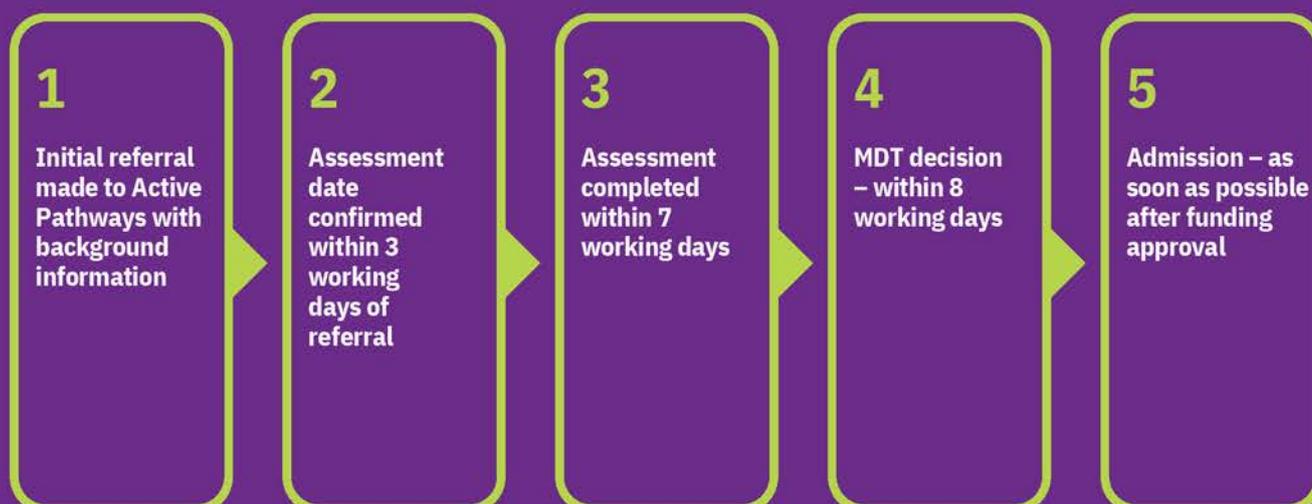
Maintaining Quality of Life and Move On – sustaining progress or preparing for greater independence

Referral pathways

Referrals are accepted from:



Make a referral



We welcome enquiries from commissioners and clinical partners looking for specialist residential care that combines clinical expertise, flexibility and value.

Email: referrals@active-pathways.com

www.active-pathways.com

Our Values



Contact

Referral Email: referrals@active-pathways.com

www.active-pathways.com

