

positive
about integrated healthcare

Nottinghamshire Healthcare **NHS**
NHS Foundation Trust



Arnold Lodge

Male Mental Illness Service

East Midlands Centre for Forensic Mental Health, Leicester

Arnold Lodge

Arnold Lodge is part of Nottinghamshire Healthcare NHS Foundation Trust's Forensic Services Division and provides care and treatment as part of a much larger network of services for mentally disordered offenders.

It has 102 beds and provides inpatient, medium secure services for adults aged 18 and above. At the point of referral these individuals cannot be managed by general mental health or low secure services due to the seriousness of their index offence, levels of behavioural disturbance and potential for absconson or escape.

Arnold Lodge delivers intensive, comprehensive, multi-disciplinary treatment to this patient group that requires the provision of appropriate security underpinned by the principles of recovery, rehabilitation and risk management.

The Unit provides modern, purpose built accommodation compliant to National Medium Secure standards. It offers the highest standards of evidence-based therapeutic care and clinical expertise to deliver a quality service to patients in a secure environment.

Arnold Lodge has been participating in the Quality Network Peer Review for the last eight years. The Review is carried out by the Quality Network for Forensic Mental Health Services and rates medium secure units across the Country. Arnold Lodge has been consistently rated in the top 10 and in 2015, was placed joint second out of 61 Medium Secure Units in England, Wales and Ireland.

The catchment area for the majority of the services provided incorporates Leicestershire, Nottinghamshire, Lincolnshire, Derbyshire and Northamptonshire.

The Unit comprises the following:

Male Mental Illness Service – 54 beds

Male Personality Disorder Service – 24 beds

Women's Service – 24 beds

This brochure focuses on the Male Mental Illness Service at Arnold Lodge; the treatment pathway and facilities provided to patients.

The Service is flexible and needs-led; patients are provided with a wide range of opportunities and experiences to develop and maintain their skills.

Multi-professional teams work in partnership with patients, their family, friends and carers to deliver a high quality service that centres on the promotion of independence, responsibility and an improved quality of life.

A range of evidence-based therapeutic treatment programmes are available to patients including:

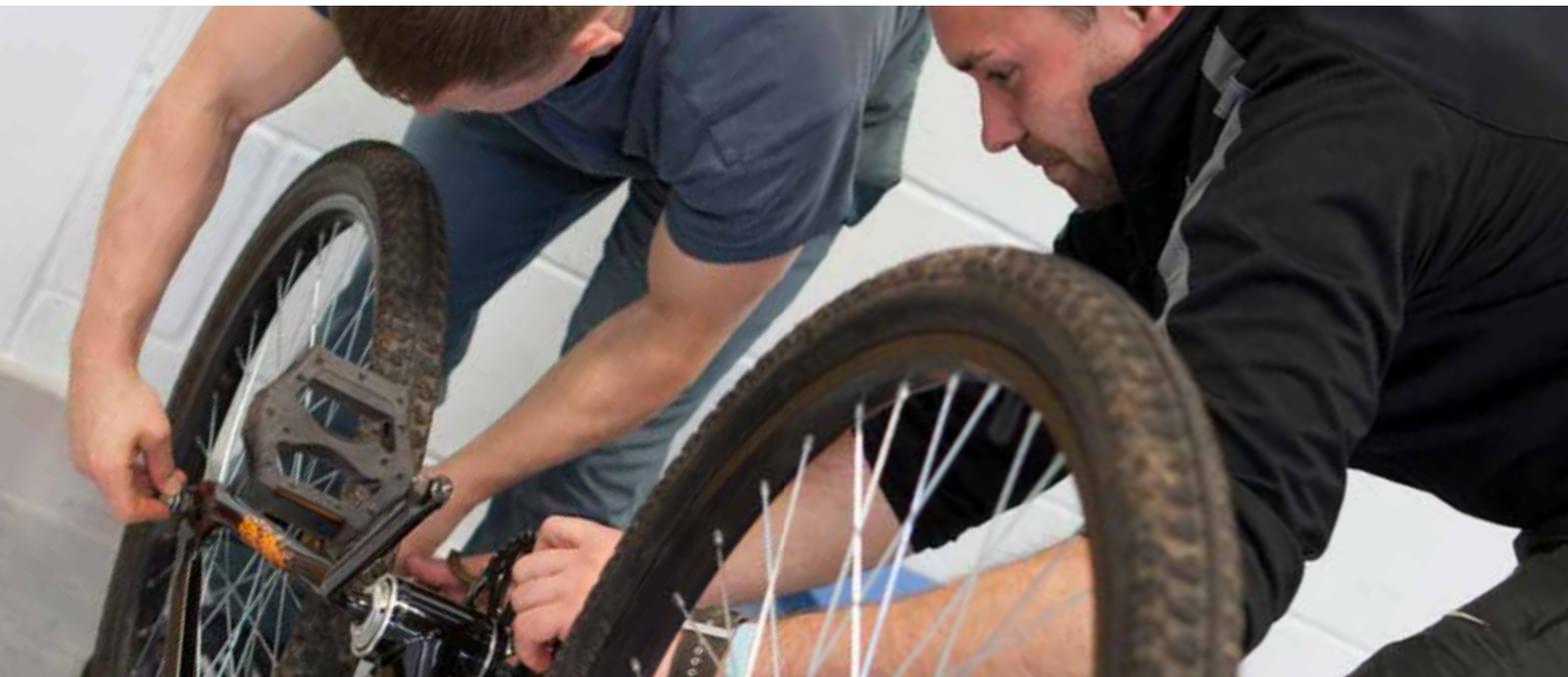
- Psychosocial Interventions (PSI)
- Mindfulness
- Mental Health Awareness
- Social Problem Solving
- Social Skills
- Life Skills
- Transitions Group
- Anxiety Management
- Relapse Prevention

Additionally, patients have access to:

- Creative activities including art, craft, digital photography, textiles.
- Activities of Daily Living such as cooking, budgeting, shopping, use of public transport, cleaning.
- Horticulture in courtyards, a community allotment and canal towpath volunteering project.
- Animal care with resident animals.
- Woodwork; individual and group projects at various levels.
- Community rehabilitation including sports and leisure programmes.
- Vocational skills programme offering internal and external voluntary placements.

- Educational programmes including Maths, English and ICT.
- Recovery College modules.

Arnold Lodge aims to achieve successful and safe discharge to the most appropriate onward placement, through liaison with a range of agencies, to maximise the individual's chances of success and minimise potential risks.



Male Mental Illness

The Male Mental Illness Service at Arnold Lodge is provided through a three stage model:

Acute Admission and Assessment – **Rutland Ward**

High Dependency Treatment – **Foxton Ward**

Low Dependency Treatment and Rehabilitation – **Thornton Ward**

The Acute Admission and Assessment stage has a philosophy of care based on providing structured therapeutic care and treatment. The level of knowledge and experience of staff working on the ward and in the Clinical Teams provides the foundation to promote recovery from the earliest stage of admission. This extends to the Intensive Care Unit (ICU) area of the ward where the ICU's own stages of care allows patients who are experiencing severe distress and mental ill-health to make use of a more structured approach.

The High Dependency Treatment stage complements the Acute Admission stage and allows the transition of patients at an earlier stage. High Dependency Treatment focuses on the management of acute psychotic symptoms, which in some patients with complex presentations, will give rise to a range of risk issues. It is therefore imperative that the environment reflects the clinical management needs of these individuals including the requirement for seclusion facilities.

The Low Dependency Treatment and Rehabilitation stage accommodates the needs of patients who require a longer term focus which reflects therapeutic expectation. Despite this longer term focus, the therapeutic intent is still that of 'Recovery'. These individuals are likely to be of lower institutional risk to those in other parts of the care stream, but could be of high community risk due to their offending behaviour. It is therefore important that the environment addresses quality of life.



Rutland Ward

Rutland opened on 25 August 2011 at a cost of £7.5 million. It encompasses a 14 bedded ward, a three bedded intensive care unit, two bedded seclusion suite and a stand-alone structured activities corridor.

Rutland provides acute care, treatment and rehabilitation for male patients aged 18 years old and above with a primary clinical diagnosis of mental illness.

Rutland provides a holistic, patient centred approach to meet the needs of each individual patient with the goals of

assessing and treating their mental illness, in addition to reducing risk to self and others.

Rutland follows the recovery focused approach and every patient is encouraged to take an active part in their own care.

Rutland aims to be a safe, secure and therapeutic environment, delivering the highest standard of care, providing individualised structured programmes and packages of care.



"I have been at Arnold lodge for 16 months. I have found it to be very pleasant and I like it here very much."

Patient Opinion



Foxtton Ward

Foxtton opened on 11 February 2016 at a cost of £3.2 million. It encompasses a refurbished 20 bedded ward, a one bedded seclusion suite, and a long term segregation suite with an interactive communication wall.

Foxtton provides a structured therapeutic programme with a skills development focus for male patients aged 18 years old and above with a primary clinical diagnosis of mental illness.

Foxtton provides a holistic individualised recovery focused approach, considering all aspects of the patients' wellbeing including family and friends, hopes and aspirations for the future, skills development, spiritual wellbeing and physical wellbeing.

Foxtton provides a positive problem solving orientated approach to address those aspects of a person's care which could prevent them achieving the future that they want for themselves.

"The best thing about this hospital is that I have had excellent treatment. I believe my life was saved coming here."
Patient Opinion

Thornton Ward

Thornton opened on 10 November 2014 at a cost of £3 million. It is a refurbished 20 bedded ward.

Thornton provides a safe, supportive environment for male patients aged 18 years old and above with a primary clinical diagnosis of mental illness, who may require longer term care.

Thornton provides a recovery focused approach based on the 'Good Lives Model', which provides people with the knowledge,

skills, opportunities and resources necessary to satisfy their life values, no matter what stage of recovery they are facing.

Whilst providing rehabilitation for a number of patients with longer term treatment needs, Thornton is also designed as a 'stepping stone' to transfer to conditions of lower security.

"I can't thank you enough for all the support and how far I have come. I'm now ready to move on."
Patient Opinion

"I just wanted to write to say my care and treatment whilst being at Arnold Lodge has been excellent. I have been involved in all my treatments since being here and it has helped a lot." Patient Opinion

Arnold Lodge

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Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

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