Arnold Lodge
Women’s 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 abscondion 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 participates in the Quality Network Peer Review. 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 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 Women’s 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-Disciplinary 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
- Emotional Regulation Group
- Substance Misuse Group
- Distress Tolerance Group
- Individual Offence Focused Work
- Individual Trauma Focused Work

**Additionally, patients have access to:**

- Speech and Language Therapy
- 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 Information Technology.
- Recovery and Wellbeing 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.
Women’s Service

The Women’s Service at Arnold Lodge is provided through an ‘Integrative Eclecticism’ model of care, within the following wards:

Standard Medium Secure Service - **Tamar Ward**

Women’s Enhanced Medium Secure Service (WEMSS) - **Coniston Ward**

The term ‘Integrative Eclecticism’ in this context is defined as: The staged provision of multiple complementary interventions, which build on one another to enhance the chances of sustained recovery.

The aims of the Women’s Service are to deliver a discrete, gender sensitive women’s service that acknowledges the essential differences in women’s social and offending profiles (where this applies), their mental distress and complex patterns of behaviour, together with their care and treatment needs.

The Women’s Service treatments and facilities are provided to enhance patient recovery. The model of care has been designed and refined for the Women’s Service. It is evidence-based and DBT informed. It is regularly updated to reflect the diverse patient population. Focus is on natural stages of treatment, with multi-professional approaches being carefully integrated in recognition of these stages/phases of change and recovery.

Examples of evidence-based approaches offered to patients at each stage include:

**Safety:** Psycho-education and Treatment Orientation, Coping Strategy Enhancement, Grounding/Mindfulness, Compassion and Self Harm informed approaches with use of segregation or seclusion where necessary to manage risks.

**Containment:** Distress Signature work, Mindfulness Group, Wellbeing programme, Sensory interventions, Acceptance and Commitment approaches.
Control and Regulation: Soothing and Expressive activities, Social Problem Solving, Emotional Regulation, Distress Tolerance, Cogitative Behavioural Therapy (CBT), Change programme.

Exploration and Change: Mental Health Awareness, Substance Misuse Programme, Arson Treatment Programme, Individual Offence-formulation work, Schema and Trauma interventions.

Integration and Synthesis: More focused family interventions, Transitions programme, practical skills for living, and scenario planning.

A structured day and gender-sensitive therapeutic opportunities for social, recreational, vocational and exercise activities provides opportunities for women to integrate skills and enhance potential for the future. Patients are provided opportunities to apply this both within the unit, and on community leave.

“I underwent various treatment groups and one-to-one therapies that gave me confidence and a greater sense of self-esteem”

Patient Opinion
Tamar Ward opened in March 2007. The standard medium secure ward provides gender sensitive acute care, multi-disciplinary assessment, treatment and rehabilitation in a spacious, containing, but recovery-focused environment. Women cared for on Tamar Ward present with complex mental health concerns and offending histories. Women may also be survivors of severe and prolonged abuse and associated stigma and may have a propensity to self-harm or attempt suicide. The Tamar Ward staff team work with committed multi-disciplinary support to deliver consistent care and therapeutic opportunities with the aim of re-integration into the community. Tamar has a proven track record for successful discharges to low security, rehabilitation and community settings. A review of the first eight years of admissions to Tamar Ward for treatment highlighted that 89% of patients have progressed through the stages of treatment in a sequential and successful manner and many discharged patients keep in touch still to let us know how they are doing.

"Being here at Arnold Lodge has saved my life. It has helped me gain support and reassurance that life has a meaning.”
Patient Opinion
Coniston Ward

Coniston Ward opened in June 2007. The ward provides a safe and therapeutic enhanced medium secure environment for women with a range of mental disorders, many of whom have experienced complex and traumatic histories.

Coniston Ward is one of three enhanced medium secure units for women in the country, that provides specialist care and treatment for women who have a history of significant self harm.

Compassion focused care is adopted in order to build therapeutic relationships with patients that acknowledges their illnesses, behaviours and histories, whilst maintaining and promoting their dignity. Sensory integration and mindfulness are interventions that are frequently used and promoted within the Service; they are particularly helpful as they support patients in modulating their arousal levels when distressed.

Women with enhanced needs are less likely to progress through the treatment model in a sequential manner in comparison to those admitted to the Standard Service on Tamar Ward. The focus of intervention within the enhanced service is more heavily reliant upon aiding women to manage their emotions and behaviour in a safe and positive way. The service provides care to women with complex presentations who require enhanced levels of relational and procedural support to manage the risk they pose to themselves within a trauma informed environment.

“I think that the service at Arnold Lodge is very good and the staff are very helpful most of the time and respectful.”

Patient Opinion
“I’d like to say, being involved in the interview panels here at Arnold Lodge has really boosted my confidence. It’s nice that staff I have interviewed have gone on to be employed here and they remember me being involved.” Patient Opinion

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