

# A hospital rehabilitation and recovery service for adults with difficult to treat psychiatric disorders



**Harts Leap Independent Hospital offers recovery and rehabilitation for sufferers of treatment resistant mental illness whose symptomology impacts upon functioning or behaviour to a degree that care in a hospital setting is required. Typically people admitted suffer from psychotic illnesses, though sufferers of other enduring mental illnesses also benefit from our recovery service. Although we aim to enable people**

**to take up placements in less supported environments, we also offer continuing care for people for whom the realistic aim is optimisation of functioning and quality of life within a hospital. Harts Leap Independent Hospital is able to accept people who are detained under the MHA1983.**

## **Assessment**

An initial assessment for suitability and treatment planning is offered. This gives the opportunity for a treatment plan to be jointly agreed with the person prior to admission. On admission a comprehensive case review is undertaken - during which all old psychiatric medical records are sought, and relatives, carers and health professionals previously involved in the persons care are interviewed. On the completion of the assessment period a detailed report is compiled, and a comprehensive treatment plan agreed.

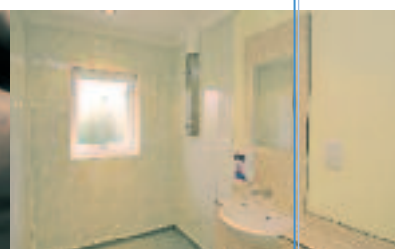
## **Illness Management and Recovery Programme**

This programme-based upon that developed by the United States Department of Health and Human Services-pulls together the main components of

effective (evidence based) illness management programmes. This programme includes recovery strategies, psycho education regarding mental illness, relapse prevention strategies, medication education, techniques for coping with stress, problem solving skills, social support skills, as well as education upon the nature of the mental health services within the United Kingdom.

## **Psychotropic Medication Management**

As a part of the comprehensive case review, a detailed psychotropic medication history is completed to allow a full medication review. Many of the people admitted to Harts Leap require clozapine treatment. To date Harts Leap has successfully initiated and maintained clozapine treatment in over 90%, in part, undoubtedly achieved through offering a recovery based service.





### Occupational and Art Therapy

All people admitted to Harts Leap are assessed using the Model of Human Occupation assessment tool. Structured programmes are compiled for people after assessment and include a range of activities tailored for individual needs.

### Physical Wellbeing

Through the provision of a weekly GP clinic people who are admitted to Harts Leap are assured of regular assessment of their physical health needs. In addition people are encouraged to take up Harts Leap Healthy Living programme; which includes the opportunity for education on healthy eating, regular exercise with the Early Morning Walking Group and enrolment in a local Smoking Cessation Clinic.

### Family and Carer Support

Harts Leap actively promotes the involvement of people's relatives and carers in their recovery. Harts Leap holds a bi annual Family/Carers forum.

The focus of the group is to support families and carers.

### A Recovery Service

We believe that recovery is open to all. Through hope, involving patients in all aspects of their care we aspire - with the support of people's family and friends - to empower patients to take control of their lives.

### Location

Harts leap Hospital is located in a residential area in Sandhurst Berkshire, accessible from the M3, M4, and M25 and has good public transport links.

### Referrals

All referrals are usually assessed within five working days, however emergency assessments can be undertaken sooner. A referral form is available online at [www.curatehospitals.co.uk](http://www.curatehospitals.co.uk) or through contacting:

Jo Rolt  
PA to Hospital Director  
Harts Leap Independent Hospital  
Windrush Heights  
Berkshire  
GU478ET

Tel: 01344772599 ext 26  
Fax: 01344 466230  
E-mail: [hartsleap@aol.com](mailto:hartsleap@aol.com)

Please send care plans and any other relevant reports with the referral form.

