Specialist services for Learning Disabilities

Providing comprehensive care pathways with measurable outcomes

A charity leading innovation in mental health
Introduction

At St Andrew’s Healthcare we’ve developed comprehensive care pathways for men, women and adolescents, aged 13-70 years with borderline, mild or moderate Learning Disabilities. Delivered in dedicated environments, we are able to provide person-centred care programmes, in regional locations, tailored to the needs of the service user.

Our specialist, skilled and experienced multi-disciplinary teams deliver services which recognise the highly specialist needs of service users with a Learning Disability, and will provide:

- Full assessment utilising established diagnostic tools
- Comprehensive evaluation including cognitive profiling and testing of executive functions
- Detailed psychiatric assessment
- Forensic risk assessment using structured tools such as HCR-20, St Andrew’s Sexual Behaviour Assessment (SASBA) and Short Term Assessment of Risk and Treatability (START)
- Communication assessments
- Routine outcome monitoring with established tools such as HoNOS-Secure, EssenCes and Recovery Star
- Adapted therapeutic interventions and therapies specific for offending behaviour including creative therapies, Cognitive Behavioural Therapy (CBT), Positive Behavioural Support (PBS) and Speech and Language Therapy.
Dedicated environments

Northampton

Men
On our Northampton site, we’re able to offer a complete care pathway, which includes medium secure, low secure and locked provision. We accept admissions directly at any stage in the care pathway, enabling a service user to receive the most appropriate level of care.

Our medium secure service is suitable for men with associated intellectual disability, co-morbid mental illness, including Personality Disorder and Neurodevelopmental Disorders, and who have offending histories. Treatment programmes combine best practice in behavioural technology, education methods and service delivery with person-centred values in order to achieve outcomes that are meaningful to the service user.

Within our low secure and locked units, service users can continue with a treatment and rehabilitation programme if assessment needs have already been addressed or undergo our 12-week fixed term assessment service to clarify their diagnosis, risk and treatment needs.

In our low secure unit, we assess service users who may exhibit acutely disturbed behaviour, yet do not need the security features associated with medium security. Once stabilised and engaged in their treatment programme a service user can move to our locked unit for ongoing assessment, rehabilitation and recovery geared for living in a non-secure setting.

Women
We have developed an extensive care pathway for women on our Northampton site, appropriate for those with associated mental health needs including Personality Disorder (PD) and Autistic Spectrum Disorder (ASD), emotional or offending behaviour.

Within our dedicated medium secure environment, women can be catered for in an appropriate setting for their level of care. Treatment programmes are designed and delivered by our skilled multi-disciplinary teams to provide individually tailored care pathways with measurable outcomes for service users.

Nottinghamshire

St Andrew’s Nottinghamshire is a newly opened medium and low secure service that offers the latest environment considerations and treatment facilities for service users who have a Learning Disability with associated mental health needs, emotional problems or challenging behaviour.

Our care pathway for men with Learning Disabilities is based around a timeline, geared specifically to move service users in, through and out into less restrictive conditions and community reintegration.

The service has been particularly designed to provide person-centred, individually tailored treatment packages. Continuous in-depth assessments take place throughout the care pathway and progress is evidence based and benchmarked at each stage.

Adolescents
We lead the field in services for young people, between the ages of 13-18, with mild to moderate Learning Disabilities with possible concurrent diagnosis of Autistic Spectrum Disorder, Attention Deficit Hyperactivity Disorder (ADHD), mental illness, dyspraxia and behaviour phenotypes associated with complex social and behavioural difficulties.

Within our secure units, we offer services specifically designed for young people who require secure care because of their challenging behaviour. The service is staffed by a comprehensive and varied multi-disciplinary team, which includes specialists in adolescent services. Young people are actively engaged and develop their care programme using tools such as ‘Teen Star’ that enables them to track progress during their treatment.

Believing that every interaction with a young person has the potential to be therapeutic, we provide multi-disciplinary assessment, treatment, and rehabilitation care pathways, which strive to enable these young people to maximise their potential and contribution to society.

Each Learning Disability environment provides spacious facilities which include:

- Secure outdoor gardens, offering excellent therapeutic environments
- Therapy rooms and kitchens, which encourage new skill development for everyday living
- Games rooms, enhancing social interaction
- Specialist educational facilities, which allow service users to develop literacy and academic skills
- Visitor spaces, enabling safe areas for family visits.
Our Learning Disabilities specialist staff

We are proud of the specialist staff we have working as part of our Learning Disability multi-disciplinary teams. Many have joined with established experience and proven expertise in working within this clinical specialty; others have developed skills through innovative training, clinical professional development and supervision from experts in the field.

Dr Jane McCarthy
Consultant Psychiatrist and Clinical Director, Nottinghamshire

Dr McCarthy joined St Andrew’s Nottinghamshire in April 2011, bringing with her a wealth of experience. A specialist in the Psychiatry of Learning Disability, she has actively contributed for over 15 years through research, teaching, and as a Consultant Psychiatrist towards service delivery and development.

Jane is a Visiting Senior Lecturer at the Institute of Psychiatry, King’s College London, and recently course leader for their MSc Mental Health in Learning Disabilities work. She has published numerous relevant papers and is editor of key journals in the field.

To find out more about Dr Jane McCarthy, visit www.stah.org/JaneMcCarthy

Colin Doyle
Learning Disability Strategic Lead and Clinical Service Development Manager

Colin is our specialist strategic lead for our Learning Disability services. His role and expertise have included the development of the Charity’s first bespoke Autistic Spectrum services for adults, as well as working on current projects related to the new services in Nottinghamshire and on the Northampton site. His professional background is nursing, where he qualified as a registered Learning Disability nurse in 1984.

Colin’s research interests include post traumatic stress disorder; performance measures and outcomes for Forensic Disability services and the relationships between culture leadership, management and personality.

To find out more about Colin Doyle, visit www.stah.org/ColinDoyle

Dr Elizabeth Beber
Learning Disability Strategic Lead and Consultant Psychiatrist

Dr Beber is a Consultant Psychiatrist in our St Andrew’s Women’s Service in Northampton. After completing her higher psychiatric training, Liz has concentrated on her interests in Forensic Learning Disability and currently works with adult females with offending histories who present with Learning Disabilities, Autism and Aspergers Syndrome.

As a Strategic Lead for the Charity, Liz focuses on the vision and the direction for the Charity’s Learning Disability strategies as well as actively contributing to research, training and service delivery.

To find out more about Dr Elizabeth Beber, visit www.stah.org/ElizabethBeber

Dr Ernest Grafton
Consultant Forensic Psychiatrist and Associate Medical Director for Developmental Psychiatry

Dr Ernest is Lead Consultant Forensic Psychiatrist in the Adolescent Service, Northampton. During his time at St Andrew’s, Ernest has pioneered some innovative practices, for example treatment for Developmental Trauma Disorder and complex developmental disorders requiring secure care including promoting a range of sensory interventions. He also established Malcolm Arnold House at St Andrew’s in 2005 which leads the field in Neurodevelopmental Disabilities.

Dr Grafton has dual training in Forensic Psychiatry and Lifespan Learning Disability. He has a particular interest in Autism and offending, complex developmental disorders, atypical presentations of mental illness in developmentally disabled adolescents and models of inpatient care. Dr Grafton is the editor of ‘Forensic Issues in Adolescents with Lifespan Learning Disability’. He also established Malcolm Arnold House at St Andrew’s in 2005 which leads the field in Neurodevelopmental Disabilities.

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We have been working with Debra Moore Associates to develop a Forensic Secure Integrated Care Pathway (ICP) for men, for our Learning Disability and Autistic Spectrum Disorder Pathways.

We are also working with the British Institute of Learning Disabilities (BILD) to ensure we provide the best service user experience and continue to explore new service innovation.

The ICP helps to clearly define and articulate our patient journey through secure care, recording a service user’s progress against their care pathway trajectory while aiding decisions with regards to their transition and discharge into less secure settings. This in turn will have a positive impact on their length of stay.

Our work with the British Institute of Learning Disabilities has ensured Positive Behavioural Support has been delivered in the most effective way as a means of understanding and then reducing a service user’s challenging or offending behaviour.

To find out more about our Forensic Secure Integrated Care Pathway, visit www.stah.org/icp or contact Colin Doyle at cdoyle@standrew.co.uk

““There was significant positive change on the clinical and risk-related scales of HoNOS-secure for patients in the Learning Disability care pathway between initial and final ratings.””

Nottinghamshire

Northampton

Getting in touch

For more information about our Learning Disability pathways, or to make a referral:
Freephone referral line 0800 434 6690
Email enquiries@standrew.co.uk
or visit our website at www.stah.org/learning-disability

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