



Cheswold Park Hospital

# Therapeutic Interventions Guide

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# Introduction

Here at Cheswold Park we have a range of services that can be tailored to our patient's needs. Our goal is to assist in a structured recovery, at a pace that is sensitive to individual requirements. We want our patients to be able to move on to the least restrictive setting as soon as is possible and providing high quality, evidence based therapeutic interventions is central to this.

Accordingly, we have employed a wide range of professionals to meet each patients' needs in a holistic manner, these include:

- Doctors (Psychiatrists and a General Practitioner)
- Nurses (from several branches of nursing)
- Psychologists
- Occupational Therapists
- Speech & Language Therapy Assistants
- Social Workers
- Teacher
- Gym Instructor
- Recovery College Lead

We believe that this investment in professionals demonstrates our commitment to promoting both physical and mental health well-being.







# Who Do We Provide Services For?

**At Cheswold Park Hospital we provide services for patients who need to receive care in conditions of medium or low security due to the risks they present.**

Prior to admission patients receive a comprehensive assessment and are admitted to the ward most suitable for them. The patients we serve may have a number of 'labels' that have been used to describe their needs and some patients may have one, or more, of the 3 broad conditions identified which are:

## **Mental illness**

Mental illness refers to a wide range of mental health conditions that affect mood, thinking and behaviour. These include depression, anxiety disorders, schizophrenia, bipolar, eating disorders and addictive behaviours.

## **Personality disorder**

This can best be described as problems with the way people think, feel and behave. Difficulties may include the way the person forms relationships, gets on with other people, controls their feelings or manages their behaviour.

Having a personality disorder can make life more difficult and can make it more likely that the person will have other mental health problems, or drug and alcohol problems.

## **Autism**

Autistic Spectrum Condition is a neurodevelopmental condition that can have variable severity. People with this condition may find it harder to communicate and interact with others, struggle to understand others, or have specific sensory needs.

# Therapeutic Interventions

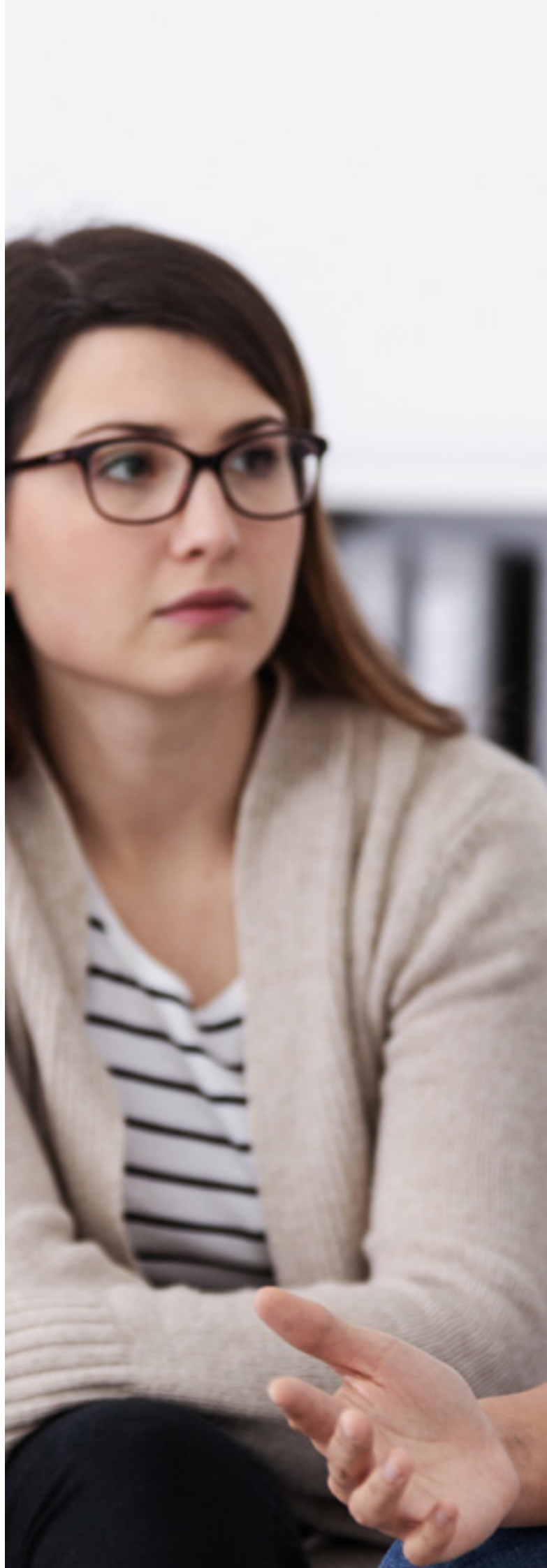
Because we have an extensive team of professionals, we can offer a wide range of therapies to meet individual need and diagnosis. We use a range of recognised risk assessment, management and outcome measurement tools in our therapeutic interventions.

To ensure we deliver a person-centred care plan for each person the Multi-Disciplinary Team (MDT) for each patient will select from our range of therapy and treatment options based on evidence and, importantly, taking account of the patient's own experience and preferences.

## Medical and Nursing

All patients at Cheswold Park are allocated a psychiatrist and a named nurse who work together with other members of the MDT.

They undertake a number of activities using the 'biopsychosocial' model of understanding that takes in the patients' past experiences, family, culture, environment and occupation as well as medical conditions. These include assessment of the patients' state of mind, the risk they present to themselves and others, to deliver psychological and behavioural interventions and using medication as indicated.







Nursing and support staff will also undertake observations, monitoring their physical and mental wellbeing and engaging and supporting patients with all aspects of daily living.

Support staff also have an active role in facilitating patients with leave opportunities to enable their rehabilitation and recovery.

# Therapeutic Interventions

# Psychology

The psychology team at Cheswold Park support patients by providing treatment. They may decide this treatment is best delivered to patients either individually or in group sessions. They will adapt treatment programmes to meet specific needs.

Common psychological therapies delivered at Cheswold Park include:

## **Dialectical Behaviour Therapy (DBT)**

DBT is a talking therapy which balances helping patients to change unhelpful behaviours and focuses on acceptance. DBT places importance on the relationship between therapist and patient.

## **Eye Movement Desensitisation and Reprocessing (EMDR)**

EMDR is particularly used in the treatment of post traumatic stress disorder (PTSD). It is thought to imitate the psychological state entered in rapid eye movement (REM) sleep as studies show that during this stage, we can make new associations between things very rapidly. EMDR is designed to tap into this stage and help the brain to process unresolved memories and make them less distressing.

## **Schema Therapy**

Schema therapy can help individuals identify the thought and behaviour patterns underlying and perpetuating various mental health conditions. It integrates elements from CBT, attachment theory and other major approaches.



# Psychological Interventions

At Cheswold Park we have an ongoing programme of interventions designed to address needs identified through assessment of the individual and include:

### **Controlling Anger and Learning to Manage it (CALM)**

Is a programme which can help increase the person's understanding of anger and other problematic emotions and improve their ability to control anger. The programme aims to improve the person's emotional management and develop skills to enable them to react to anger without the use of aggression.

### **Thinking Skills:**

This is a medium intensity programme with a CBT foundation. It develops skills in cognitive reasoning, interpersonal problem solving, critical reasoning, social perspective taking, self management, impulsivity and egocentricity.

### **STARCH (Substance programme)**

Is based on a CBT approach. The programme is suitable for patients who have a history of problematic substance use related to offending and/

or symptoms of mental disorder.

### **Acceptance and Commitment Therapy (ACT)**

ACT is a modern behavioural approach that incorporates acceptance and mindfulness to help people to disentangle from difficult thoughts and feelings in order to facilitate the engagement in behavioural patterns that are guided by personal values.

### **DBT-Substance Use**

DBT-SU combines elements of the standard DBT programme with specific Distress tolerance skills for managing crisis related to addiction. It requires the individual to commit to abstinence, completing and reviewing the abstinence plan on a regular basis while also planning for harm reduction should a lapse occur.

### **DBT-PTSD**

Is modular treatment which includes DBT principles, trauma focused cognitive and exposure based therapy and compassion focused therapy values. It is focused upon reducing distress associated with previous traumatic experiences.



### **Schema Group Therapy**

Schema therapy can help individuals identify the thought and behaviour patterns underlying and perpetuating various mental health conditions. It integrates elements from CBT, attachment theory and other major approaches.

### **Fire setting Therapy Programme for Mentally Disordered Offenders (FIP-MO)**

The FIP-MO is a low-medium intensity treatment programme for inpatients whom may have intentionally set a fire or whom may pose a risk of intentional fire setting.

The main aim of the programme is to increase the individual's understanding of the factors associated with their fire setting, and enable them to develop appropriate strategies for managing their fire setting risk.

### **Life Minus Violence Enhanced (LMV-E)**

The LMV-E programme is a cognitive behavioural package focused on reducing the risk of aggression in individuals who have a history of habitual aggression or violence. The course is broken down into 7 modules which are delivered over approximately 12 to 18 months.

### **Healthy Interactions, Behaviour and Sexuality (HIBS):**

Is a bespoke self change programme specifically designed for Cheswold Park Hospital by leading experts in the field of working with men who have committed sexual offences or sexually harmful behaviour. This form of therapy is delivered over the duration of 12 to 24 months.

## Therapeutic Interventions

# Occupational Therapy

Occupational Therapy provides support to patients when their mental or physical health prevents them doing the activities that matter to them. These may be activities that they need to be able to do as part of their recovery and rehabilitation. Occupational Therapy work with patients to identify goals to maintain, regain or improve independence and reduce risk. The Occupational Therapy team will work with patients on either an individual or group basis depending on the intervention required.

Examples of the interventions offered by Occupational Therapy at Cheswold Park Hospital include:

- Evaluating and adapting the environment on the ward or other hospital areas
- Providing educational programmes, treatment groups or classes
- Supporting patients to develop or maintain independence with their daily living
- Developing the skills for independent living
- Providing evaluation and treatment for sensory processing deficits
- Encouraging patients to identify meaningful activity they can engage with on a regular basis





The Occupational Therapy team deliver a range of activities and opportunities for patients at Cheswold Park that includes:

- Cooking
- Horticulture
- Art and Crafts
- Music
- Gym and sport sessions
- Educational and vocational training

In addition to hospital based individual and group activities there are work based opportunities in the community within local charities e.g. access to college. We also offer a range of job placements in the hospital that include:

- Grounds maintenance - looking after the hospital grounds
- Chesbucks - a café on site that provides an opportunity for patients to learn work based skills in a catering service
- Chesco - a shop on site that provides patients with experience to learn skills in a retail outlet
- Library - providing books, DVDs, CDs and games to patients across the hospital

Therapeutic Interventions

# Speech and Language Therapy

Patients within Cheswold Park may present with needs that are related to communication and understanding. Speech and language therapy will support patients across the hospital with problems relating to communication. They develop materials that enable patients to understand and participate in their care treatment and to make choices. This includes 'easy read' materials, social stories and use of assistive technology where appropriate.







# Social Workers

The Social Work Team provides support to the patients, families and friends during their stay in hospital and participate in assessment and therapeutic interventions.

They have a key role to liaise with other agencies and Commissioners in the community as part of the rehabilitation and discharge process.

## Therapeutic Interventions

# Physical Health

We have a physical health service at Cheswold Park that includes relevant professionals including GPs, and RGNs, who work closely with each MDT to ensure each patient is cared for holistically. The team provide a range of services such as health checks, vaccinations and clinics for conditions such as diabetes, epilepsy and obesity and health promotion activities such as smoking cessation.

Patients can also access the full range of community services such as opticians, dentistry, podiatry, chiropody etc. as required.





## Therapeutic Interventions

# Recovery College & Involvement

At Cheswold Park, we have an established Recovery College that works with patients to create and deliver co-produced content within the hospital. Co-production involves patients (experts by experience) working with staff (experts by profession) to create learning opportunities for others within the hospital. We have a number of free courses for patients to engage in which have all been co-produced, including:

- Fakeaway Vs. Takeaway CV & Employability Skills
- Introduction to Sign Language
- The TV Dinners Experience
- Well-being Crafts
- Pride Group and Culture Club
- Origami Mindfulness
- Hospital newsletter and digital media

It is worth remembering though, that this list is ever changing, and new courses are being written and offered all the

time. These will be advertised throughout the hospital when they are running

We also have a number of patients who have been supported to write staff training presentations and workshops based on aspects of their experiences or mental health within services. In 2022, one of our patients won the “Mark Britton Service User’s Choice” award at the National Service User Awards.

Recovery College also promotes involvement within the hospital and encourages patients to become part of the of the hospital and the wider network of mental health services in the region. We work closely with both the South Yorkshire & Bassetlaw Provider Collaborative and the Yorkshire & Humber Involvement Network to provide additional opportunities for patients to have a voice in the way the service operates and to create networking opportunities with patients in other hospitals.

# Education

Here at Cheswold Park, we have a comprehensive education programme available to all patients who wish to improve their education. Our fully qualified teacher offers a range of classes including functional skills qualifications, from entry level 1, right through to level two in both numeracy and literacy, with the option to gain an accredited qualification through NOCN where appropriate. We also offer classes on the following subjects:

- Poetry and creative writing
- Horticulture
- Information Technology
- Reading
- Scrapbooking

We have the option to move away from the “traditional classroom” approach to learning and will always aim to tailor a student’s learning to their individual needs.

Cheswold Park also have a dedicated learning space within the hospital to support students in their journey.



# OUR VISION

*Exemplary Culture*

*Collaborative Care*

*Talented Workforce*

*A Safe Place to Aid Recovery*

*Positive Outcomes*



**STRIVING FOR EXCELLENCE  
IN HEALTHCARE**





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