

Adult Medium Secure Mental Health Services

Information Guide

easy
read



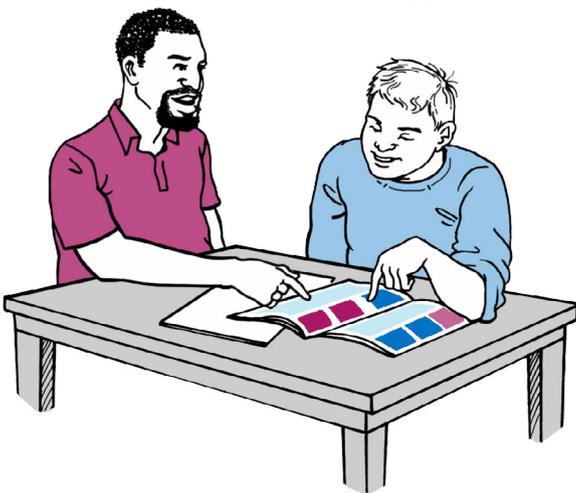
About this document



This document was made by CHANGE, a charity led by people with learning disabilities.



This document uses easy words and pictures to help you understand more about what a medium secure mental health service for adults is.



You might want to read through it with someone else to help you to understand it more.

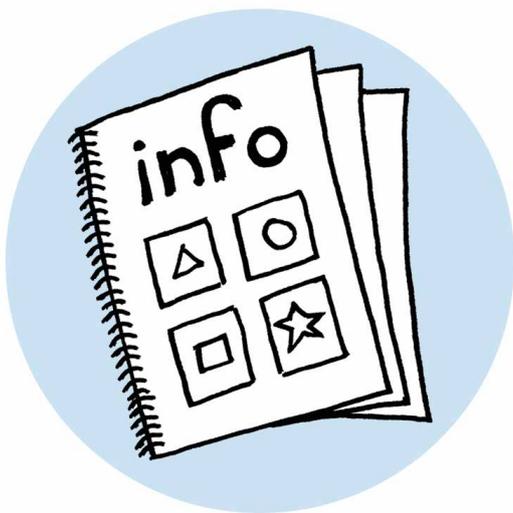


There is a **Word Bank** at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank on **page 25**.

Introduction



This document is about **Medium Secure Mental Health Services** for Adults.

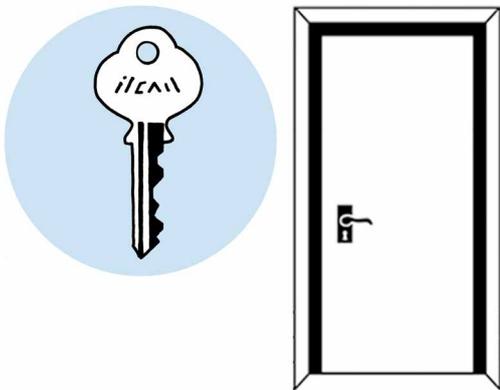


It gives you information about how the services are run.



It explains the journey a patient would go through from entering to leaving the service.

Description



Medium secure mental health services care for and treat patients who are a serious risk to others.

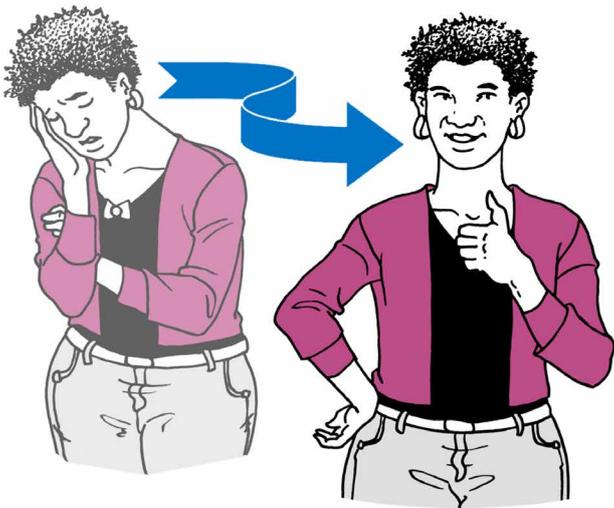
These patients need **physical security** to prevent them from escaping.

Some patients have been either charged or convicted of a criminal offence.

Before they are **admitted**, each patient is assessed and a report is made about how they need to be managed because of their mental illness.



This document is about **medium secure mental health services** for both men and women over 18, suffering from mental illness (MI), **personality disorders (PD)** and **neurodevelopmental disorders (NDD)**, including learning disabilities (LD).



Medium secure mental health services focus on helping patients get better and keeping others safe.



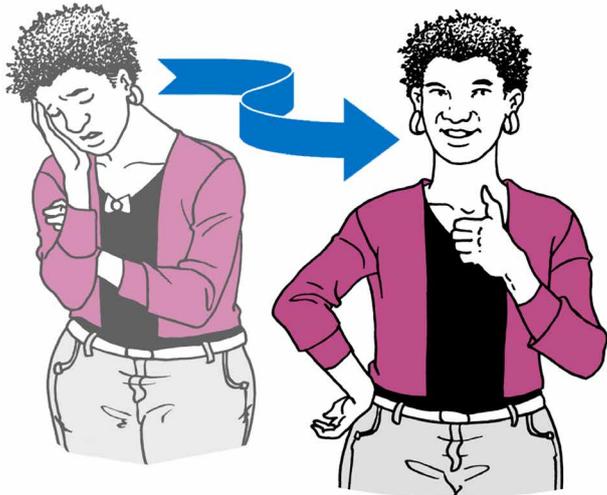
They treat everyone equally and do not **discriminate**.



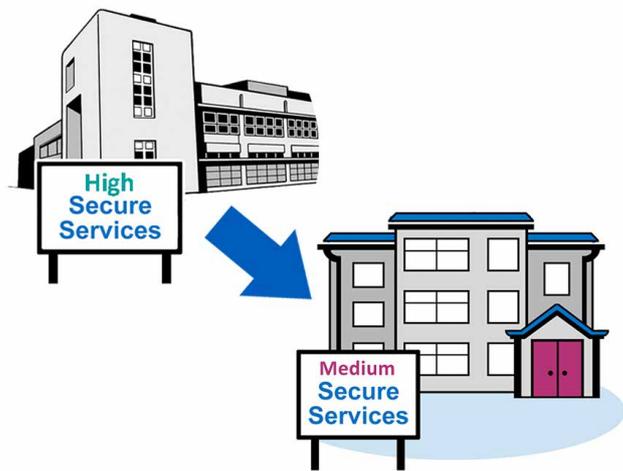
Sometimes some **liberties** of patients must be controlled. This is done to make sure other patients and members of staff are safe.



Patients may end up moving from high secure services to **medium secure services** and then either discharged or onto low secure services.

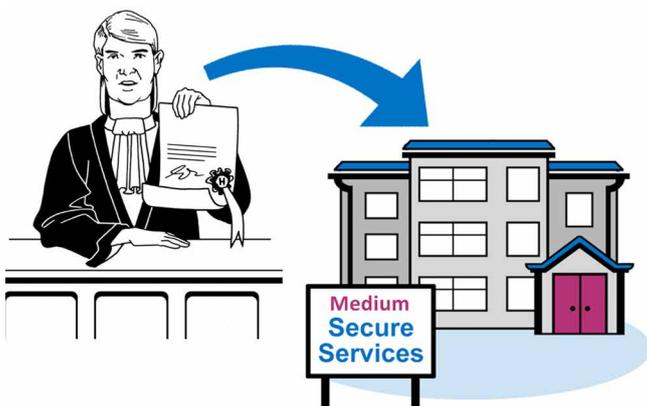


This might happen because they get better and become less of a danger to others.



Patients in **medium secure mental health services** arrive here from different places:

From high secure services, when they get better and become less of a risk to others.



They also might come from the Criminal Justice System.



From low secure services or directly from the community, if they become an increased risk to others.

Medium secure mental health services are supported by **Multidisciplinary Teams (MDT)** and the **Care Programme Approach (CPA)**.

They use staff like psychiatrists, mental health nurses, therapists and social workers.



Care Pathway



Each patient is assessed before they are admitted. They are assessed by looking at:

- What their mental disorder is?
- How much of a risk they are to others?
- How much care and supervision they need?



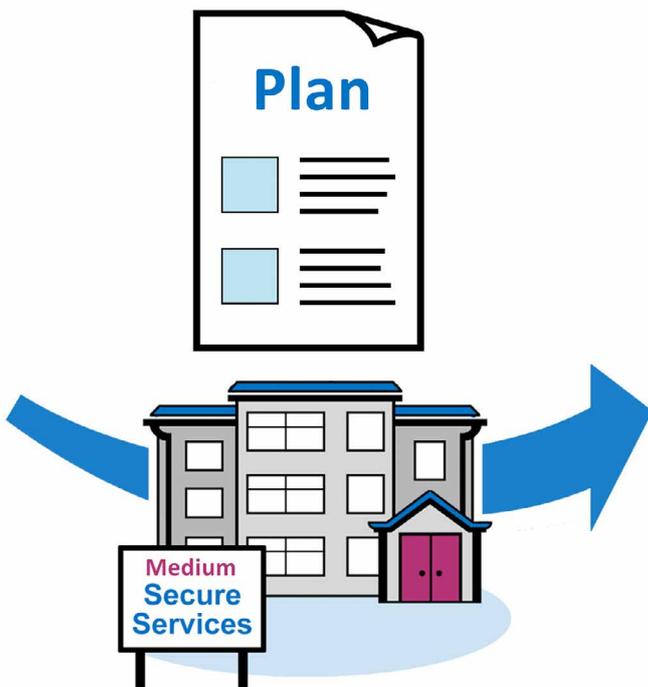
- How much support do they need from specialist services and staff?
- Do they need treatment for risk / offence behaviour?
- How involved are they with their treatment/care plan?
- How involved are they in activities?



- Do they misuse drugs / alcohol?



Based on this assessment, the service, patient and carer decide on the Care Pathway together.



This is a plan which sets out the journey the patient will go through from entering to leaving secure services.



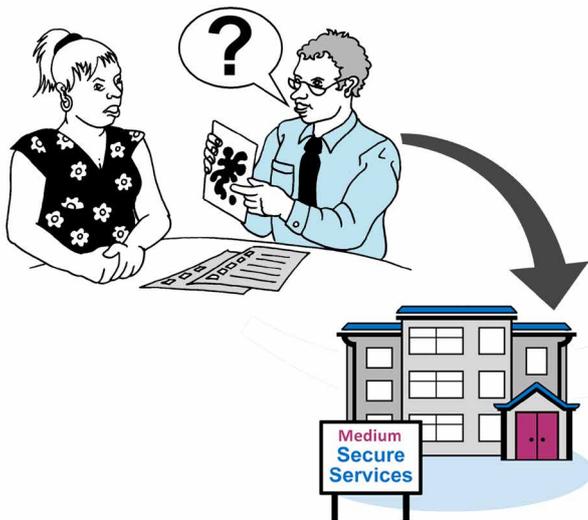
Medium secure mental health services can be described in four stages:

1. Referral and Assessment

Secure services may talk to other mental health services to see if they can support them so that the patient doesn't have to be admitted to secure services.

At this stage the patient is assessed, and he / she will be told about where they may be **admitted**.

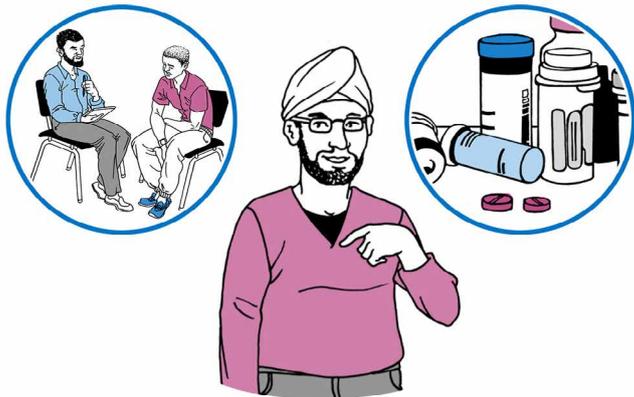
He / she will also be told about the assessment they are going through and what are the results of this assessment.





2. Pre-admission

This stage is where the patient is introduced to the secure service and to the staff there, and is told about what is going to happen.

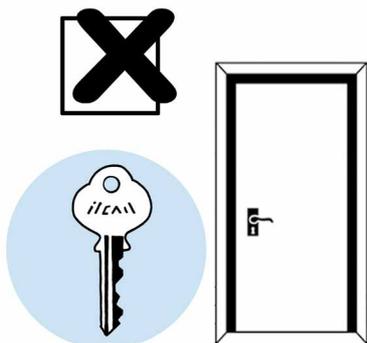


3. Admission, Care and Treatment

The patient is assessed, treated and managed according to his / her needs.



They may receive special treatment to help them with offence / risk related behaviours.



Services treat patients under the lowest level of **physical security** possible.



Patients have access to social and educational activities which support their **rehabilitation**.



Patients have regular checks to see how their mental health is. This is part of the patient journey.

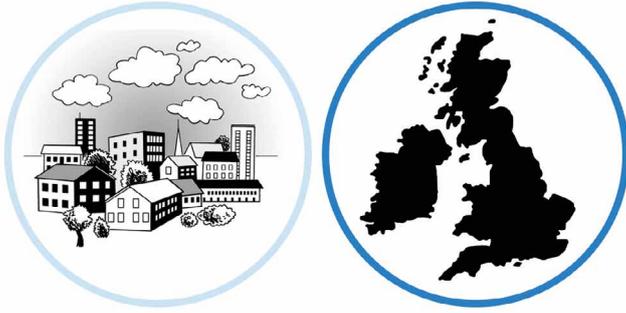


Ongoing support is provided for all patients including those who are involved with the Criminal Justice System.

4. Discharge / Transition

Discharge of the patient is kept in sight at the admission stage and throughout the process.





Many local and national services work together to make sure that each patient is ready to be discharged.



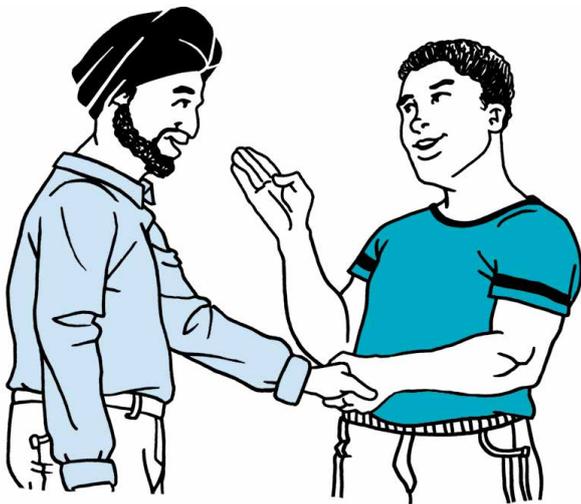
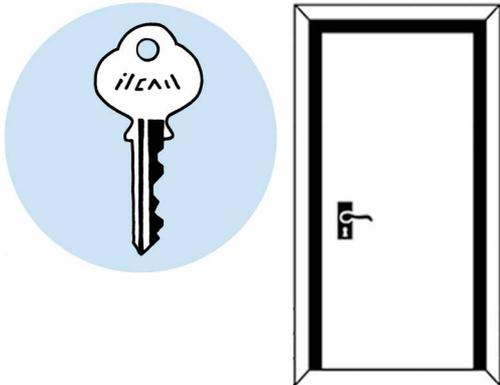
The patient can then be moved to another secure service, in to the community, or prison.

Forensic Outreach and Liaison Service (FOLS)



These services are very important. More details about them are in Appendix 2.

Security



To keep patients and the public safe, patients in **medium secure mental health services** need:

- **Physical security** measures within their environment.
- Good relationships between staff and services.
- Special procedures put into place.

Risk Management



Medium secure mental health services do **risk assessments** to measure improvement of the care and reduce risk.



Services learn from each other by sharing their knowledge and experience gained from incidents and assessments.

Recovery and Involvement



Medium secure mental health services encourage the patient to get better by involving them in their treatment, in the decisions made about them.



Medium secure mental health services make all information about patients or the services available in accessible formats.

Carers



Where needed, special arrangements will be made for support from friends or family.

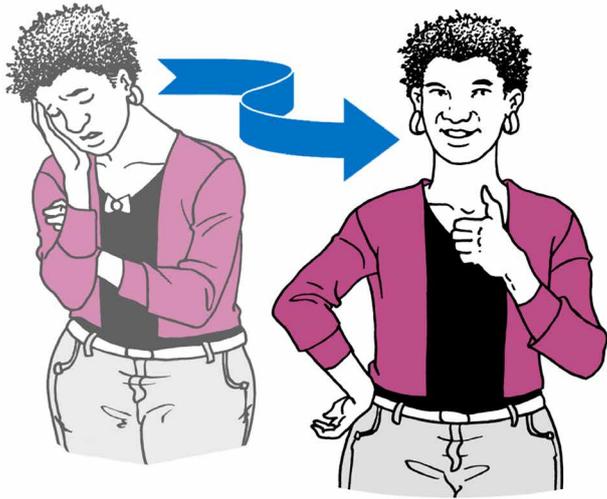
Leave



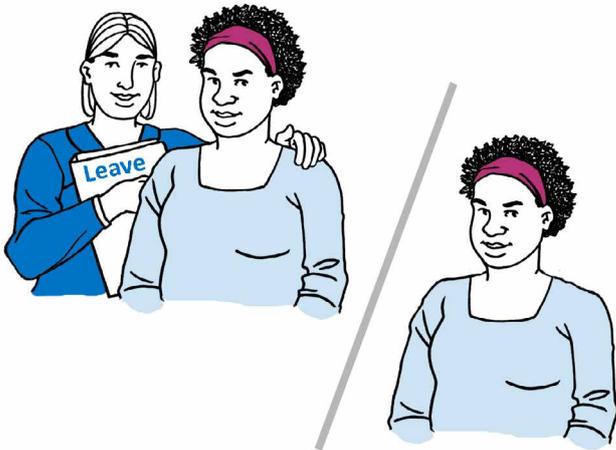
A patient can often be given leave. This is planned and might involve an activity.



There are a number of reasons for leave. Leave helps to evaluate progress, and informs the **risk assessment**.



Leave is very helpful in the **rehabilitation** process.



A patient may or may not have an escort with them during leave.

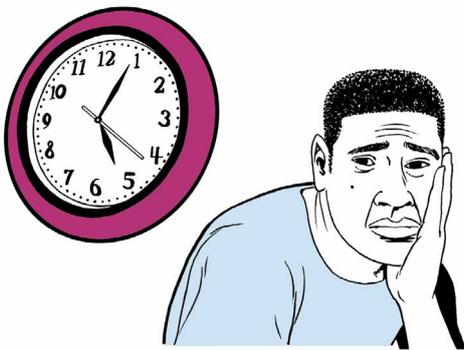


If a patient is due to move from a medium secure service to a low secure service, or is to be discharged into the community, overnight leave might be given, in special conditions.

Observations



Sometimes patients may have to be kept under closer **observation**.

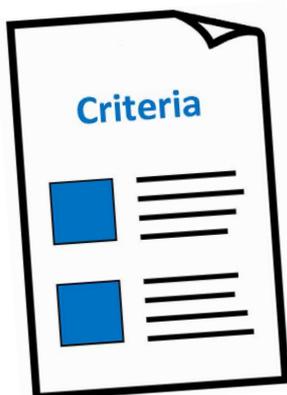


The service will make sure that the length of **observation** is no longer than it needs to be.



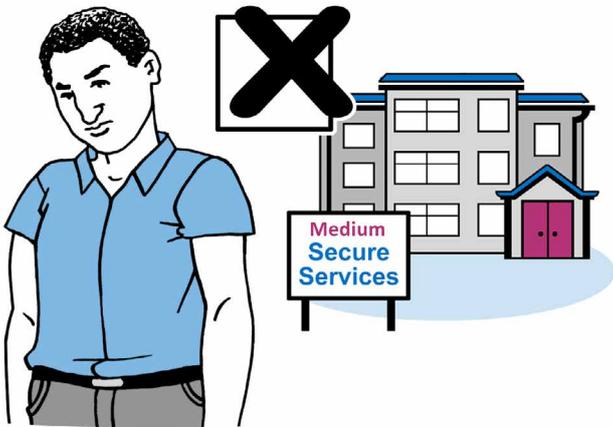
The service will also make sure that the patient is being treated with dignity, respect and care.

Acceptance Criteria

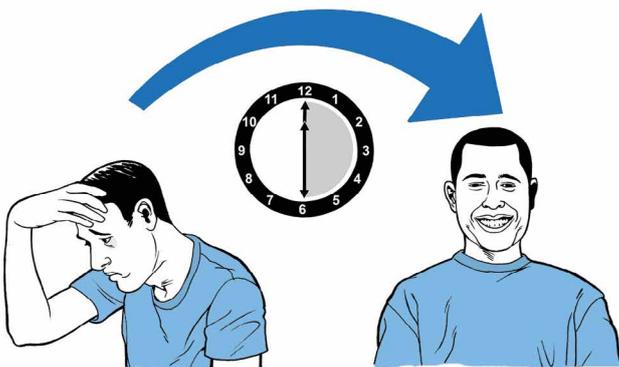


To be accepted in a medium secure service you need to fit 'specific criteria' which look at your mental disorder and how likely you are to cause harm to others.

Exclusion Criteria



You can be excluded from a **medium secure mental health service** if you do not fit the acceptance criteria.



Such as if your mental disorder only happens for a short time and is very unlikely to happen again.

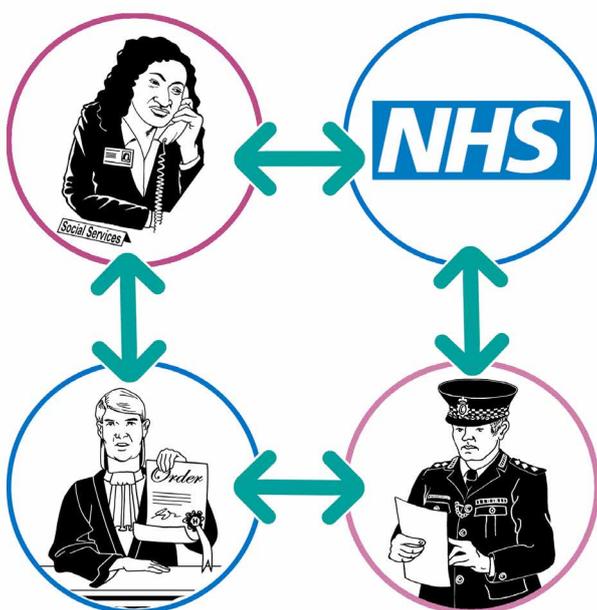


Or if you are of risk of harm to yourself but not to others.

Working with other services



Medium secure mental health services works closely with a wide range of services to make sure that the care pathway of a patient has the best possible outcome.

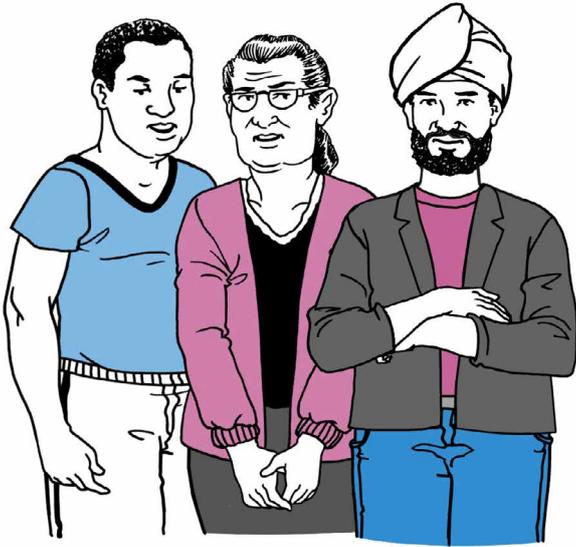


The services all share information on the patient and his / her treatment and care.



These services include the NHS, social services, other secure services, courts, the police and housing associations.

Population covered and population needs



A diverse range of people may require care and treatment in **medium secure mental health service**:

- Individuals who are deaf.



- Individuals with **neurodevelopmental disorders (NDD)**





- Individuals with a diagnosis of **Personality Disorder**.

All clinical and non-clinical staff will have specific training in working with patients with a **personality disorder**.



Women's Services



Women who go to **medium secure mental health services** have different mental health and offending profiles than men.



Services for women are different are different so that they can offer appropriate care and treatment.

Outcomes

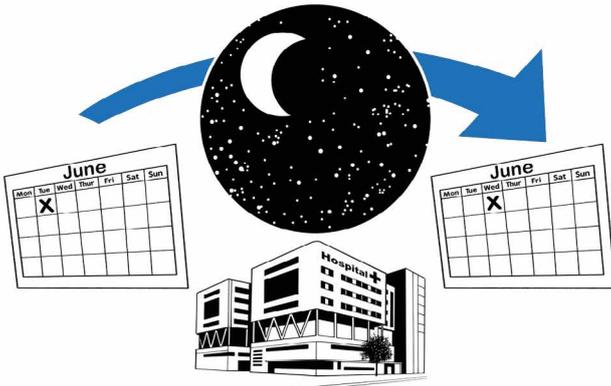


Medium secure mental health services aim to provide treatment and care to people with mental disorders who are a serious risk of harm to others.



The services focus on recovery and positive outcomes.

Word bank



Admitted

When you go into stay at a hospital or service.

Care Programme Approach (CPA)

A way that services are assessed, planned, and reviewed for someone with mental health problems.

Discriminate

To treat someone differently in a negative way.

Liberties

Personal freedom and choices.



Medium Secure Mental Health Services

These are secure services that provide care and treatment for people with mental health problems.



Multidisciplinary Teams (MDT)

Groups of staff who have different areas of training.



Neurodevelopmental disorder (NDD)

These are disorders that affect the growth and development of the brain. Examples are: mild learning disability, autism.



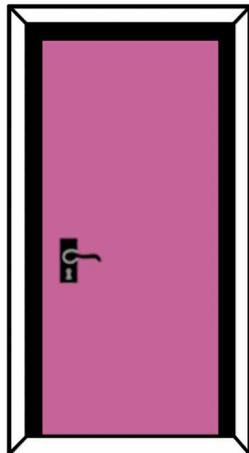
Observation

When a medical professional keeps an eye on a patient to understand their condition or keep them safe.



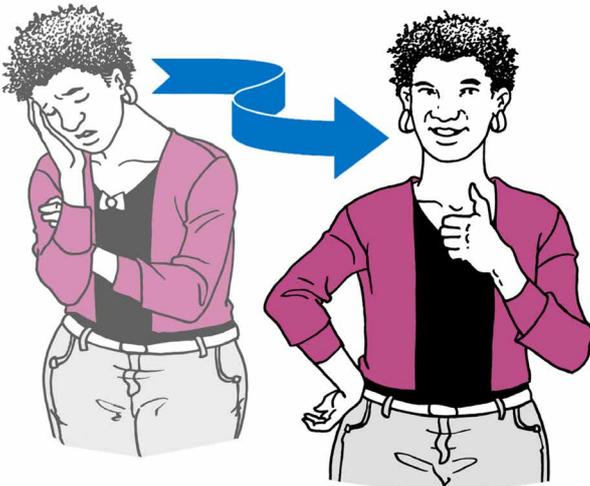
Personality disorder (PD)

A condition in which someone is quite different in the way they think, understand, feel or relate to others.



Physical security

A way to keep a patient in one safe place, such as a locked door.



Rehabilitation

When someone improves or gets better.



Risk assessment

A document that looks at the risks of harm for a patient and what can be done to prevent them.



This easy read document has been produced by CHANGE
www.changepeople.org