

The Chilterns provides a high-quality therapeutic, focused rehabilitation environment to individuals affected by Mental Health issues and/or associated Learning Disability. The Chilterns provides services to both men and women, aged between 18-65 who have challenging and complex needs, which may include a forensic history.

The Chilterns provides a multidisciplinary model, delivering treatment programs within 7 domains, including, Mental Health, Physical Health, Forensic Need/Complex Behaviours, Substance Use Disorders, Self-Care & Activities of Daily Living, Education, Occupation and Creativity as well as supporting Family, Relationships and Intimacy. This provides a structured, focused rehabilitation programme to service users.

THE SERVICE

- Provides rehabilitation and continued treatment in a therapeutic environment of peers and a physical environment which combines homeliness with safety.
- Specialist assessment prior to admission to encompass discharge planning from the outset.
- Places a high cultural emphasis on embracing social inclusion in the local community alongside the maintenance of family and other significant links.

- Maintains the right to normal life experiences balanced by risk.
 - Demonstrates consistency in meeting the needs of service users with complex presentations.
 - Promotes the least restrictive practices along with recovery and choices.
 - Provides a stepping stone to maximising Independence. With an anticipated length of stay for our service users being around 2 years
 - Evidenced and measured recovery outcomes along with regular self-reporting from individuals
 - To instil satisfaction and hope
- The Chilterns supports and can treat individuals utilising the skills of a multidisciplinary team



offering Nursing, Psychiatry, Psychology along with community support from GP, District Nursing, Occupational Therapy, and many others.

This is suited to meeting the holistic needs of service users within a robust, but homely supportive environment, that provides individuals with an optimum level of support for their rehabilitation and ongoing needs.

HOUSE 5

This home predominantly supports service users whose highest need is their Learning Disability, but they may also have other needs that require further support. All staff are trained in Learning Disabilities as well as having existing skills and experience in this area. Bespoke training is arranged on an individual need's basis.

This home focuses on the individual to enrich and develop their independent life, building confidence and having fun along the way. Many of these individuals will be stepping down from more secure environments, or identified as requiring a

period of support to build their skills Activities of Daily Living.

The aim is for staff to engage and support them to achieve the things they want in life and the skills they need to enable them to make their own choices and remain in as much control of their lives and decisions as is possible moving forward.

HOUSE 7

This home predominantly supports those whose highest need is optimizing their mental health. They may also have other needs that require further support. Staff working in this home are trained in Mental Health as well as having existing skills and experience in this area. Bespoke training is arranged on an individual needs basis.



The home uses evidenced based, recognised recovery tools to support rehabilitation and continued treatment, to enable the individuals to prioritise their own needs and follow progress and achievements made.

The aim is for staff to support them to recover from, and manage, their own mental health needs in a safe, supportive environment with a focus on relapse prevention and risk management.

These service users will arrive at The Chilterns from various environments including Hospital, Prison and Community settings.

HOUSE 9

This home supports ladies with needs relating to Learning Disability and/or Mental Health. They may also have other needs that require further support. Staff working in this home have training in both Learning Disability and Mental Health. Bespoke training is also arranged on an individual needs basis.

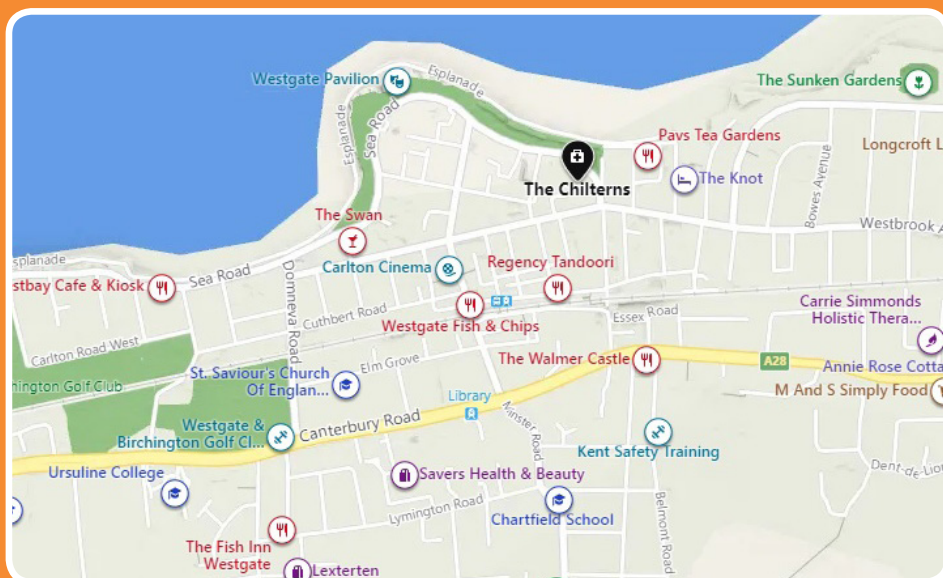
The home uses a combination of tools to support these service users based on their individual needs. Care is taken to ensure any potential admissions fit in well with our existing service users.

Service users will be encouraged to make choices and improve skills to maximise their opportunities and move on to more independent living

OVERALL

All Homes have the required input from Psychiatry, Psychology and Nursing. This is enhanced and supported by links with local Community teams such as Community Mental Health Services. Learning Disability Nursing services, OT's and Speech and Language Therapy.

All of our service users are encouraged to become valued members of the community and are supported by our Activities Lead to engage in various activities within the local area along with visits to local churches, coffee shops and events.



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