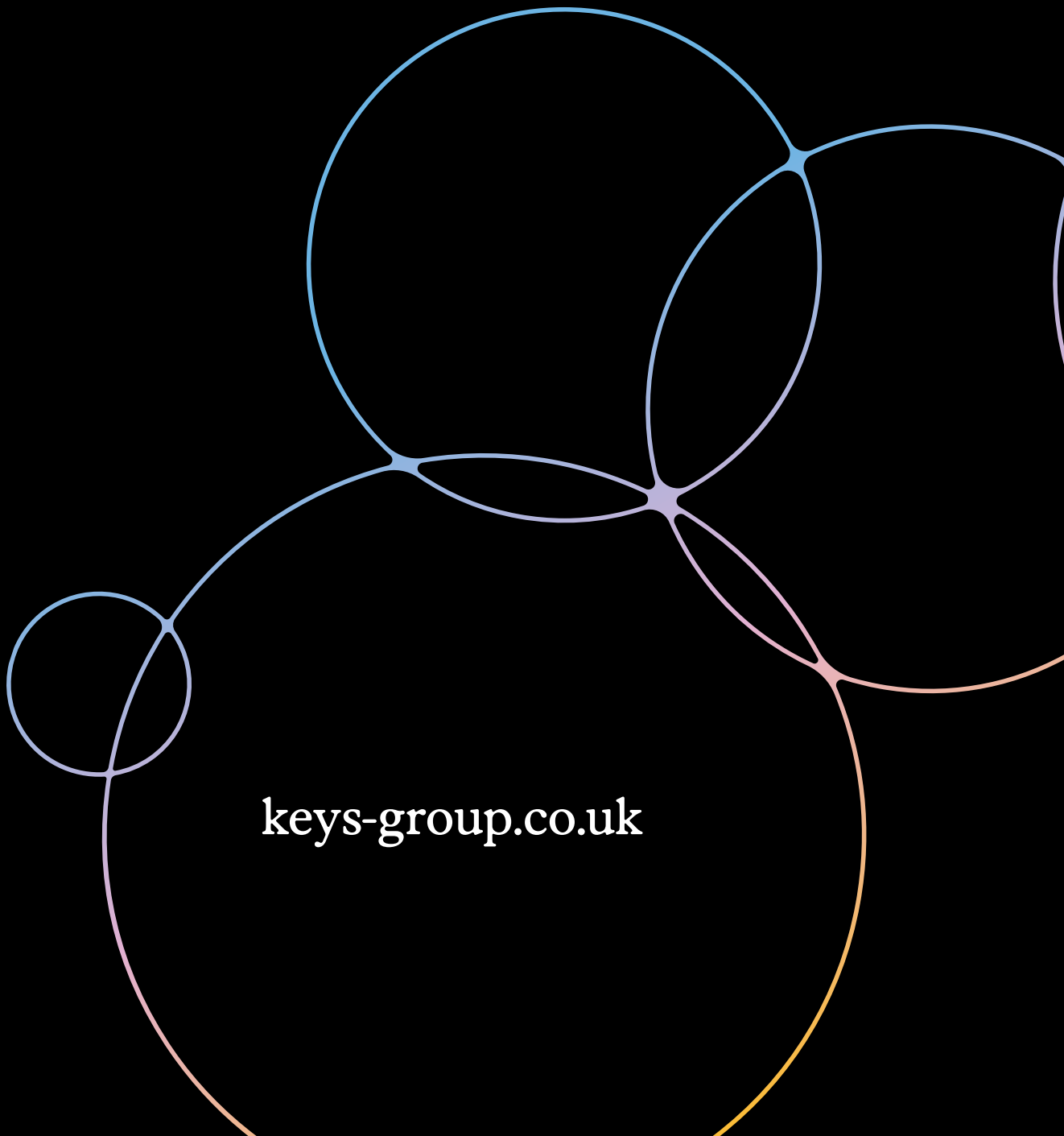


Keys

Mental Health *Services*



keys-group.co.uk

Mental Health Services and *Connected Support*

We are a specialist therapeutic, residential and supported living provider for people with Mental Health needs. Our focus is to enable people to work towards their goals, live more independently and take control of their lives. By listening to each person we aim to understand what they would like to achieve in life. We then work closely with them, their family, circle of support and other professionals to define goals and work together to achieve them.

Our focus is on recovery. We support people whose Mental Health is impacted by a personality disorder, an anxiety disorder, schizophrenia, depression, mood affective disorder, self-harm behaviour and substance misuse backgrounds.

Keys **Connected Support** provides a national network of **Care, Education and Health** services for children, young people and adults, seamlessly connecting specialist schools, alternative learning solutions, children's homes, adult residential, supported living and neurodevelopment services.

We start with the individual, connecting the right expertise and the right service to each person. There are no predetermined pathways. Sometimes this means support from one service, sometimes it means many services working together.

What matters is that our support is centred on the individual, building personalised, flexible and **Connected Support**.



Care Pathway



Each person's pathway is unique. People can join at any point and move up or down the care pathway dependent on their needs.

Quality

We are passionate about quality and we specialise in supporting people to achieve their full potential. Through empathy, belief and market leading training our focus is to bring out the amazing in everyone.

Our commitment to quality is shown in everything we do and every decision we make. We enable people to make choices about how they live their lives because it is paramount to us that people live happy and fulfilled lives.

“Our Mental Health Recovery Services support people to build on their strengths, skills and resilience”.

Our Support:

Our focus is on recovery. We support people to build on their strengths, skills and resilience, enabling them to develop their own set of resources to self-manage and stay well.

We support people with:

- + Skills development and re-enablement
- + Health needs
- + Psychoeducation
- + Risk reduction
- + Vocational retraining
- + Personal budget and finance management
- + Respite support
- + Outreach support
- + Building links with friends, family and the community
- + Personal care
- + Social and recreational needs
- + Household tasks

We are able to support people who:

- + Are in crisis
- + Are stepping down from a forensic/secure or prison environment
- + Are stepping down from a long stay in hospital
- + May be under section 2, 3 (Lakeside only), 7, 17, 25a, 37, 37/41, 117 of the Mental Health Act
- + Are subject to a CTO (Community Treatment Order) or DoLS (Deprivation of Liberty Safeguards)
- + Have had a placement breakdown
- + Are subject to MAPPA (Multi-Agency Public Protection Arrangement)

Recovery Pathway

We understand that recovery is a journey and through outcome focused approaches, we support people to achieve their goals. We follow the Recovery Model, whilst using tools such as the Recovery Star.

We are committed to supporting people on their unique and personal journey towards recovery and independence. We understand each person's needs may vary. Whatever their situation and however complex their needs. We are committed to delivering successful outcomes for each person we support.

Our Approach:

- + We follow the Recovery Model of support
- + We have our own clinical team of Psychologists, qualified Nurses and Behavioural Advisors
- + We use WARRN (Wales Applied Risk Research Network) principles
- + We use the HCR-20 forensic risk assessment tool
- + We focus on Mental Health relapse prevention
- + We provide solution-based counselling



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“I am now more settled in my head and my medication has been decreased. I am proud with what I have achieved and feel my life has started again”.



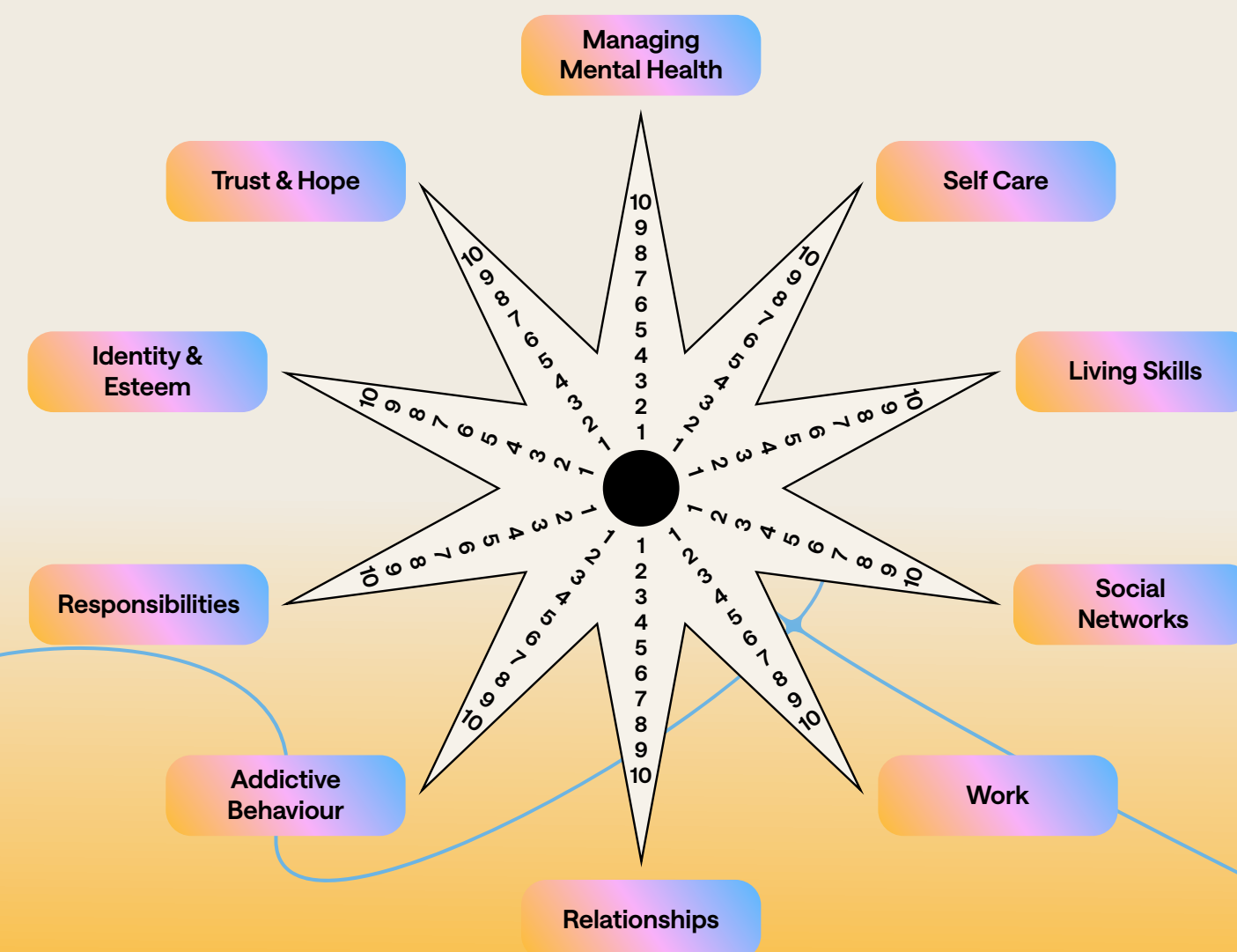
The Recovery Star

We are committed to delivering successful outcomes for each person we support. We follow the **Recovery Model** and use tools such as the **Recovery Star**. This model of support is completed collaboratively with each person and their support team. The **Recovery Star** enables the support team to measure and summarise changes in an individual's Mental Health and behaviour. People are able to see clear evidence of their progress and their involvement in the **Recovery Star** process, which improves motivation, enhances their skills and builds confidence.

The Recovery Star Benefits:

- + Values perspectives and enables empowerment and choice
- + Supports recovery and social inclusion
- + Is holistic, covering all the major dimensions linked to recovery

The Recovery Star looks at 10 areas of a person's life, with each area assessed to see where an individual is on the ladder of each section:



Our Clinical Community Based Support Team

Our experienced and well trained staff are supported by our Psychologists, Clinical Support Nurses and Behavioural Advisors who have a wealth of knowledge and experience of working with people with Mental Health needs.

Inpatient Services

Lakeside is an inpatient service located in Wyboston, Bedfordshire. It is a locked rehabilitation service that specialises in supporting people with Mental Health needs and/or Autism, as well as having a dedicated women's Dialectical Behaviour Therapy unit. There is a comprehensive multi-disciplinary team comprising Psychiatry, Psychology, Nursing, Occupational Therapy, Speech and Language Therapy and a dedicated team of Recovery Workers. Lakeside provides support for those progressing onwards from secure services or requiring a step up into enhanced care and actively supports patients to step down into residential services and supported living.



Support Plans

Mental Health Support and Relapse Management

The Mental Health Support and Relapse Management Plan (MHSRP) is created on an individual basis to identify periods when they may require additional support, or when they may experience a relapse. It is a comprehensive document that brings together identified triggers, strengths and needs alongside a detailed picture of what relapse may look like for an individual so that the right support can be given at the right time.

Risk Assessment and Management

The Risk Assessment and Management Plan (RAMP) allows for a full assessment of any identified risk areas which may impact on someone's wellbeing. The RAMP allows information relevant to risk to be quickly and easily shared amongst relevant parties. These are also both 'live' documents that evolve with the person, encouraging people to be fully involved with their own care planning and promote knowledge and understanding of their own individual needs.

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“I cannot praise my Psychologist enough, he was instrumental in changing my life for the better. He believed in me and gradually his positivity transferred to me, raising my confidence and self-esteem levels”.



Keys Care

Children's residential homes and adult residential and supported living services for people with Mental Health needs, Learning Disabilities, Autism, and Acquired Brain Injuries.



Keys Education

A national network of schools and alternative learning provision, including Keys Inclusion Pathways that take education beyond the classroom, designed for young people who cannot access traditional or specialist schools.



Keys Health

Expert clinical, therapeutic and speech and language services to help children, young people and adults with neurodevelopmental needs, including ADHD and autism.

To find out more visit: www.keys-group.co.uk

To send a referral:



Email: adult.referrals@keys-group.co.uk



Website: www.keys-group.co.uk



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