

Priory Hospital Altrincham

Client welcome pack



Live your life

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Helpful information to read before you arrive



Welcome to Priory Hospital Altrincham

We understand that your stay in hospital can be a daunting experience, but you can be confident that we will make every effort to ensure that your stay is as comfortable and beneficial as possible.

About us

Priory Hospital Altrincham is a 56-bedded inpatient mental health and rehabilitation facility. Your stay will be on Dunham ward, which has 24 beds. We provide specialist treatment for various mental health conditions, such as depression, anxiety and bipolar disorder, as well as addictions, including alcohol, drugs and gambling.

Our programmes

Depending on client’s individual needs, our programmes may include:

- + Inpatient general mental health treatment
- + Detoxification
- + Addiction treatment programme



What to bring with you

You can bring the following for your stay at Priory:

- + Clothes (enough to last you for around a week. We have a washing machine on the ward that you are welcome to use). Casual and comfortable clothes are recommended
- + Clothes suitable for exercise/yoga are recommended too
- + Your own bathrobe and slippers, for your comfort
- + Mobile phone/tablets/laptops (to enable you to access any online therapy or fellowship groups recommended by your care team)
- + Medication (please bring one unused, sealed strip/vial of any medication that you are currently taking)
 - this is to give us time to source your medication in case we don’t have any in stock when you first arrive. Medication is dispensed and administered by the nursing team. Usual medication round times are:
 - 8am
 - 12pm
 - 6pm
 - 10pm
- + Personal toiletries/make-up (e.g. shower gel, shaving cream, soap, deodorant, shower cap, flannel and any other necessary personal care items)

As part of standard safety procedures, the clinical team will look over your possessions with you on arrival. They might initially remove anything considered high risk. These items are stored securely and returned to you when your consultant feels that they do not pose a risk to you.

Helpful information to read before you arrive

What not to bring with you

- + Alcohol
- + Illicit drugs
- + Explosives, including fireworks
- + Knives - excluding cutlery provided and managed by staff
- + Non-prescribed medication
- + Psychoactive substances
- + Plastic bags in communal areas e.g. for household waste
- + Weapons or replica weapons
- + Wire coat hangers

Restricted items

You may bring the following items with you, but the item may be retained by the nursing staff, dependent on a risk assessment.

- + Adhesive tape of any kind (e.g. Sellotape)
- + Aerosol containers
- + Any mirrors, including in make-up sets
- + Bath oil/bubble bath
- + Batteries, including lithium batteries
- + Cables/wire with particular reference to wire bound books
- + Cans and tins
- + Cigarettes, chewing tobacco, e-cigarettes and vaping devices
- + Chargers (for laptop, tablet, phone) may be removed initially. Your devices will be charged by the nursing team until your chargers are returned
- + Curling tongs/hair straighteners
- + Dental floss
- + Devices with access to the internet and/or a recording/camera facility
- + False nails
- + Glass and metal nail files
- + Glass bottles

- + Hair dryers
- + Herbal remedies
- + High caffeine drinks e.g. energy drinks
- + Lighters, matches
- + Magnets
- + Medication. Please hand all medications to the nurse in charge on your arrival. Personal medication will be recorded by the clinical team and either returned to you on discharge or returned to your relatives to take home as these are your personal property (a risk assessment will be done first and medication will only be returned if it is in its original packaging). In the event that your medication is out of stock, we would continue to use your own until we are able to order our own supply
- + Mobile phones and SIM cards
- + Nail clippers
- + Nail polish remover
- + Plastic bags for personal use e.g. carrier bags
- + Razor blades
- + Scissors
- + Sewing and knitting needles
- + Sharp items
- + Solvents/glue
- + Wooden coat hangers
- + Wool/string

The following clothing may also need to be restricted dependent on the client's risk assessment and type of service being provided:

- + Clothing with draw strings
- + Hoodies
- + Shoelaces
- + Belts
- + Loops in clothing
- + Scarves
- + Tights
- + Dressing gown cords

If you have any questions or comments about this list, please speak to your nurse or the nurse in charge.

Helpful information to read before you arrive

Managing your account

Our admissions team are available to help you with any necessary formalities. They can assist you in completing documentation or making payments.

If you are self-funding, at the time of confirming the admission date we require one week's fees as a deposit for treatment. The remaining fees are then taken weekly by automated payment. In exceptional circumstances, we can organise payment by cheque. All clients, including those funded by private medical insurance, will be required to provide a credit card as guarantee for any treatment not covered by insurance or in addition to standard bed fees.

If you are insured, your insurance company can help you in processing any claims. Please note, funding will need to be agreed before admission.

Getting here

We are conveniently located close to the regional motorway network, within around a 10-minute drive of Manchester Airport. The bus service 288 runs from Altrincham Bus Station K Stand through Hale and onto Arthog Road. There is also a Metrolink tram service from Manchester Piccadilly and Victoria train stations, to Altrincham Station. This takes around 25 minutes.



Helpful information about your stay

On arrival

Once the initial admission paperwork has been completed, you will be taken to the ward. Here you will see the ward doctor, who will ask questions about your health history and perform some tests. These may include a blood sample, a urine sample, an electrocardiogram (ECG) and a breathalyser. We may also need to perform other required tests, as part of the clinical admission procedures to keep everyone safe. You will then be shown to your private en-suite room within the ward.

Your care team

During your stay, you will be under the care of your consultant psychiatrist and be looked after by a team of nurses, healthcare assistants, doctors and therapists. The clinical team will explain your treatment programme to you as soon as possible after admission. Your consultant will talk about your treatment with you and if it is felt necessary to make any changes, will discuss this with you and obtain your consent. Any changes to your treatment will be documented in your clinical notes.

The multidisciplinary team consists of a variety of healthcare professionals. Your consultant will see you twice per week (once in the ward round and once in your consultant review). There is a timetable available to show you when your consultant will be visiting the ward. In the ward round, your consultant, a member of the nursing team and occasionally, a member of the therapy team will be present. These meetings are designed to give you an opportunity to discuss your progress to date and discuss what your future plans are. The aim of the team is to assess and clearly identify your therapeutic needs and to provide the highest standard of individual care, whilst maintaining an appropriate level of independence for you. You will be encouraged to participate in the planning of your individual treatment plan.

There is a ward doctor available on-site during the week; when they are not available there is an on-call duty doctor on site.

If at any time, you need to see someone, please do not hesitate to approach any member of the team.

Who's who?

Consultant psychiatrist

Your consultant is the doctor with overall responsibility for your care and treatment during your stay in hospital. They will meet with you on a regular basis and make decisions about your care/treatment, leading to your discharge plan. Your wishes will be carefully listened to and treatment will have your agreement. The days and times your consultant will meet with you can vary. The nursing team and ward doctors are in constant communication with the consultants and their medical secretaries if you have any concerns or are unsure about anything. There will be a ward review held on a weekly basis attended by the consultant, ward and therapy staff to discuss your progress and treatment plan. You are important in this process and will be invited to attend if you wish.

Ward doctor

You will meet the doctor upon admission. They are available to you on the ward with regard to your physical and mental health.

Named nurse and co-nurse

During your stay at Altrincham, a named nurse will be allocated to you. Your named nurse is responsible for meeting with you on a weekly basis to have individual sessions with you. In these sessions, you can discuss your progress, needs, risks and care plans.

Every client will be assigned a nurse as part of the requirements of the named nurse procedure outlined in the client's charter. The role of the named nurse is to help you settle into the hospital and co-ordinate your programme of care.

Your named nurse will negotiate your individual session according to their shift patterns. The time usually allocated for these sessions are 30-60 minutes once per week.

When your named nurse is unavailable, your co-nurse will support you.

Helpful information about your stay

Pharmacist

If you wish to discuss your medication in detail, we have a pharmacist on-site periodically. Please discuss with the nursing team if you wish to speak to the pharmacist. Client information leaflets on medication are also available on request.

As a team, we ensure that your mental and physical needs are fully assessed and offer you a care/treatment plan that best suits your needs.

Therapy services

General mental health treatment programme

You will generally be assessed by a therapist within 48 hours of admission (this may be longer for weekend admissions).

Our dedicated therapists are qualified and accredited within their professional body and we pride ourselves on the varied expertise we can offer.

Our aim is to offer you access to effective therapeutic treatment in a safe and supportive environment.

As a multidisciplinary team, we offer various approaches to psychological therapy as part of our timetable of therapy sessions. These include:

- + Cognitive behavioural therapy (CBT)
- + Dialectical behaviour therapy (DBT)
- + Eye movement desensitisation and reprocessing (EMDR)
- + Mindfulness and meditation
- + Interpersonal therapy (IPT)
- + Schema-focused therapy
- + Occupational therapy and nutrition

Treatment includes access to individual therapy and group therapy programmes, as prescribed by your consultant and discussed prior to admission. Group therapy offers a unique opportunity to share and reflect on experiences and to learn skills to manage current difficulties. We encourage all participants to maintain each other's confidentiality and respect individual values.

Detoxification programme

Following your admission to our detox programme, a member of our addiction treatment team will review you within 24 to 48 hours. This will provide the chance for us to discuss reasons for your admission and assess whether any further interventions are needed. During your stay for detox, you'll be offered a range of interventions, which could include:

- + Access to fellowship support groups (Alcoholics Anonymous (AA), Narcotics Anonymous (NA) or Cocaine Anonymous (CA)), for example
- + Educational workshops facilitated by an addiction therapist
- + Attendance at peer supporter led groups
- + Psychoeducation sessions facilitated by a member of the addiction treatment team and/or peer supporters

Addiction treatment programme (28 days)

Following your admission, a member of the addiction treatment team will review you on the ward. This will be carried out within 24 to 48 hours of your admission. During this, we will assess your readiness to commence with the therapy programme and provide you with some initial information about what to expect during your stay.

Our addiction treatment programme is facilitated through group therapy, with bi-weekly individual keyworking sessions.

As a multidisciplinary team trained in a range of modalities, our treatment programme is underpinned by the renowned 12-Step model and is abstinence-based in its approach.

Our experienced team of addiction therapists work with a range of integrative approaches to therapy. We provide an evidence-based programme that's tailored to individual needs, and structured within National Institute for Health and Care Excellence (NICE) guidelines.

Patients are encouraged to share their experiences, feelings, hopes and fears with their peers, in order to accomplish new patterns of trust and positive helpful resources outside of themselves. Within the addiction treatment programme, there is a strong focus upon developing self-awareness and self-knowledge in order to make positive changes in attitudes and behaviour.

Helpful information about your stay

Your stay – ward services and facilities

Housekeeping

All rooms are fully cleaned prior to your admission and thereafter on a daily basis. Bed linen is changed on a weekly basis and towels are changed every other day. If you require fresh towels on a daily basis, please ask a member of the housekeeping team, who will provide this.

Nurse call

There is a nurse call button in each bedroom and bathroom; the buttons are blue or brownish-red, within a square white box. The nurse call buttons are for emergencies only. When these buttons are activated, nursing staff from all three wards respond and treat the alarm as an emergency.

Meals

We have a dining room which is used by both clients and staff, situated at The Grange building. It offers a first class menu and we pride ourselves on offering high quality food. There is always a vegetarian dish on the menu and other dietary requirements can be catered for, at your request.

Meals are served at the following times:

+ Breakfast: 8-9am

+ Lunch: 12-1pm

+ Dinner: 5-6pm

Outside of these times, the dining room won't be available.

If you would like a sandwich for later in the evening, please order this at lunchtime, giving your room number.

Dietary advice is available on request and clients on special diets are catered for. Please give us as much notice as possible for any special dietary requirements, by informing a member of the ward staff. They will contact the catering department on your behalf. A member of the catering team may need to come and see you to discuss your requirements in more detail. If you suffer from any food allergies, please inform a member of the catering team and the nursing team as soon as possible.

Garden

Clients will have access to garden spaces. In the garden, there is access to multiple sports items. These include table tennis, badminton and football.

Valuables

You are advised not to bring valuables into hospital and any brought in are at your own risk. Some of the bedrooms have safes available in them, otherwise there is a safe in the nursing office, where clients' valuables can be stored.

Car park

We kindly ask that you make arrangements to be driven to your admission, as we are unable to accommodate clients' cars on site. Please note that you are asked not to drive for the duration of your inpatient stay with us.

Taxis

Taxis are available to book from reception and clients are expected to pay cash.

Maintenance

Periodic checks are made to ensure that everything in your room is in working order. However, if you experience any problems at all with fixtures and fittings in your room, please let the ward staff know who will bring it to the maintenance team's attention. There is a maintenance book on the ward which is reviewed twice daily by the maintenance staff on weekdays. Any problems will be entered into this book to ensure your needs are attended to as a matter of priority.

Telephones

Mobile phones are a restricted item on the ward. Due to this, a doctor will have to complete a risk assessment on admission to say that it is safe for you to have your mobile phone before staff are able to give this to you.

Once risk assessed as safe to do so, you may use your mobile phone on the ward. We ask that they are turned off during therapy sessions.

For people on our addiction treatment programme, we ask that mobile phones/devices are not brought to therapy sessions. If they are, patients will need to hand these in to their therapy team, who will keep them securely until the therapy has finished.

Helpful information about your stay

If you would like to make an external call from your room, you can request to use the ward telephone, which is kept at the healthcare assistants' station.

Religious needs

We are aware that you may have spiritual and cultural needs that are important to you and your recovery. We have a multi-faith room available on the ward and patients can make requests for any equipment they require in relation to this. If you have any special requirements or would like to visit a place of worship in the local area, please speak to a member of staff.

Laundry room

A washing machine and tumble dryer are provided for your use. The hospital provides towels, which are changed every other day. Should you require any additional towels, the housekeepers or nursing staff will be happy to provide you with more.

Visitors

You are encouraged to stay in contact with friends and family during treatment. Friends or family are welcome to visit the ward at certain times; please speak with the team to confirm these times. If your visitors are not able to come within these times, please speak to a member of staff in advance, to organise this.

Children are welcome to visit you, but it is important to remember and respect the needs of your fellow clients and keep young visitors under parental control. Children must be accompanied by a responsible adult at all times; please note that this responsible adult must be someone other than the client. We would ask that you seek permission from the ward staff before bringing children to the hospital. In some situations, it is important that clients have time to settle into hospital first.

We have carer information packs available on request and you can invite anyone you like to your multidisciplinary team ward round, which may be in person or via phone.

“”

Today I have a new perspective on life and myself. I have feelings again and a peace in my life. This journey is the hardest and most rewarding thing I have ever done and will continue to do. Today I have a life worth living.

FORMER PATIENT

Leave

As an informal patient, you are free to leave whenever you choose, although it is advised that you discuss discharge plans with your consultant. We ask that you let us know that you would like to leave so that we can ensure this is organised safely.

Time out from the hospital grounds is permitted if authorised by the treating consultant.

Your consultant must agree all leave. Before and after each period of leave, you must be assessed by a nurse or doctor and you will be asked to sign some paperwork. This discussion will include how the leave went, which will be fed back to the multidisciplinary team. In the event of leave or time out not going well, the team may feel it appropriate for you to remain on the grounds until the next multidisciplinary team ward round.

People on our addiction treatment programme are asked to remain on-site for the first 7 days of their stay. Following this, any leave routinely takes place at weekends and on Tuesdays and Thursdays after therapy groups.

During your leave, the following points may help you:

- + Should you feel unsure or unsettled at any time whilst you are on leave, please feel free to ring the hospital on 0161 904 0050 to talk to a member of the ward staff
- + You do not have to stay out for the full period of leave
- + It is important that you take your medication as indicated. Whilst receiving medication, it is not advisable to consume alcohol. Please seek medical advice about driving a motor vehicle

If for any reason, you are unable to return to the hospital at the expected time, please inform the ward staff by telephone.

Informal patients are free to leave the unit upon request unless detained under the Mental Health Act, (1983 updated (2008)) or authority has been provided under the Deprivation of Liberty Safeguards.

Helpful information about your stay

Family involvement

General mental health treatment programme

We encourage all of our clients to maintain contact with their loved ones during their stay with us. Our clinical team will endeavour to support visiting requests outside of our normal hours and where therapeutic activity is not disrupted.

Dunham Ward also offers a weekly family support group, which can take place either remotely or face-to-face. This is often well-attended and offers useful guidance to our clients' families.

Addiction treatment programme

A family support group is held weekly at Priory Hospital Altrincham, for people on our addiction treatment programme. Adult family members are encouraged to attend our family support group for a full year, free of charge.

The aim of the family group is to enable family members to cope with their own problems, learn about the disease of addiction and take positive measures to help with their loved one's recovery.

This support group takes place on Mondays between 5.15pm and 6.45pm, on Zoom. You can gain more information about how to access this for your family member, during the initial stages of your treatment programme.

Safeguarding, your personal information and confidentiality

Safeguarding

Priory recognises that all persons have the right to live their lives free from violence and abuse. This right is underpinned by the duty on public agencies under the Human Rights Act (1998) to intervene proportionately to protect the rights of citizens.

The Children's Act (1989) states that the welfare of children and young people is paramount. This includes their right to be safeguarded against all forms of abuse. Our safeguarding duties towards adults are set out in the Care Act (2014).

At Priory Hospital Altrincham, we take the safeguarding of our inpatients and outpatients seriously. Our legal duties extend to responding to any concerns about

the neglect, physical, sexual or emotional abuse of any children (under the age of 18) connected to our inpatients and outpatients.

Please note that you can choose not to be involved in the process of reporting safeguarding concerns but, all staff involved in your care have a duty to report safeguarding matters with or without your consent (this is explained further under **Confidentiality**).

The hospital director is accountable and responsible for safeguarding practices at Altrincham and is supported by site safeguarding leads.

Confidentiality

You have the right to be assured that information given in confidence will only be used for the purpose in which it was given. It will not be released to others without your permission.

Confidentiality will be respected at all times.

Confidentiality may only be broken in exceptional circumstances and may only occur after very careful consideration by senior management.

We ask that confidentiality is also respected during group therapy sessions.

Priory recognises that confidentiality is an important part of your therapeutic relationship. However, where there is a risk of abuse or neglect, the Data Protection Act (2018) enables the lawful sharing of information:

- + Safeguarding concerns regarding the safety of children and emergency or life-threatening situations may warrant the sharing of relevant information with the relevant emergency services, without consent

- + The law does not prevent the sharing of sensitive, personal information within organisations. If the information is confidential, but there is a safeguarding concern, sharing it may be justified

If you disclose a risk of abuse (current or historic) to staff:

- + During your stay as an inpatient or as a day patient

- + In therapy group or in 1:1 therapy

- + In an outpatient appointment (with a therapist or consultant)

- + If you are a relative visiting, attending a meeting or family group

Helpful information about your stay

...a record will be made and the information will be shared with the safeguarding team and the client’s multidisciplinary team, to ensure that proportionate action is taken in response to the risk disclosed.

Where abuse is seen as ‘non-recent’ or ‘historical’, Priory recognises that the alleged perpetrator may still pose a risk to others. Staff will encourage you to provide details of those at risk and the alleged perpetrators, and support will be offered to you regarding any impact your disclosure may have on you. We hope that you feel able to provide the details to allow staff to use the information with an aim of preventing further abuse, to yourself or to others.

Health, safety and quality

Bullying and harassment

Any clients who feel themselves at risk of or actually alleges they have been abused, should report the matter immediately to a member of staff. It is the expectation that all staff will cultivate an environment where vulnerable individuals feel able to express such an allegation.

Access to medical records

Clients may obtain copies of written information recorded in their medical records (in certain circumstances), following written request to their consultant.

Advocacy service

Sometimes it is difficult to say what you really think or feel, especially when you are in a room with a lot of healthcare professionals. Advocacy is about helping people express their own feelings, views and concerns.

Choosing an advocate

Many people could act as your advocate – friends, relatives, or a member of staff such as a nurse or social worker. The problem is that sometimes it is difficult to say certain things to people who are close to you, such as relatives. Also, although many staff in hospital or social services want to help, they may sometimes believe what you are asking for is not in your best interests and they can, therefore, have difficulty arguing your care in certain situations.

It is for these reasons that many clients prefer to use independent advocates. Priory Hospital Altrincham uses the following advocacy services:

- + Advocacy focus (for detained patients)
- + NYAS
- + Benefits Advisor

The advocate’s role:

- + We can help tell other people your views and wishes
- + We can support you at ward rounds and other review meetings
- + We won’t do anything on your behalf unless you say so
- + We can help you find out information about your care, treatment and other things
- + We can help you plan for your meetings and, if needed, come with you to support you
- + We can help you contact other people such as social services or your solicitor
- + We can offer a confidential service. You have full access to the records we keep about you
- + We will provide information and support regarding complaints procedures and other processes
- + You have full access to all our policies and procedures including Confidentiality Policy Self Advocacy Model and Code of Conduct

You can find out more by visiting www.advocacyexperience.com

Client feedback

There is a suggestions box at the healthcare assistants’ station, where you can post anonymous suggestions. You can also request drop-in sessions with the ward manager.

Mental Health Act

As an informal patient, you have agreed to stay in hospital on a voluntary basis. This means you are able to request periods of leave off-site or at home.

If your circumstances change and there are concerns about your safety or mental wellbeing, you may be prevented from leaving hospital until a further

Helpful information about your stay

assessment can take place.

Information on the Mental Health Act (1983) can be provided on request.

Least restrictive practice

We aim to work collaboratively with our clients in the least restrictive manner possible. However, in order to maintain safety, there may be items that are restricted during your stay. These items will be available to use upon request and returned to you at the point of discharge. Please let staff know if you would like your family or friends to take any items back with them.

It is a core requisite of your inpatient treatment that you are and stay abstinent from drugs, alcohol, any other mood altering substances and addictive behaviours (i.e. gambling) during the entire time of your treatment. This includes both on and off the hospital site, regardless of your treatment programme. Clients engaging in these activities may jeopardise their treatment.

A blood test will be taken on admission and we undertake random urine samples for screening and carry out breathalysing throughout your stay in hospital.

Anyone found to be supplying addictive or mood altering substances will be asked to leave the ward.

Please be aware, ex-clients will not be allowed back onto the ward and any visits must take place off the unit.

Safety and security

No smoking

Smoking in the building is not allowed and smoking on site could result in your discharge.

If you wish to smoke, you must go off-site, once you have been risk assessed as safe to do so. Nicotine replacement therapy or E-Burns are available on request. E-Burns must not be used indoors, but can be used on the grounds.

Fire safety

In the event of a fire, the alarm will ring continuously and the corridor fire door will close (but not lock) immediately. Please do not be alarmed.

You should make your way to the nearest fire exit for a roll call, so the team can account for you. You will have been shown the hospital's fire escapes on admission; please ensure that you and any visitors familiarise yourselves with them. If you are not mobile, the staff will assist you.

It is important that your whereabouts are known to the nursing staff so that in the unlikely event of a fire, you and any visitors can be accounted for quickly.

Please note that the fire alarms are also tested weekly. The fire assembly point is at the top of the covered walkway.

Bedrooms

In order for us to manage and maintain a safe ward environment, you may be asked to move bedrooms during your stay.

Please speak to a member of staff if you have any concerns about the cleanliness of the ward.

Your safety

For your own security, we ask that personal items are not left unattended in communal areas. Any contraband or restricted items will be stored in the patient property room and will be available to use at your request, if appropriate. Please consult staff prior to bringing items onto the unit.

Socialising in bedrooms is not permitted.

We also discourage intimate relationships from developing whilst you are under the care of Priory.

Complaints

If you need guidance with handling a complaint, please speak to a member of staff.

Disabilities

We strive to meet all of our clients' individual needs. Please discuss any needs you may have with your consultant in the pre-admission assessment.

All our bedrooms are on the ground floor. Our occupational therapist is available on an ad hoc basis; please let a member of staff know if you require their input.

What happens when you leave Priory?

Risk assessment information for people going into the addiction treatment programme

The addiction treatment programme often incorporates a medically assisted detox which is usually prescribed over a period of 7 to 10 days.

On admission, you will have an assessment in order to determine if a medical detox would be beneficial for you. Following this, your consultant will then prescribe the appropriate treatment that meets your individual needs.

The aim of a medical detox is to minimise withdrawal symptoms and optimise your physical health.

The multidisciplinary team will be responsible for monitoring your physical health and administering your medication during your detox. This will ensure that any medical issues that may arise are dealt with in a timely manner and will also allow the team to monitor your progress throughout.

Useful contacts

Ward contact number **0161 904 0050**

Advocacy NYAS **0808 808 1001**

Samaritans **116 123**

AA helpline **0845 769 7555**

CA helpline **0800 612 0225**

NA helpline **0300 999 1212**

NHS 111 **111**

Shout Text **85258**

Campaign Against Living Miserably (CALM) **0800 58 58 58**

Sane **0300 304 7000**

Papyrus **0800 068 41 41**

The Silver Line **0800 470 80 90**

Your care doesn't just end with us once you have finished your inpatient stay. It is important to us that your recovery continues once you leave the hospital.

Discharging

Check-out time is generally 10am. However, we are happy to extend this to allow you to complete any scheduled therapy on your last day - please speak to your treatment team to arrange this, if required. It is likely that you will still be required to vacate your bedroom at this time.

If needed, you will be given a seven-day supply of medication (TTOs) on discharge from the ward.

Your GP will receive a summary of the medication required for a repeat prescription.

Your consultant is responsible for organising and liaising with you and your relatives regarding your discharge plan, which includes a contingency plan if things don't go to plan. Your discharge plan may include outpatient appointments, or individual therapy, which may be provided by us directly or by other service providers such as the NHS. If required, we can request your community mental health team or crisis team to get in touch to offer you support on discharge.

The therapy team will also work through a discharge summary and recovery/relapse plan with you.

Outpatient services

Outpatient services are offered by Priory Hospital Altrincham, which you can arrange with your consultant.

Addiction treatment programme step-down day care

Following completion of your 28-day inpatient stay, there is the option to transfer into our step-down day care programme. This provides a robust care pathway from our inpatient addiction treatment programme, helping to improve your confidence, strengthen your recovery and support you in the transition from hospital to home life. The day care programme will provide:

- + Therapeutic workshops
- + Relapse prevention techniques
- + Bespoke assignments to develop learning

What happens when you leave Priory?

Online therapy

Our online therapy programme is also available to people who prefer to access ongoing support with a Priory therapist from their own home.

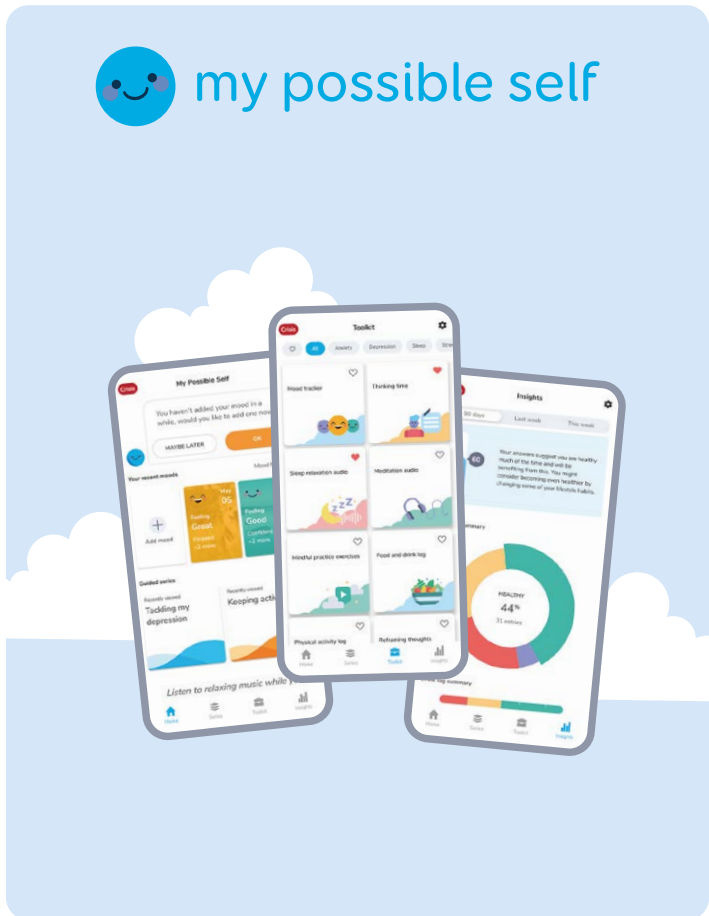
Please speak to the team at Altrincham to find out more information about these services.

My Possible Self app

As a Priory client, you will get free access to the premium version of the My Possible Self app.

My Possible Self is the mental health app designed with you in mind, offering a wide range of interactive tools and techniques, which have been carefully created and customised for digital use.

Use the QR code opposite to access the app.



Your feedback

To ensure we continually improve our services, we encourage clients to leave a comment and rate their experiences when they finish their treatment.



Aftercare programme for addiction treatment programme clients

We provide an aftercare programme for all alumni following their inpatient treatment for addiction, including:

- + Weekly group meetings with attendees, which may include fellow alumni, peer supporters and the Priory addiction treatment programme team
- + A safe space to share challenges and experiences post-discharge in a non-judgemental environment
- + Receive support and experience with managing risk and strengthening coping mechanisms, to reduce risk of relapse

We provide aftercare support for 12 months post discharge for addiction treatment clients who have completed their agreed residential programme.

“”

I am truly grateful to Priory for saving my life and showing me recovery.





Contact us

Telephone: 0161 904 0050

Email: altrinchamadmissions@priorygroup.com

www.priorygroup.com/altrincham

For the most up to date information on our services,
please visit our website.