



The Retreat

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Press release

The Retreat celebrates World Mental Health Day - Wednesday October 10

York-based specialist mental health provider, The Retreat, is celebrating World Mental Health Day on Wednesday (October 10) with the unveiling of a £1m refurbishment project.

The Retreat is a not-for-profit, specialist mental health provider, working with the NHS to provide care for people with complex and difficult needs.

The million pound revamp of Hannah Unit at The Retreat has taken 12 months to complete and patients are now enjoying the refurbished environment. Providing accommodation for people recovering from psychosis, the new-look 12-bedded unit has been expanded to give patients more living space, en-suite facilities and gender specific areas.

The Retreat's director of clinical services Steve Trenchard said: "We are extremely pleased with the result. Hannah is a lot more therapeutic than it was previously and already, patients have been saying they feel a lot more relaxed and calm because of the extra privacy and space."

World Mental Health Day is about raising awareness of mental health issues. With around 300 people out of every 1,000 experiencing mental health problems every year, six of these will become inpatients in places like The Retreat.

Steve added: "The number of people suffering from mental health problems and requiring help has gone up over recent years - I think this is a reflection of the effect of pressures of living and greater expectations on having to live a successful life. But we - services generally - are also better at understanding what is helpful, hence the focus on improving access to psychological therapies and other approaches that support an individuals recovery.

"As a healthcare charity, we are working with the NHS to provide specialist mental health services and currently 90% of our patients are funded by the NHS."

The Retreat is leading the way in providing high quality mental health services, according to its latest inspection report by the Healthcare Commission.

Staff and services at The Retreat were praised by the Healthcare Commission, following its inspection earlier this year which concluded that significant improvements had been made.

"There has been a significant increase in compliance with the national minimum standards at The Retreat since the last inspection, alongside ongoing improvements

in the environment of care and the processes and systems that support patient care including risk assessment and management,” said the report.

The Retreat’s chief executive Jenny McAleese said: “The inspections help us identify areas where we need to improve and these results show that we are improving year on year. We remain one of the leading mental health providers in the UK and this is down to the hard work and dedication of staff.”

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Further information:

Yvonne Reay: 07793943342

Louise Clarke: 01904 420910