

Services for adults with complex mental health needs

The Kemp Unit

Lead Clinician: Mel Temple, Consultant Psychiatrist
Team Manager: Tabetha Darmon



The Kemp Unit is a specialist relational and psychologically based treatment unit for female patients aged 18 to 70 years of age, with complex trauma and dissociative disorder presentations.

Services offered

- Specialist diagnostic assessment, formulation and complex care planning
- Individualised bespoke inpatient intervention & risk management approaches
- Liaison throughout the patient's stay with specialist community care in the patient's local services
- Treatment can also include supportive work around stability of co-morbid conditions which commonly de-stabilize during trauma interventions

The Team

The Multidisciplinary team is composed of:

- Consultant Psychiatrist
- Psychologists
- Specialist Trauma therapists
- Team Manager
- Nursing Team and Support Workers
- Occupational Therapist
- Social Workers
- Dietician
- Physiotherapist / Art Therapists

Our Approach

The underpinning framework of the unit is interpersonal and relational within an enabling environment. Care on the unit is delivered in a clinically phased treatment approach, tailored to the patient's requirements, which is considered as part of their wider long term recovery, most of which will take place within their own community setting:

- Phase 1: Assessment, Formulation, Engagement, Care Planning and 'Being Safe'
- Phase 2: Developing Personal Understanding, Skills and Resilience
- Phase 3: Discharge, Onward Care Planning and Transferring Skills

Mental healthcare : for people, not for profit

Patient Profile

- Females aged 18 to 70 years with complex mental health care needs, who meet the diagnostic criteria for either Complex Post Traumatic Stress Disorder or Dissociative Disorders
- Has a Care Coordinator from the Community Mental Health Team
- Detained or informal status

Exclusions

- Antisocial Personality Disorder
- Current history of violence or aggression to others
- BMI below 15 or unstable BMI / physical status
- Patients with comorbid mild LD/Autism might be excluded but we will consider this on a case by case basis
- Patients with historical forensic sections might be excluded, but we will consider this on a case by case basis

Interventions which may be provided:

The staff team use a relational approach and a group programme. In addition, the following therapeutic approaches are used to address specific common areas of difficulty:

- International guidance and best practice approaches for managing and working with dissociation
- Dialectical Behavioural Therapy (DBT) Skills Training
- Emotion experience, regulation and management skills
- Eye Movement Desensitization and Reprocessing (EMDR) for Ego Strengthening Resources and Coaching
- Understanding and Coping with Dissociation
- CFT Based Compassionate Mind Training
- Art Therapy
- Specialist Trauma & DID Therapy where appropriate

These are delivered in ways most appropriate to the patient

Outcomes

- Improved quality of life & functioning
- Reduction in harmful behaviours
- Improved self compassion
- Reduced trauma & dissociative experiences
- Improved ability to manage emotions
- Improved relationships & interpersonal functioning

To make a referral please contact:

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