

**Essex Partnership University**

**NHS Foundation Trust**

EPUT provides community health, mental health and learning disability services to support more than 3.2 million people living across Bedfordshire, Essex and Suffolk.

This includes two inpatient units providing assessment, treatment and care for young people aged 13 to 18 who are experiencing a range of mental health difficulties. These include depression, self-harm, psychosis, severe trauma reactions, and emotion dysregulation, with accompanying risks that can no longer be safely managed in the community.

The two units are based in the north and south of the county and consist of three wards.

**Poplar** is a 13 bed generic adolescent unit (GAU) based at Rochford Community Hospital.

**Longview** is a 15 bed generic adolescent unit (GAU) based at the St Aubyn Centre in Colchester

**Larkwood** is a 10 bed Psychiatric Intensive Care Unit (PICU) also based at the St Aubyn Centre in Colchester. It is the only PICU in the East of England.

Young people are admitted on a voluntary basis or under the Mental Health Act.

Each ward has en-suite bedrooms, in gender-separate wings, including some bedrooms for disabled young people. There are outside areas at both sites and an open courtyard within the hospital at the St Aubyn Centre. The hospitals’ gymnasiums, craft rooms, mature gardens and local community facilities can also be accessed under supervision, where appropriate.

The NHS teams of highly qualified mental health professionals provide top quality assessments, treatments, educational resources and short-term rehabilitation for young people. We provide an integrated service, with an in-depth, holistic assessment of the psychological, social and physical needs of each referred young person. An assessment is undertaken for all our young people, before a decision is taken about further in-patient treatment or discharge to appropriate care providers.

Based on our expert assessments and in partnership with the young person and their family / carers, we provide each young person with an individual package of treatment and support, tailored to their assessed needs and reviewed regularly.

The units strive to be centres of excellence for innovative clinical practice and on-going professional development. We provide a comprehensive range of therapeutic approaches, including systemic therapy, cognitive behavioural therapy, dialectical behavioural therapy – group and individual, psycho education, psycho-social interventions, art and drama therapy and structured recreation time.

We place a strong emphasis on the multi-disciplinary team approach and young people’s care plans and reviews are agreed daily with the input of all team members.

We have ward-based consultant psychiatrists. Each young person will have a fully qualified named nurse. All our nurses have specialist Child and Adolescent Mental Health Service training.

Our team also includes clinical psychologists, clinical nurse specialists, healthcare support workers, qualified teachers, psychotherapists, family, art, occupational and sports activity therapists and social workers.

Each site has a school staffed by highly experienced staff including qualified teachers and skilled teaching assistants. All young people who are patients in the units are expected to attend education, which is considered an integral part of their treatment programme.