



## The Ansel Group

Therapeutic activity is encompassed in all of our activity and in every interaction at the clinic. This creates a very powerful environment for change but requires a well trained and supported team and significant commitment and dedication – on behalf of both staff and patients – to deliver it. It also requires structure and consistency. This is a key component of our work – patient specific consistency of approach and intervention across the service.

We are good at what we do and our patients are able to make significant progress in relatively short periods of time. 30% of our patients have been discharged from the Clinic within 12 months of arrival. All patients at the Clinic are placed on a discharge pathway from the date of admission and our average length of stay at the Clinic is 15 months. This saves money, incentivises each of our patients and clearly demonstrates our commitment to sustainable outcomes and to making a difference.

### The Ansel Group - our commitment to making a difference

Our aspiration is to be respected for being the best, not the biggest. We are focused and dedicated. We will continue to make a real difference in people's lives.

### Our Clinic

The Ansel Group Nottingham Clinic is a 24 bed specialist Tier 4 residential mental health service designed and built to the latest draft guidance for our patient population.

### Typical patient characteristics

Frequent and demanding users of services substance mis-use and dependency • regular placement breakdowns sustained relational and social functioning problems • challenge existing service provision stalled progress.

### Admission criteria

Adult men • complex mental health needs, challenging behaviours and a primary or secondary diagnosis of personality disorder • Subject to a section of the Mental Health Act • Forensic or non forensic histories • Capacity to engage • Referrals accepted from Tiers 1-6 including prisoners on hospital transfers.

### Contacting The Ansel Group

Should you wish to discuss a potential patient referral, book a tour of the clinic or enquire on any of the above, please contact the clinic:

The Ansel Group Nottingham Clinic • Clifton Lane • Clifton • Nottingham • NG11 8NB

t: 0845 200 0465 • f: 0845 200 2385

e: [nottingham@anselgroup.co.uk](mailto:nottingham@anselgroup.co.uk) • w: [www.anselgroup.co.uk](http://www.anselgroup.co.uk)

Clinically led with a clear service vision The Ansel Group develop and deliver services only for people with complex mental health needs, challenging behaviours and personality disorders. This is our specialism, focus and motivation. It is a unique approach and a powerful catalyst for change.

The Ansel Group Nottingham Clinic is a 24 bed specialist Tier 4 residential mental health service for men, operating 24 hours a day, 365 days of the year. Our services are offered in time limited episodes of care at an inclusive price and with agreed outcomes and break points.

## What is a Social Therapy framework?

In the UK social therapy has largely been associated with Therapeutic Communities (TC) and the idea that the community, rather than the staff team, provide the therapeutic direction. This is not the approach taken by The Ansel Group, we are not a TC.

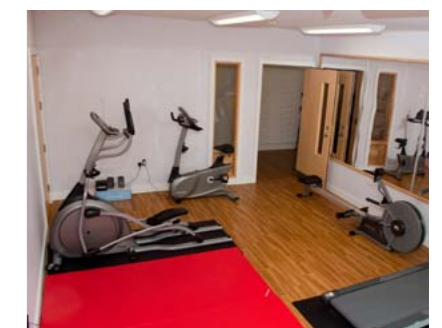
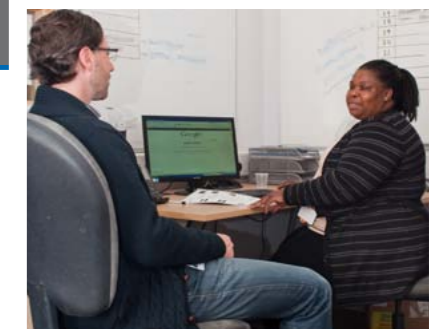
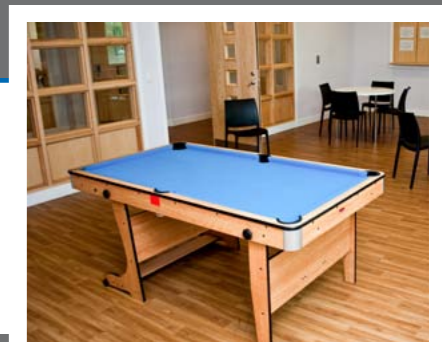
We have taken our lead from the Dutch TBS (Terbeschikkingstelling) system. Here social therapy forms the framework around which the service is configured and delivered. This social therapy framework provides a clear structure and service culture from which a broad range of clinically directed therapeutic activity is taken forward. Crucially it enables this to be led and implemented consistently and safely by a resilient, informed and supported staff team.

Additionally the service's physical environment, not just the clinical area but the whole building, is seen as a working component of the social therapy framework. The building promotes engagement, treatment and effective working practice by breaking down traditional functional and administrative boundaries. Shared office areas, communal facilities and clinical areas are designed to facilitate social interactions between staff and staff, patients and patients and patients and staff in a non-hierarchical way, while ensuring robust clinical operational boundaries are maintained and protected.

At The Ansel Group this approach – this social therapy framework - enables us to safely, consistently and appropriately focus on addressing each patient's persistent, underlying disorders and behaviours in addition to their overlying mental health and general well being needs. We are able to do this in an environment that has been designed and built to facilitate this way of working. The social therapy framework in tandem with the broad experience and skill set of our staff team creates the opportunity for us to make a difference where others can't.

Thus we consider that the primary change agent for patients at our Clinic is the formal and informal interpersonal and social interaction between appropriately trained, enabled and supported staff and patients in a physical environment configured to enhance this way of working. We take the view that the central issues for people with complex mental health needs, challenging behaviours and personality disorders are the nature and effectiveness of their relationships and interactions with other people. We believe these traits and behaviours are significantly influenced by chaotic, abusive and neglectful experiences during personality development and that they can be further compounded by issues of co-morbidity and dual diagnosis.

The Ansel Group's social therapy framework enables a range of working practices, centred on a team based approach, which most other forms of patient management and treatment interventions do not. All staff must maintain a consistent approach to managing each patient according to their current formulation and CPA and changes in how we respond or work with an individual will only be agreed at one of the team's regular clinical meetings, collectively and through considered consultation. Regular, robust and managed communication is therefore a critical component of our approach.





## The Ansel Group



Different models of psychological therapy and treatment can and are readily incorporated into the social therapy framework including substance misuse programmes, offence focused programmes, DBT, CBT, SOTP, VOTP, motivational interviewing etc, depending on the assessed needs of each patient. These models will be delivered as a set of formal individual and group activities integrated within a wider educational, activity and therapeutic milieu. However to achieve this we need to be able to develop an individualised and iterative formulation for each patient.

### What is a Formulation?

A formulation is a hypothesis or theory about why the person is behaving in the way they do. It should be based on what we know about the patient, so it is dynamic and changes over time, as we get to know the patient better and indeed as the patient gets to know us. The idea of developing a formulation helps us as a team to reach a consensus on how we move forward in helping, treating and supporting a patient consistently. It also helps us to think about our individual role within the team in delivering the formulation. Once a consensus team formulation is reached, all the team will work to that formulation. Responses to interventions based on the formulation will be reviewed regularly and adjusted as we become more informed of the patient's needs.

### How do we get started?

To start with many of the staff will have little or no knowledge of our social therapy framework, other than what we offer at induction. This is why we provide an extended induction programme and ongoing training and staff support. The extended induction delivers a basic foundation of knowledge, understanding and skills. These new skills require time for consolidation and learning through practice. Further skills, knowledge and confidence in practice are delivered through a development programme, which places a great deal of emphasis on peer review, supervision and reflective practice. Initially most of the focus is on developing good interpersonal skills, not just with the patients, but with each other. To supplement this, our own induction and in-house training is further enhanced by our commitment that all our staff will engage with the Knowledge and Understanding Framework through the Personality Disorder Institute (Pdi) of Nottingham University.

As we develop more specialist skills we expand and consolidate our understanding and application of case formulation. This is why we place a strong emphasis on recruiting team members who are willing to enhance their professional expertise with a deeper understanding of the needs of people with complex mental health needs, challenging behaviours and personality disorders. It is also why we are working with members of the Mental Health Institute to deliver independent research and evaluation of our service outcomes and approach. This work is further supported through our use of the RiO patient records management system and the creation of and recruitment to a permanent research post within our staff establishment.

### Summary

The Ansel Group's social therapy framework enables the promotion of consistent, managed interactions between staff and patients based on and informed by an agreed formulation of each patient's needs. These interactions use both the social and physical environment to support the patient's development towards an effective and sustainable reduction in risk and a greater level of independence.

The social therapy framework approach is effective in terms of outcomes for our patient populations, enables us to deliver consistency throughout the service pathway and supports an engaged, informed, resilient, motivated and appropriately trained staff team.

### About The Ansel Group

Our distinctive approach engages each of our patients, supports the development of meaningful therapeutic relationships and provides consistency of intervention and communication across the service pathway. This delivers sustainable, evidenced based outcomes for each patient and keeps us directly engaged with each patient's local care team. We are able to make a difference where others can't.

Our experienced and professional clinical team supports delivery of a very structured, informed and planned environment for each of our patients. Our skill is in addressing each patient's persistent, underlying disorders and behaviours in addition to their overlying mental health and general well being needs.

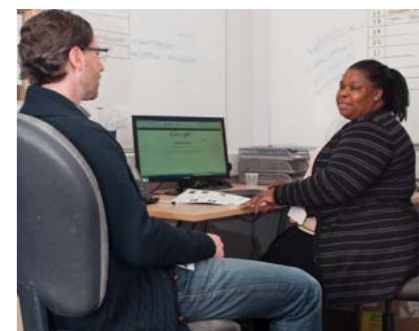
Each patient has a full day, everyday with individually developed activity running from 7am until early evening across the full week. The Clinic is a place of focused activity and engagement for our patients. It's intensive, it's hard work and consequently it creates the capacity for significant, sustained and supported change rapidly and cost effectively.

Along with team members from across the service our leading consultant forensic psychiatrist, psychologist and their Clinical MDT colleagues work with the patients on a daily basis and have a high and visible presence both on the ward and in our off ward shared space work areas. They are at the core of the Clinic's work and set the pace, direction and content of change through proactive management of individual case formulations for each patient.

### Dynamic, coordinated, personalised

This dynamic and coordinated approach encourages each patient to develop a stop and think skill set, to pre-emptively consider their actions and likely consequences and through this to develop pro-social behaviours and sustainable therapeutic outcomes that support them back into community living. We achieve this through milieu and formal therapeutic interventions, working with patients individually and in groups and via proactive and informed risk management.

We are not a single therapy service but have the capacity and skills to offer a broad range of clinical/therapeutic interventions with each patient based on their individual formulation and its adaptation as their needs change and they progress through the service. Our operational framework enables us to do this consistently and dynamically across the organisation and the care pathway.



A supportive environment enabling swift and sustained change