

Cateswell Court Hall Green, Birmingham



Our Support

At Cateswell Court we support eight people with Mental Health needs. We work with people with varied abilities to reach their full potential. We enable people to develop their skills, strengths and resilience. We help them to develop their own set of resources to self-manage and stay well. We provide people with the right support to assist them in developing coping techniques which can make a noticeable difference in their everyday lives. We understand that everyone is an individual and their needs may vary, but whatever the persons situation or however complex their needs are we will encourage, support and motivate them to achieve their optimum level of independence.

We work alongside people to help them build their future and increase personal empowerment. Our collaborative approach ensures that every person feels listened to and believed in, we have mutual respect between staff and people being supported and value each person's individual recovery journey practicing active inclusion in all that we do. We support people to access training, volunteering, education and where possible employment opportunities. Everyone is encouraged to engage in their local community and learn and practise new skills and supported to rediscover skills which may have previously been lost.

Positive Outcomes

Since opening in May 2013 Cateswell Court has successfully worked with individuals who have long-term rehabilitation needs and we have a proven record of supporting people to move on to more independent models of support. We actively promote wellbeing and encourage everyone to be as independent as they possible can be. We empower individuals to develop their own coping techniques to manage their emotions and behaviour, within a safe, homely and supportive environment. To date we have successfully supported eight people with complex needs to move back out into the community.

We want to see things through each person's eyes, so we truly understand their goals and aspirations. We support people to take risks and find innovative ways to enable them to achieve their dreams in a safe way.

Meeting Complex Needs

We can support people who:

- Are stepping down from a forensic/secure or prison environment
- Are stepping down from a long stay hospital admission
- May be under section 7, 17, 25a, 37, 37/41, 117 of the Mental Health Act
- Are subject to a CTO (Community Treatment Order) or DoLS (Deprivation of Liberty Safeguards)
- Have a personality disorder
- Are subject to MAPPA (Multi-Agency Public Protection Arrangement)

We can provide support with:

- Social and recreational needs
- Vocational retraining
- Personal budget and finance management
- Travel training
- Skills development and re-enablement
- Building links with friends, family and the community
- Personal and health care needs
- Respite and outreach support
- Household tasks

Success with the Recovery Star Model

We use the Recovery Star Model, an outcomes-based measurement tool recognised by the Department of Health. By using the Recovery Star, we are able to support a person's recovery by measuring progress in areas including managing their Mental Health, enhancing living skills, building and maintaining social networks and building self-esteem to maximise independence.

The Recovery Star:

- Values perspectives and enables empowerment and choice
- Supports recovery and social inclusion
- Is holistic, covering all the major dimensions linked to recovery

The Recovery Star looks at 10 areas of an individual's life, with each area assessed to see where an individual is on the 'ladder' of each section:

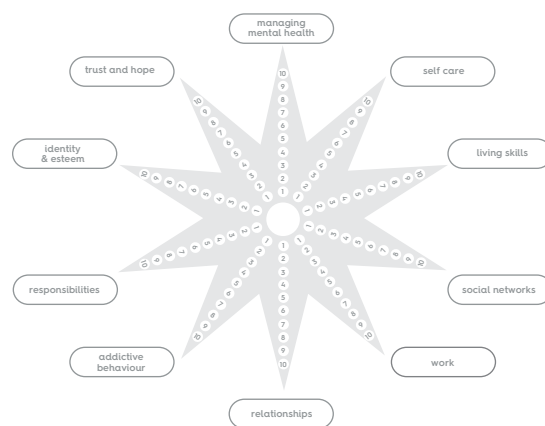
- Managing Mental Health
- Physical health and self-care
- Addictive behaviour
- Living skills
- Responsibilities
- Social networks
- Identify and self-esteem
- Work
- Trust and hope
- Relationships

Individuals are able to see clear evidence of their progress and their involvement in the Recovery Star process, which improves motivation, enhances their skills and builds confidence.

Case Study

Dave* came to Cateswell Court from a hospital setting, with a diagnosis of Paranoid Schizophrenia. When he first arrived, he was difficult to engage with and would tend to isolate himself. However, after a short while he grew in confidence and began to blossom. Dave attended a local centre and undertook a variety of courses. He spent time in the community, taking part in activities he enjoyed. Dave joined a local gym and starting spending time with his family. Previously his relationship with his family was quite strained. As the months passed by Dave became more and more outgoing. He developed life skills and had become more positive about the future and life could potentially hold for him. In time Dave made such progress he was ready to move out into the community. He was supported by the staff to find himself a flat and is now living independently.

* Name has been changed for confidentiality



Progression Pathway

Accommodation offered at Cateswell Court is a combination of studio apartments and en-suite bedrooms. Our studio apartments offer a clear progression pathway, within a residential support setting. The pathway offers an opportunity for self development and maximum personal growth, regardless of complex health and social care needs. The transitional apartments provide a private space for staff to enable skill development or coaching sessions. People can trial independence in a setting which has 24 hour staffing available, to assist with development of their life skills.

We feel that the creation of our semi independent transition studio apartments, enables people who want to live more independently, take those first steps to greater independence within a safe, risk managed environment.

Our Approach

- We follow the Recovery Star Model of support
- We have our own clinical team of qualified Nurses and Behavioural Advisors
- We use the HCR-20 forensic risk assessment tool
- We focus on Mental Health relapse prevention
- We provide solution-based counselling

"We believe in enabling people to live fulfilled lives, their way"