

# Highbridge Court Burnham on Sea, Somerset



## Our Support

At Highbridge Court we support nine 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 person's 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. 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.

## Our Approach

We recognise that everyone is different, so we adapt our support to suit each person's needs. We offer the right environment to enable mental and physical well-being. We support people to maintain their identity whilst we work with them to regain their self-confidence and start to manage their own mental health and relapse. With the right support we feel this environment will help individuals to gain greater independence and more control over their own lives.

We actively promote wellbeing and encourage everyone to be as independent as they possibly can be. We empower individuals to develop their own coping techniques to manage their emotions and behaviour, within a safe, homely and supportive environment.

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.

## Positive Outcomes

We have successfully worked with individuals who have complex, long-term rehabilitation needs and a proven record of enabling people to move on to more independent models of support. Since 2017 we have successfully supported five people with complex needs to move back out into the community.

Our aim is to improve everyone's social awareness skills which are further developed through accessing the community. Our approach offers people access to college, travel training and leisure activities. We have two people we support in voluntary work, one is working within a conservation group once a week and also works at the local food bank on a weekend. The other person we support helps out at the local church.

## 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 MAPP (Multi-Agency Public Protection Arrangement)

## 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.

## Additional Support

- 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 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
- Access to independent advocacy
- Household tasks

## Accommodation

Highbridge Court offers nine studio apartments with individual kitchen, dining area, bedroom and en-suite bathroom. Studio apartments on the ground floor all have been adapted for wheelchair use and are fitted with underfloor heating. In addition to individual's own apartment they have access to a communal kitchen, lounge and laundry room. There is a garden with small patio area at the rear of the house.

## Progressive Pathway

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.

## Case Study

Claire\* moved into Highbridge Court from a low secure unit. In the beginning Claire would isolate herself and would not engage with staff. Gradually staff began to empower Claire to set small realistic goals, with a view to develop her confidence in certain areas, which she hadn't felt comfortable about for many years. This had a positive impact on her self-esteem which enabled her to access the community regularly. With positive work and reinforcement Claire progressed and started to see what she potentially could achieve. In time she took part in activities and would open up about her feelings. Instead of isolating herself, Claire would talk to staff about her Mental Health.

Claire has now moved on to supported living where she is in her own flat with her dog, who she loves walking every day. She is managing her own living arrangements and day to day care. She comes back from time to time to Highbridge Court to visit and stay for tea. The change in her has been remarkable.

\* Name has been changed for confidentiality