

# Young Males (18-25) Acute Mental Health Service



Lakeside are proud to introduce our second young male specialist Mental Health service. This Acute Mental Health service is a 6-bedded inpatient unit for males aged 18 - 25, who may be experiencing difficulties associated with a range of mental health diagnoses.

The service has a strong focus on early intervention and treatment, with the aim of maximising an individual's chance of a full recovery and preventing problems in the long term. We provide rapid, psycho-social and clinical interventions to stabilise individuals quickly, ensuring their stay in hospital is for the shortest time possible. This approach aids recovery and enables an individual to step down into the least restrictive setting on their recovery pathway. A discharge plan will be developed upon admission and when a patient is nearing readiness for discharge, we will support them to return to their own home, or work alongside them and social care teams to identify a suitable community placement.

Lakeside benefits from a comprehensive Multi Disciplinary Team (MDT) comprising of Clinical Psychology, Psychiatry, Speech and Language Therapy, Occupational Therapy, Nursing and a dedicated team of Recovery Workers.

## Admission Criteria

We offer an inpatient service to males aged 18-25 experiencing a range of mental health conditions including: Psychosis, Acute Depressive illness, Self-harm, Dual diagnosis, Acute mental illness, Bi-polar disorder, Personality Disorder, and Drug and Alcohol misuse.

A patient referred to Lakeside Young Males Acute Mental Health Service may be detained under an appropriate section of the Mental Health Act. We can also consider referrals for informal patients, subject to capacity to consent to admission and treatment.

We can support young adults transitioning into adult care, including CAHMS leavers, provided the individual is aged 18 years and older. We will also consider referrals for young adults who have not been previously known to services. We are unable to take self-referrals and anyone wishing to be admitted to the service should talk to their Care Manager in the first instance.

**"We set the  
standard to bring  
out the amazing  
in people"**

## What we offer

Therapeutic interventions will be delivered based on individual assessed need. Each patient admitted to our service will start the assessment process with the clinical MDT shortly after admission. Following admission the standard psychology assessment is completed, a comprehensive formulation of risk and treatment needs is developed and a treatment individualised to the person's needs established. Therapy options available include; individual sessions, on ward groups and groups run from our award winning Star Centre. Ward groups are accessible to people from the point of admission. Star Centre Psychology groups and individual sessions are accessed via referral following the admission assessment based on formulation of need.

We actively encourage people to be involved in their care and treatment; we talk to each person to ascertain their personal goals and their desired outcomes from their care. People are actively engaged to contribute to their assessment and treatment through the duration of their stay at Lakeside, including the development of individual care plans. Lakeside offers a new Recovery College model of support and has excellent links to local education providers.

We offer a comprehensive range of therapeutic interventions based on a three-tier model of, stabilisation and containment (focusing on reduction of risk behaviours and building emotion regulation skills), exploration and change (this includes offence focused, trauma related and relational/attachment focused therapy) and relapse prevention. Within this we offer a range of therapy models including; Psycho-Education, Cognitive Behavioural Therapy, Cognitive Analytic Therapy, Narrative therapy, Good Lives Model and Acceptance and Commitment Therapy. We also offer evidence based forensic programmes including: The Fire-Setters Intervention Programme, Sex Offender Therapy and Substance Misuse Programmes.



**“We believe in enabling people to live fulfilled lives, their way”**