

Park Avenue Skewen, Neath



Our Support

Park Avenue is a place where people with Mental Health needs are believed in and encouraged through positive support, acceptance and a genuine desire to see everyone flourish. We have developed our support as a direct response to the needs being presented, and we have become broad in our delivery because we have the one, very special thing that is needed to see a sustained engagement - trust. 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 on their unique journey towards independence.

Our Approach

At Park Avenue we believe that people are unique, with individual experiences and challenges. We therefore have an approach to supporting people which is bespoke to each person. We understand that there should be no barriers between a person and their potential. We seek to help people become 'the best version of themselves'. We do this through a person-centred approach that equips and enables individuals to develop their own set of resources to self-manage and stay well.

We focus on:

- Recovery and resilience
- Positive risk-taking
- Relapse prevention
- Enhancing quality of life
- Offering a step-down programme as an alternative to hospital stays
- Using creative and flexible approaches to engagement
- Fostering confidence and self-esteem

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.

Positive Outcomes

We understand that recovery is a journey and through our outcome focussed approaches, we support people to achieve their goals and aspirations. Our approach offers people access to college, travel training and leisure activities. We work alongside individuals to help them build their future and increase personal empowerment. We support everyone to have access training, volunteering, education and where possible employment opportunities. We are committed to enabling people to move on and step down to more independent models of support.

**"We support people
to tackle their Mental
Health needs with hope
and optimism."**



Meeting Complex Needs

We can support people who:

- Are stepping down from a forensic/secure or prison
- Social and recreational needs environment
- Are stepping down from a long stay hospital admission
- Are 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)
- Have Learning Disabilities

We can provide support with:

- Vocational retraining
- Personal budget and finance management
- Travel training
- Building links with friends, family and the community
- Personal and health care needs
- Respite and Outreach support
- Access to independent advocacy
- Household tasks

Mental Health Relapse Prevention Plan

Each individual will have a Mental Health relapse prevention plan, which details early warning signs of relapse, following the traffic light system. Green showing everyday behaviours, Amber showing some sign of relapse and Red showing some concern of relapse. The plans have early warning signs and triggers, which are set with the individual and their Mental Health team. Using this process, staff get to know warning signs and early intervention can be implemented at the earliest opportunity.

Accommodation

Park Avenue has four en-suite bedrooms within the main house, with spacious communal areas, made up of a lounge, dining room, kitchen and communal bathroom. To the rear of the property there is a garden with a summer house, which has been converted into a fitness room. Separate to the main building is a new self-contained one bedroom apartment, with it's own access, kitchen, lounge area and bedroom with en-suite facilities.



Progression Pathway - Our Studio Apartment

Our studio apartment offers 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 apartment provides 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 apartment, enables people who want to live more independently, take those first steps to greater independence within a safe, risk managed environment.

"At the heart of everything we do are the people we support."

Positive Story – a personal journey towards independence

"Before coming to Park Avenue, I had spent a long time in hospital. At first it was scary; I didn't know the people here, what was expected of me and I was anxious. But over time with staff support things became easier and my confidence grew. I have a great key worker who enjoys the things I enjoy, and he's a great laugh. The staff have been brilliant with me too, pushing me to do things for myself because they know I can do these things. I have moved from a room in the main house into my own flat, which I love. I still get anxious about life, but I'm making the right decisions better than I was before". EJ