

# Pathway House Wyboston



## Our Support

Pathway House is a specialist residential service which offers a homely, relaxed atmosphere that enables people to explore boundaries in a safe and structured setting. People can realise their potential and gain maximum control over their future.

We support people with Mental Health needs who may also have a dual diagnosis of Autism or a mild Learning Disability. People we support are supported to understand their diagnosis and develop coping strategies to manage their anxieties, which reduce the frequency and severity of challenging behaviours.

Pathway House benefits from access to clinical services on a referral basis that includes Speech and Language Therapy, and Occupational Therapy, 1:1 Therapy and Psychological Assessment. People supported at Pathway House also have access to psychiatry and home therapeutic groups on mindfulness.

This additional resource offers an extra layer of support, meaning a person can often be stabilised in their own home and prevent unnecessary hospital admission. This service also supports placements for people stepping down from inpatient services, requiring more robust residential provision.

## Our Approach

Specialist training enables our staff team to gain a clear understanding of everyone we support. This includes the ability to support people to improve their living and social awareness skills which are further developed through accessing the community. Our approach offers people access to college, travel training and leisure activities.

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.

We work with people to help them build their futures and achieve their aspirations through supporting them to access training, volunteering and employment opportunities. Everyone is encouraged to engage in their local community and to learn and practice new skills in a supported environment.

## Accommodation

Pathway House is a 12 bedroomed service that has been split into two sections with 6 bedrooms. There is lots of communal space to encourage socialising and interaction, 2 open access kitchens and a laundry room that allows people we support to gain confidence and build on their life skills. The service also has a conservatory and spacious gardens.

## Location

Pathway House is situated in a rural location in the small village of Wyboston in Bedfordshire. The nearest town is St Neots which is a 10 minute drive away. St Neots has plenty of leisure and recreational amenities for the people we support to access.

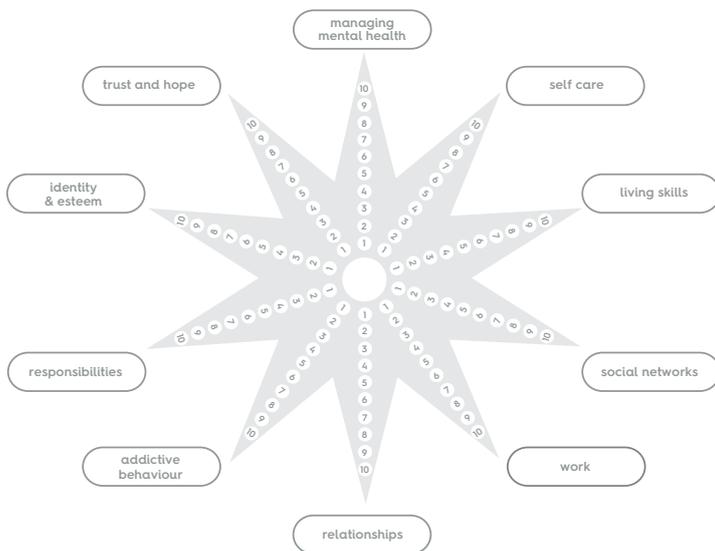
**"Pathway made efforts to recognise what my dreams were, what I could achieve and helped me achieve these".**

## 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 a person's life, with each area assessed to see where that person is on the 'ladder' of each section. People 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.

## Meeting Complex Needs

### We can support people who:

- Are stepping down from a forensic/secure, hospital or prison environment
- Have a personality disorder
- Are subject to a CTO (Community Treatment Order), DoLS (Deprivation of Liberty Safeguards) and section 117 aftercare
- Are subject to MAPPA (Multi-Agency Public Protection Arrangement)
- Have Mental Health needs, Autism or a mild Learning Disability

### We can provide support with:

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



## Case Study

Katie\* has Mental Health needs and Asperger's Syndrome. Katie moved into Pathway House and her aim was to go to University. The staff team supported her with this goal by enabling her to go back to college. She was also supported to gain confidence in speaking with others, using public transport, answering emails and managing her own medication.

Katie has now started University and with support she has been able to move into university student halls.

\* Name has been changed for confidentiality.