

Taith Cartref - Nurse Led Support Clydach, Swansea



Our Support

Taith Cartref is a 24-hour Nurse Led Assessment and Therapeutic Nursing support service for adults with complex Mental Health needs. We are committed to providing professional support, based on respect and a clear understanding of Mental Health and the way it can impact on a person's life. We recognise that everyone is different, so we adapt our support to suit each person's needs. Taith Cartref offers the right environment to enable mental and physical well-being. We support people to maintain their identity whilst we work to assist 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.

Our Approach

Individuals with Mental Health needs, sometimes find the emotional demands this creates, can make day-to-day life difficult. Experience has taught us that if we provide support based on sound knowledge of their Mental Health needs, alongside a positive attitude committed to recovery, then this will increase their feeling of safety and self-confidence and provide hope for their future.

Taith Cartref Recovery Pathway

We understand that recovery is a journey and through our outcome focussed approaches, we support people to achieve their goals and aspirations. We follow the Recovery Model whilst using tools such as the Recovery Star. Taith Cartref supports the individual's journey through the recovery pathway which comprises of a step-up flat, a residential service and independent living accommodation within our studio apartments.



Step Up Flats

The step-up flats are designed to support individuals with complex Mental Health needs, who need intensive staff support when in crisis. The flats provide an excellent environment to facilitate assessment following admission or during behaviour escalation or Mental Health deterioration.

**"We enable people
to be in control
of their own lives
and to live more
independently."**

Main House

Within the main house are nine en-suite bedrooms. There is a large shared kitchen, dining room, lounge and mindfulness area. In the garden there is a patio with a summer house to relax in. We encourage and motivate each person to feel good about themselves. Staff support people to gain confidence and do the things that are important to them. Each person discusses their likes, interests, goals and aspirations with their Key Worker. These could include starting a college course, having a job, wanting to cook or just having the confidence to go to the shops.

Studio Apartments - Progression 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 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. The creation of our semi-independent transition studio apartments, enables people who want to live more independently and take those first steps to greater independence within a safe, risk managed environment.

We provide:

- **A continuum of care:** A nurse led assessment and therapeutic service for hospital or secure unit discharge
- **Talking therapies:** Cognitive Behavioural therapy (ABC approach) and the stop and think tool. Nurse staff can deliver specific tools when and if required such as the Becks Hopelessness tool and formalise plans to manage the risk.
- **Relapse intervention:** Assisting individuals to identify their own early warning signs of relapse. Forming a relapse prevention plan in which a clear guide of triggers and associated symptoms are linked with guidance to effectively manage.
- **Flexible Support:** Long term placement for those with complex needs or a planned and supported step down to a community placement.
- **Travel Training:** Enabling people to gain confidence in using public transport independently.
- **Therapeutic nurse-led intervention:** Support for established clinical programs in liaison with multi-disciplinary teams/clinicians, e.g. anxiety management, CBT and psychological work to address medication non-compliance.
- **Psychoeducation:** Enabling individuals to understand their illness, their symptoms and medication. Understanding the need for risk management and positive risk taking. Being able to discuss their past and present experiences in a non-judgemental and supportive environment.



Meeting Complex Needs

We can support people who:

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

Positive Story

Just under two years ago, Jan* came to live at Taith Cartref. She was painfully shy, suffered with extreme anxiety and could not look you in the eye. Jan had a very complex past and still did not understand why she felt the way she did and why she had to take so many tablets every day.

Through 1:1 support from her named nurse and her key-worker, Jan began to trust again. In recovery support sessions, staff were able to educate Jan on her illness and why she needed to take her tablets every day. As part of enabling her to take ownership of her illness, Jan's team began the self-medication process - where Jan could dispense her own medication with support - and she is now ordering her own repeat prescriptions and storing them within her own medication safe.

Jan expressed how she loved to bake when she was

* Name has been changed for confidentiality

younger, so with support and encouragement, Jan started to make cakes again. She also won an award in the accomplish 'Bake off' competition for the best tasting cake in the whole of South Wales!

Her family live in Carmarthen and whilst she loves to visit them, she relied on staff to take her. Her key-worker began taking Jan on public transport to show her the bus/train routes there and back. This was a long process as her anxiety would sometimes overcome her, but she never gave up and Jan now goes home unsupported from Clydach to Carmarthen every week.

Jan has made excellent progress and will be stepping down and moving on to supported living. We are all extremely proud of how far Jan has come from this timid and shy girl to the wonderfully confident lady she has become.