

**Beds now available
24/7 Referrals
0800 254 5006**

Psychiatric Intensive Care Unit (PICU) for Women Baldock Manor Hospital, Herts



Our newly opened PICU is an 8-bed unit for women aged 18-65. The service is designed to low secure standards and there is an experienced multidisciplinary team to provide intensive care during a period of acute mental disorder.

Admission Criteria

The PICU is suitable for women

- in an acute psychiatric crisis who need intensive support and safety (risk to themselves, others)
- who are detained under the Mental Health Act 1983 (amended 2007) and are in an acutely disturbed phase of mental disorder
- who need a rapid assessment, admission crisis care

We can also provide support to female patients waiting for low secure placements for whom no suitable bed can be sourced in the short term.

Referrals and Admissions

We accept referrals 24 hours a day, 7 days a week.

Assessments are usually done within 2 hours of receiving referral information and admissions can be as fast as within 4 hours, subject to suitability and funding approval.

Our Model of Care

Through our multidisciplinary team (MDT), we provide short term, intensive treatment to minimise risk and help patients to recover quickly. During an initial assessment period, usually 72 hours, we work to stabilise patients and develop a tailored programme of clinical support, working closely with our psychiatrists and psychologists to meet the specific and often complex needs of each patient.

We believe in a holistic approach to health and encourage patients to engage in physical health and wellbeing, working with our trainers, activity coordinators to develop/refresh key life skills and help patients create more structured lives.



Key Outcomes

Our focus is on recovery and rapid return to community

Patients' recovery within the Radley PICU service is supported by a wide range of therapies and treatments which are tailored to meet individual needs. These therapies and treatments are delivered by our PICU team in individual and group sessions to meet the patient's needs at different stages of their recovery process.

Our treatment programme is aimed at:

- helping patients to deal with feelings through developing psychological skills and practice of Mindfulness
- improving social and interpersonal skills
- increasing mental health awareness including understanding stress, understanding medication, understanding substance misuse and unusual experiences (psychosis)
- improving self-image and self-esteem

The Radley PICU treatment programme incorporates elements and principles of the following NICE recommended and evidence based therapeutic approaches:

- Psychodynamic Therapy
- DBT (Dialectic Behaviour Therapy)
- CBT (Cognitive Behavioural Therapy)
- CAT (Cognitive Analytic Therapy)
- Mindfulness

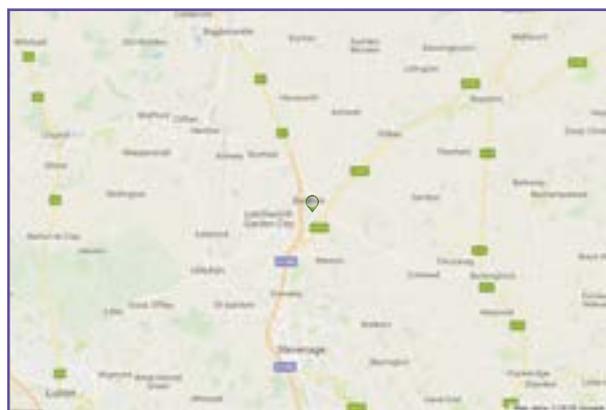
In addition, we offer a wide range of individual and group activities which include, but are not limited to, the following:

- Music therapy
- Sleep hygiene
- Personal hygiene
- Assessment of and assistance with ADL skills
- Arts and crafts
- Relaxation
- Physical exercise and activities with qualified Personal Trainers on and off site

Our Environment

Baldock Manor is in a quiet semi-rural setting with spacious communal lounge and recreation areas and newly created ensuite bedrooms for each patient.

Good transport links allow easy access to the many recreational amenities of Stevenage, Letchworth and Welwyn Garden cities and we are easily accessed by car from the A1M and M25.



“Both myself and my wife would like to take the time again to thank you so much for your great support whilst she was under your care. From the moment she arrived you made her feel so welcome and the attention that you showed her is a great credit to you all.

She had not been very well with her bipolar, but the amazing care that you gave her turned my wife around so quickly.

Even myself, as a visitor, I could see Baldock Manor was such a great place and long may you continue to provide the service that you do as we cannot praise you enough, like we have been, to all the doctors back at Reading Prospect Park. We have told them if they need a patient to get special help then please send them to you as they will not be disappointed.

Even when my wife arrived Dr Akintunde called me to say he had her in his care, not like the other hospitals she has been to, they didn't contact me at all. The service you provided was exceptional and we cannot thank you enough for what you have done for my wife.

Tomorrow my wife is to be let home for a week, then she has to go back to be formally discharged. She is a changed person with so much confidence and that is all down to you all.

Thank you so, so much again for what you have done.”

*Testimonial from the husband of a lady
admitted to Radley PICU ward, December 2017*



Members of NAPICU

All recent refurbishment meets NAPICU standards and we operate to these standards.

24 hrs / 7 days
0800 254 5006

Baldock Manor Hospital, 4 London Road, Baldock, Herts SG7 6ND

www.nouvita.co.uk