

Anxiety Disorders Residential Unit

A service for people with anxiety disorders, including obsessive compulsive disorder and body dysmorphic disorder, unique to the United Kingdom.



Overview

We offer a cognitive behaviour therapy (CBT) service for treatment-resistant, anxiety-based problems, where people can stay in a residential unit throughout their treatment, making our service unique in the United Kingdom. Our inpatient service is especially designed for people with obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD), and specific phobia of vomiting; however, it can benefit people with all types of anxiety disorders. Our service is particularly suitable for those who have not made sufficient progress with CBT, or where the local services are not available.



Our Philosophy

We believe that everyone has the potential to overcome their problems and improve the quality of their life, no matter what past treatment they have had, or how long they have had their problems.

» I have had many previous treatments for my OCD. This is the first time I feel I have conquered it. « Debbie, 31



Our therapy is based on current research, is evidence-based, and recommended by the National Institute for Health and Clinical Excellence (NICE) guidelines for various anxiety disorders. We continually monitor our effectiveness and update our therapy in line with research and feedback from patients and carers.

Our programme is tailored to our resident's individual needs. We do not ask anything we would not expect of ourselves. All of our staff are honest, respectful and open throughout the journey.

We focus on the development of alternative ways of thinking, behaving and learning about problems in order to maintain long term change, and provide a safe, caring and supportive environment for everyone to do this.

Residents live with other people with similar problems, and are able to learn from each other. We foster an environment where our patients are living the therapy, and their recovery.

Who is our service for?

We specialise in the treatment of OCD, BDD, a specific phobia of vomiting and habits such as skin picking and trichotillomania. Our multidisciplinary team is run under the direction of CBT consultant psychiatrist, Dr. David Veale, and head and principal therapist Simon Darnley. We have a long history of high quality care with proven outcome results.

Eligibility

- › 18+ years
- › Willing to travel home independently on weekend leave (or with relatives initially)
- › Have basic self-care skills and able to self-medicate
- › Have accommodation maintained in the community throughout the admission in order to go on home leave. If a person's condition deteriorates then a bed must be made available at their local psychiatric hospital, or alternative arrangements made in the community within 24 hours
- › Have a nominated local key worker (preferably a trained cognitive behaviour therapist), who can liaise over discharge and ensure adequate follow-up
- › Willing to complete questionnaires to monitor progress; we prefer to have treatment sessions audio taped for supervision purposes

Exclusion

We are always flexible in considering referrals. However, as our unit is not staffed at night, there are times when we cannot admit people.

People admitted to the unit cannot:

- › Be recently or actively suicidal
- › Have an active, serious mental illness (such as schizophrenia), as their main problem
- › Have any recent history of violent or impulsive behaviour
- › Be currently misusing substances (including alcohol, illicit or prescription drugs)
- › Be seriously planning a cosmetic procedure if they have BDD.

It is important that all people have their own accommodation throughout their admission.

We also ask that referrers make a bed available to people in their local services within 24 hours if an emergency arises.

» I am doing things I thought I could never do, and coping better with stressful situations. « David, 24

Interventions

Our residents are allocated a primary and secondary therapist who works with them on the majority of their therapy throughout their stay.

» The treatment at the unit has changed my life. I can't recommend it enough. « Helen, 42

We run between two and five individual sessions each week. Treatment often includes therapist assisted experiments to test the person's beliefs, and includes exposure to fearful situations.

Home visits with the therapist and alone are an important part of treatment. During treatment, people will have the opportunity to meet with our consultant, Dr David Veale.

We have our own occupational therapist and there is access to the extensive occupational therapy programme and facilities at the Bethlem Royal Hospital.

Everyone undergoes a full physical and medication review on admission, and we provide all people with any medical support needed during their stay.

We also provide weekly life skills teaching group, a support group and a "Finding Alternative Behaviours" (FAB) group for residents.

Admissions to the unit are for an initial two-week assessment period during which time people can decide if they are willing and able to take part in the treatment we offer. Each person recovers at a different pace, but on average treatment lasts from 8 to 12 weeks. The team will review progress weekly and if a person is not engaging in treatment we may discharge them. If this is the case, they can be referred to return when they feel more prepared to change.

Discharge and follow up

Discharge planning starts within the first few weeks of treatment, with a discharge date usually being set after the mid-treatment review. We will liaise with local services to identify a co-therapist who can work with you after discharge. We offer two follow up appointments within 12 months of discharge, to monitor and encourage further progress.

Open Carers Group

The carer's only group provides support and information for all carers, family and friends of people with anxiety disorders. The group is facilitated by therapists and runs from 2.00pm to 3.30pm the first Friday of each month.

Outcomes

We aim to reduce symptoms and improve people’s quality of life. We continually audit our outcomes using validated measures like the Yale Brown Obsessive Compulsive Scale, and self-report measures including the Obsessive Compulsive Inventory and quality of life measures.

YALE-BROWN OBSESSIVE COMPULSIVE SCALE



Our facilities

The Anxiety Disorders Residential Unit (ADRU) is based at Longfield House and Alexandra House, at the Bethlem Royal Hospital.



Longfield House is a detached house with 12 beds, where all residents live during their stay. Our property is set amongst open spaces and protected woodland. Each resident has their own bedroom with wash basin on a same sex corridor. We have laundry facilities as well as, dining, meeting, telephone and quiet rooms. Other on-site facilities include a gym, tennis court and indoor swimming pool.

Within Longfield House, there is a self-contained flat for specific therapy use which houses a lounge, double bedroom, fully equipped kitchen and bathroom. All meals, linen, duvets and towels are provided. We cater for all dietary needs, and have our own housekeeper who is responsible for the day to day running of the house and assisting with therapy.

Our therapy offices are based at Alexandra House.

Referrals are accepted from NHS consultant psychiatrists and Community Mental Health Teams.



National Services

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