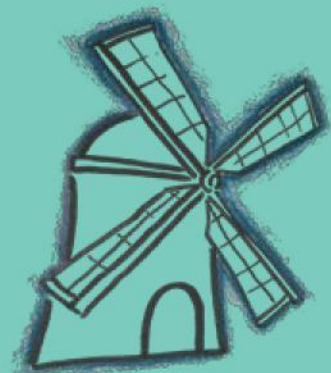
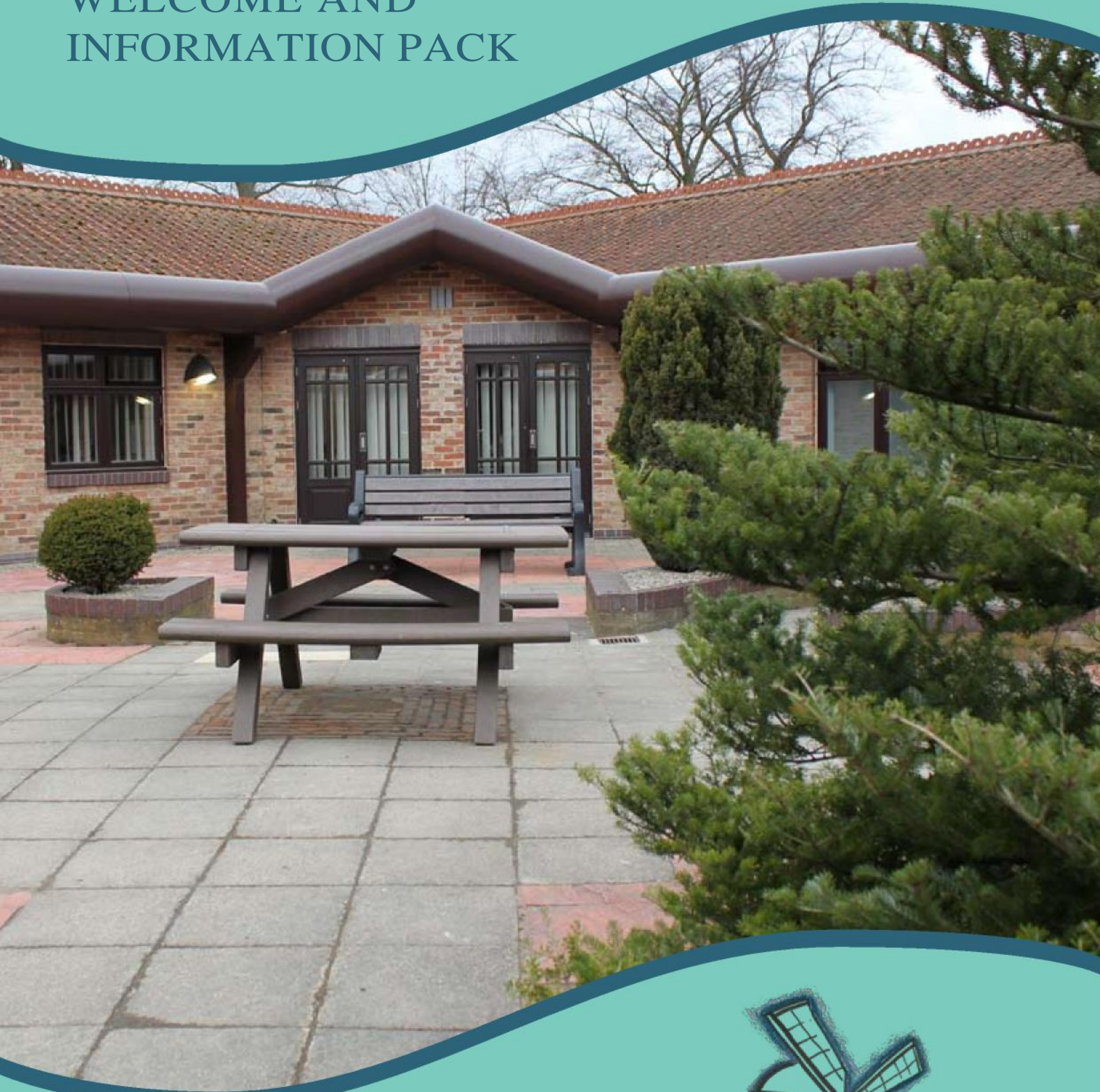


# WELCOME AND INFORMATION PACK



## MILL LODGE



MILL LODGE



## INTRODUCTION

This pack contains information about Mill Lodge, the Inpatient Child and Adolescent Mental Health Service (CAMHS) serving Leeds and York Partnerships Foundation Trust (LYPFT). The unit offers admission to young people experiencing psychiatric, psychological or emotional problems that interfere with their interpersonal, educational and social functioning.

Mill Lodge is a spacious and attractive single storey 16 bed unit two and a half miles from the centre of York. It is staffed by nurses with the support of a larger team of psychiatrists, teachers, clinical psychologists, occupational therapists, a family therapist, a dietitian, secretarial support staff, a physiotherapist and a pharmacist.

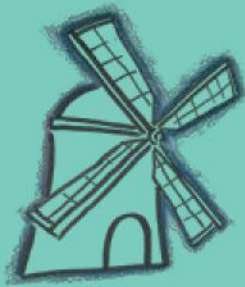
Most patients come to the unit as informal residential patients. Mill Lodge also accepts admission of young people who are detained under the Mental Health Act (1983) or subject to other court orders.

## WHAT HAPPENS WHEN A YOUNG PERSON IS REFERRED TO MILL LODGE?

### Access Assessment- assessment for admission suitability

The decision to admit a young person is generally made after the young person and their parents/carers have visited and discussed the advantages and disadvantages of admission. The visit takes up to two hours, during which time the parents/carers will meet with a member of the medical staff and nursing staff and have an opportunity to look round the building. The decision to admit a young person is made after the aims and purpose of admission have been agreed; this is based on the views of the young person, the parents/ carers and the inpatient multidisciplinary team. In the case of emergency admissions a preadmission visit will be arranged at short notice if possible. Sometimes a young person who has an access assessment and is considered in need of admission may be recommended for admission to another unit.





## MILL LODGE



## WHAT HAPPENS WHEN A YOUNG PERSON IS ADMITTED TO MILL LODGE?

When a young person is first admitted to Mill Lodge, they will be welcomed by an admitting nurse. Information from the preadmission visit is reviewed with them and their parents/carers. The young person and their parents/carers will be seen by a doctor, who will carry out a physical examination and take blood for any relevant investigations. The doctor will also clarify any aspects of immediate medical care.

### Assessment period

When a young person is admitted, there is usually an initial assessment period of four to six weeks, during which time the staff aim to establish a relationship with the young person and their parents/carers, and clarify how the admission can be most helpful. The young person will see their key worker regularly and may be assessed by other members of the team depending on their needs. An important aspect of the assessment period is observation of the young person's mood and behaviour whilst at Mill Lodge, including interactions with peers and staff. The young person and their family will be offered an initial family therapy appointment on a Wednesday or Thursday afternoon.

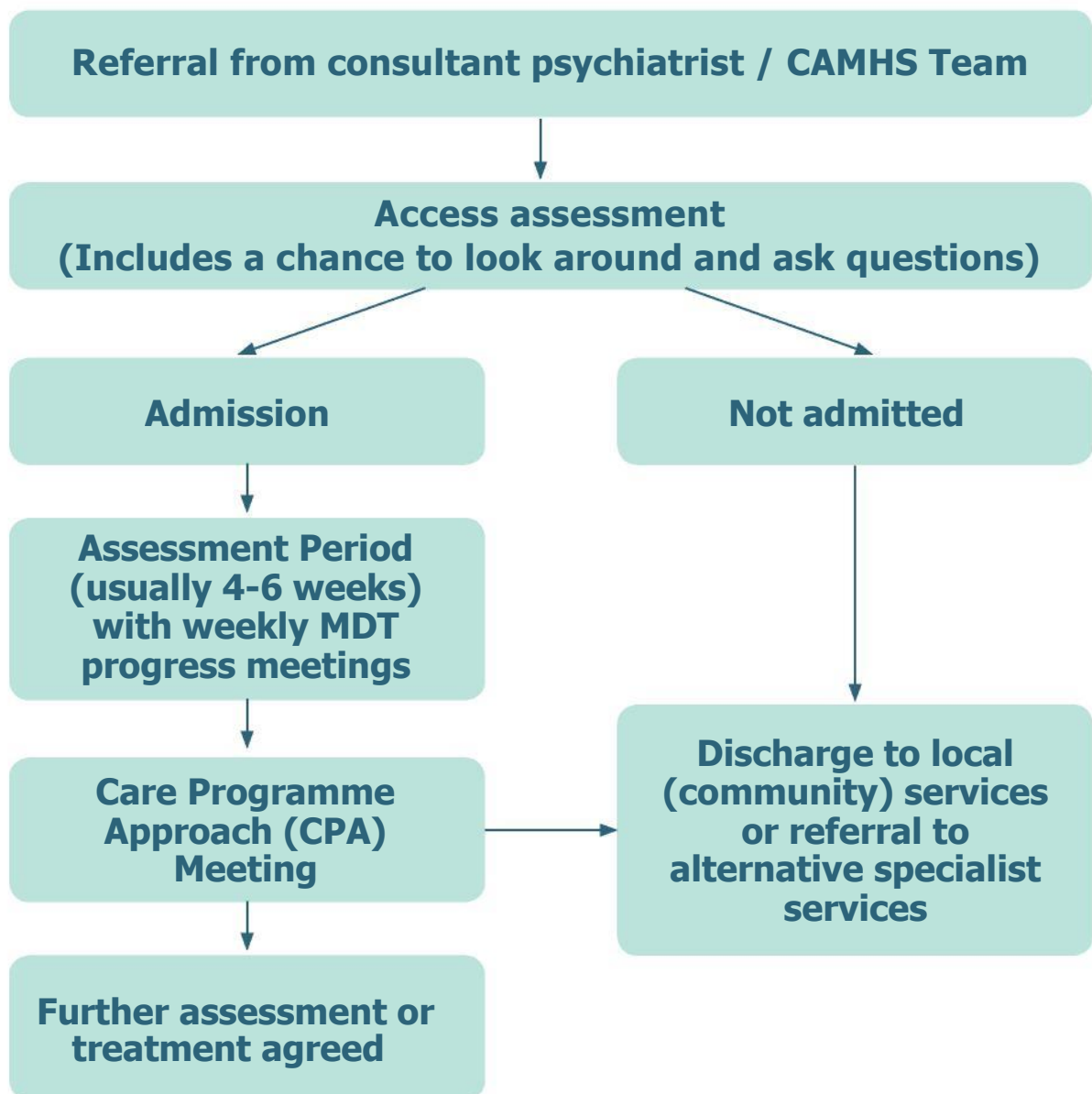
Involvement in the group programme is part of the assessment and treatment for most young people at Mill Lodge. A variety of therapeutic groups (e.g. creative activities, anxiety management and healthy living) provide opportunities for social interaction, creativity, discussion, reflection and learning new skills. The key worker and/or occupational therapists will discuss with the young person the aims of the groups and how they relate to the needs identified in the young person's care plan. All professions are involved in delivering the group programme.



## MILL LODGE

### MEETINGS AT MILL LODGE

The diagram below shows how the different meetings at Mill Lodge 'fit together' during a young person's admission





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### Multi Disciplinary Team meeting (MDT)

A young person's assessment and treatment is discussed at the weekly MDT meeting, held on Tuesday and Wednesday afternoons. The young person is given a form each week on which to record their thoughts regarding their progress and to make requests for the following week (e.g. leave, change in programme). The young person's views are considered together with those of their family and care team, and recommendations agreed by the multidisciplinary team. A member of staff will inform the young person and their parents/carers of these recommendations. Parents are encouraged to call in to receive feedback.



Toward the end of the assessment period, the information obtained is discussed in detail at a care team meeting. Written reports from doctors, the key-worker, teachers and other members of the team who have been involved in the assessment are collated and discussed. Recommendations may involve a longer stay at Mill Lodge with specific therapeutic aims or planned discharge to community services.

The recommendations from the MDT and assessment review meetings are discussed with the young person, their parents/carers and other professionals involved in their care at the Care Programme Approach (CPA) meeting.

### Care Programme Approach (CPA) meeting

Between four and six weeks after admission to Mill Lodge a CPA Meeting will be held. The young person, their parents/carers and professionals involved in their care will be invited. This meeting provides an opportunity to discuss a young person's progress during the admission and to plan the support they and their family may need in the future. A young person may have more than one CPA depending on their length of stay. The CPA is important in ensuring the smooth transition from inpatient care to local outpatient services.



## MILL LODGE



## OTHER REGULAR MEETINGS AT MILL LODGE

### Morning meetings

Each week day a meeting is held to communicate information about the day's activities and any changes to the normal routine or special events. Once a week another meeting is held to provide the opportunity for discussion of issues related to the running of the unit such as communal living and suggestions for change.

### Care planning/progress meetings

Regular meetings are held between a young person and their key/co-worker to plan and evaluate their assessment and treatment. Young people are encouraged to be honest regarding how they feel and the progress they are making. The care plan will usually include individual, educational/vocational time and group activities. Young people are given a copy of their care plan.

## THE THERAPEUTIC PROGRAMME

In addition to the group programme and an individual care plan, young people have access to education (where applicable) through Mill Lodge School and to family therapy.

### Mill Lodge School

Mill Lodge School provides education for a maximum of 10 hours per week depending on the mental and physical health of the young person and has three qualified teachers trained in primary and secondary education with a variety of specialist interests. The school unit has two classrooms with Internet access in both. The school has resources for research for all major subject areas including Key Stage 3 and 4 and some A/S level subjects. The school does not run along the formal lines of mainstream schools; pupils are of different ages, abilities, areas and schools, and have different needs according to the reasons for their admission.





## MILL LODGE

Where appropriate pupils can be taught in small groups, e.g. when several are studying the poetry anthology for G.C.S.E., but on the whole pupils have an individualised learning plan and teachers facilitate their progress.

The school unit relies heavily on input from inpatients' mainstream schools. It is essential that mainstream schools provide work and any specialist resources needed to complete such work. It is possible for teachers and/or the young person to keep in contact via the phone or email. We aim to maintain regular contact with the mainstream school and staff are invited to attend CPA meetings. We encourage mainstream schools to take steps to meet the young people's needs even if this requires more favorable treatment, e.g. graded reintegration, individualised timetable and time-out cards.

### Family Therapy

Since Family Therapy is an important part of the package of care offered to young people and their families at Mill Lodge, families are expected to attend appointments if at all possible. A family therapy appointment will be made in the first few weeks of admission. Appointments take place on Tuesday evenings, Wednesday mornings and Thursday afternoons and last one hour. Further information about the purpose of family therapy is sent with the appointment letter.





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# STAYING AT MILL LODGE

Mill Lodge welcomes all young people and their families, and will respect their race, culture, religion, sexuality and individual needs. Any particular requirements should be discussed at the preadmission meeting.

### Bedrooms

Each young person is allocated a single room. Young people are reminded to change their bedding once a week; linen is provided but many young people prefer to bring their own duvet covers etc. Any bedding brought from home must be 100% cotton in order to comply with fire regulations. Laundry facilities are available within the unit if young people wish to do some washing at Mill Lodge. It is expected that young people will keep their bedrooms reasonably clean and tidy.

### Meal times

Young people and unit staff attend meals in the dining area.

Breakfast	8:30 am
Break	10:30 am
Lunch	12:00 noon
Break	3:00 pm
Evening meal	5:30 pm
Supper	8:45 pm

*Breakfast is 15 minutes later at weekends and during holidays.*

Mill Lodge can cater for all dietary requirements. Occasionally evening meals are cooked by young people and staff as part of the therapeutic programme. Young people should not bring their own food or drink to the unit without first agreeing this with their key-worker.







## MILL LODGE

If it is relevant to a young person's care, family members may be asked to attend meals. This would be discussed with the young person and their parents/carers by their key/co-worker. Unless attending a planned meal, it is requested that family and friends do not visit during meal times.

### Visiting

During the week visiting times are:

Monday	6pm-8pm
Tuesday	4pm-7:45pm
Wednesday	4pm-7:45pm
Thursday	6pm-8pm
Friday	2pm-7.45pm

During weekends and Bank Holidays visiting is from 9.00am to 8.00pm, excluding meal times. There are separate arrangements for visiting during the school holidays and these will be advertised at the time. For safety, it is requested that visitors sign in and out when they arrive and leave the unit.

### Leave

It is expected that a young person will have home leave during their admission period. Spending time with parents/carers and friends is an important part of a young person's assessment and treatment; it provides an opportunity to identify positive or difficult vents and to consider the support /resources that may be needed following discharge from Mill Lodge. Leave may include reintegration to school and activities that would be beneficial in addressing the difficulties that led to admission. It is therefore very important that the young person and their parents/carers complete feedback forms for each period of leave and discuss positive and negative aspects of leave with the key/co-worker or the nursing staff on duty on return to the unit.

### Activities

These are arranged as part of the group therapeutic programme; activities are dependent on the young person's mental and physical state, clinical commitments and staff levels. A parent's/carer's consent for a young person to take part in activities is requested at admission.

### Resources

Mill Lodge has a range of books, board games, sporting equipment, art materials and outdoor space available for young people to use. It is expected that young people will respect and share these resources; if they are misused or damaged the young person and their parents/carer may be charged for the repair or replacement. Two computers are available for young people to access SKYPE.





## MILL LODGE

# PERSONAL ITEMS AND PROHIBITED ITEMS

Young people are encouraged to bring a few personal belongings with them; it is the young person's responsibility to keep these items safe. Young people should not bring computers or TVs for their bedrooms as:

The unit has a safe for small items of value such as money; young people do not need to bring significant amounts of money to the unit. Any electrical items brought to Mill Lodge will need to be checked by the electrician before they can be used in order to comply with fire regulations. Please check with staff at the time of admission. Mill Lodge cannot be held responsible for loss or damage to personal property. Only DVDs rated 12, PG or Universal may be brought onto the unit. This is to accommodate younger people on the unit.

### Telephones, Internet access, cameras

The use of mobile phones is permitted throughout the day. Young people are requested not to use their phone during school, groups or meals. Phones should be handed in at night time.

For reasons of confidentiality, no camera or recording equipment of any kind is permitted at Mill Lodge. Neither is personal equipment with internet access. This includes ipods, mp3 players, personal gaming equipment and many mobile phones. For approximately £10 a mobile phone without camera or internet access can be purchased from supermarkets or phone shops. Mill Lodge has a limited number of these phones that can be borrowed by young people to put their own sim card inside. **Please note, we cannot guarantee the availability of a Mill Lodge phone.**

Young people who do not have a mobile phone will be able to use the office phone to contact friends/family for short periods. It is requested that phone calls from parents/carers and friends are made after 6pm during the week. At weekends, please avoid phoning at meal times.

### Smoking

Smoking is not permitted at Mill Lodge. If you are a smoker a care plan around smoking cessation will be offered to you. The Trust is a smoke free organisation and any smoking paraphernalia will be removed and kept in the safe until discharge or parents/carers will be asked to take this home with them.



## MILL LODGE

### Alcohol and illegal substances

These are not permitted at Mill Lodge. If young people or their family/visitors are found to be in possession of illicit substances, or believed to be under the influence of drugs or alcohol, the police will be informed and other sanctions may be taken.

To minimise the risk of harm to young people, staff and visitors, the following items are PROHIBITED at Mill Lodge:

#### 1. Sharp implements

- Razors. Not allowed on the unit.
- Tweezers and nail clippers may be stored in the nursing office.
- Scissors. A number of scissors are stored in the nursing office for young people to use for craft work etc.
- Safety Pins. Not allowed
- Pencil sharpeners. Staff will be happy to sharpen pencils in the nursing office.
- Glass objects. This includes picture frames and mirrors. Plastic me situated in each young person's wardrobe and there are magnetic boards in all bedrooms for photos and pictures.

**2. Medication**, including prescribed drugs and 'over the counter' drugs or herbal preparations. Existing prescribed medication (including inhalers) should be given to a member of the nursing staff on admission.

**3. Hazardous substances** such as nail polish and cleaning solutions are allowed, but will be stored in the nursing office. Aerosols are not allowed on the unit. Roll-on deodorant may be kept in bedrooms.

The above list provides examples and is not exhaustive. Staff at Mill Lodge will conduct searches of personal belongings if they believe a young person is in possession of a potentially harmful substance/object.

### Zero tolerance policy

Mill Lodge operates a zero tolerance policy regarding abusive, intimidating or threatening behaviour. It is expected that young people, their families and professionals will treat each other with mutual respect. In the event of abusive, potentially dangerous or destructive behaviour, a young person may be asked to leave the unit for a specified period of time to consider whether they are able to make use of the support offered. Admission would only continue if this was agreed to be in the young person's best interest.

### Observations policy

We follow an observations policy in line with Leeds and York Partnership Foundation Trust. This means that throughout admission, each young person is placed on a level of observation to ensure safety. Observation levels are reviewed regularly and tailored to individual need and level of risk.





## MILL LODGE

# MILL LODGE RULES AND EXPECTATIONS

- No violence to self or others. Bullying in any form is not accepted. We will contact police in cases of assault and property damage.
- Abuse of a sexual, racial, personal or other hurtful nature is unacceptable by any means (verbal, written, phone, text message, Facebook, You tube etc.).
- Electronic gadgets with a camera or internet access are not allowed in the unit
- No intoxicating substances (drug, alcohol, volatile substances etc.) can be consumed or brought into Mill Lodge.
- No young person can return to Mill Lodge in an intoxicated state.
- No knives, razor blades or any other sharp or dangerous implements can be brought to or kept in Mill Lodge.
- Any physical contacts including sexual activity are not permitted. Young people must not enter any bedroom other than their own at any time.
- No damage to the building or property. **Young people are expected to replace or contribute to the cost of repair of any item they damage.**
- To ensure the safety of the unit, young people, their belongings and their rooms may be searched if the staff think this is necessary. Young people will be informed about this.
- Young people are expected to take part in all aspects of the Unit Programme and to attend meetings and activities on time.
- The Mill Lodge programme begins at 8:30am, except during holiday periods. Lateness and/or non attendance will lead to a meeting with your care team.
- Young people will be allowed in their rooms during programme time only at the discretion of the nurse in-charge.
- The TV and stereo etc. may not be used during programme time. These will be turned down or turned off at the discretion of the nursing staff. This includes devices in any young person's room.
- Young people are permitted to go out of Mill Lodge as per their care plan at the nursing staff's discretion. They must inform the Nurse in-charge before leaving and on return.



## MILL LODGE

### Our expectations of young people

We expect young people to work towards developing self-control and to learn to express themselves in appropriate ways.

We work hard with young people to find positive solutions to challenging and difficult behaviour. To keep the Unit a safe place we have to take rules about dangerous behaviour very seriously. Disregarding rules will always produce a response from staff.

Young people who break the rules are expected to take up the offer made by staff to talk about their behaviour. Failure to comply with the treatment plan will result in a review of the admission. This may result in reflective time away from the unit or discharge. This may include reflective time away from the unit or discharge.

### Reflective time away from Mill Lodge

Should reflective time away from the unit occur, the young person concerned may only return to the unit after meeting with a member of their care team to review the needs for continued admission. The period of leave is for the young person to think about the difficulties that led to having time away from the unit and to consider if they still want to use what Mill Lodge can offer.

If a young person needs reflective time away from Mill Lodge, the staff think very carefully about the reasons why and discuss these with the adolescent and his/her family/carers. We always assess the level of risk before we send someone on reflective time and in addition, as an added safeguard, one of the consultant psychiatrists has to give his/her agreement to a young person being sent on reflective time away.

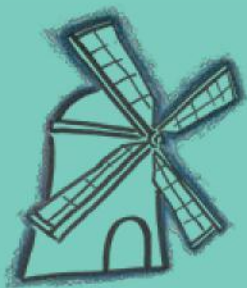
It might seem strange to referrers, young people and their families/carers that a young person might need a reflective time away from the unit at a time when they are most angry or upset. This is not a decision we take lightly and will only happen after a thorough review of their care plan.

Almost all the young people at Mill Lodge come here because a part of them wants to. For many young people with emotional problems, the best way for them to address their difficulties is with their agreement.

To do this safely we need to have a consistent approach to facilitate engagement with our treatment programme.

### Our expectations of the family

- Attendance at Family Therapy
- Engagement with treatment team
- Facilitating structured leave programme



MILL LODGE



## WHO'S WHO AT MILL LODGE

### The Multi-Disciplinary Team (MDT) at Mill Lodge

The staff team at Mill Lodge includes: nursing staff, clinical psychologists, consultant psychiatrists, junior doctors, occupational therapists, a family therapist, a dietitian, a physiotherapist and teachers. Mill Lodge is a training hospital and we offer placements to trainees from these professions. There is a dedicated management team consisting of service manager, unit manager and four assistant ward managers

### Access to other professionals and services

Staff will liaise with local and/or referring Child and Adolescent Mental Health Services (CAMHS) where other needs are identified to support young people and their families.

### Nursing staff

Mill Lodge provides 24 hour nursing care and observation. The nursing team includes nurses with qualifications in mental health and child health, and health care assistants with experience in caring for young people. The nursing team at Mill Lodge have expertise and experience in a range of therapeutic approaches.

### Key/co-workers

On admission a young person is allocated a care team, consisting of a key worker and 2 coworkers. The key worker coordinates a young person's day to day care at Mill Lodge. The coworkers ensure consistency of care when the key worker is not available. There is an expectation that young people are actively involved in their own care, planning goals jointly with their key and coworkers.

### Pharmacist

The unit works with a dedicated pharmacist to ensure safe delivery of medication. If they want to, young people may talk to the pharmacist regarding use of over the counter medication.

### Occupational therapy

Occupational therapy is concerned with activities of day to-day living – self-care, education/ employment, leisure - and the balance between them. The occupational therapists at Mill Lodge work to minimise the





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disruption to a young person's occupations caused by their difficulties and y admission to the unit. They work with young people to help maintain or develop skills and meet their occupational goals on the unit and post discharge. The occupational therapists also help young people learn strategies to regulate their emotions and behaviour.

### Medical staff

**Consultant Child and Adolescent Psychiatrists** are the

"Responsible Clinicians (RC)" for the young people admitted to Mill Lodge.

They represent the medical team in professional meetings including Courts, Tribunals and school meetings. They liaise with referrers, conduct Access Assessments (assessment for admission suitability), monitor a young person's progress through the admission and arrange Care Programme Approach (CPA) meetings to discuss discharge. They work closely with colleagues from other disciplines.

**The Specialty Registrar** (Higher Trainee) in Child and Adolescent Psychiatry is a senior trainee training to become a Consultant who does everything that consultants do but under supervision. They rotate every year.

**The Specialty Doctor**, trained in general and child psychiatry, is involved in the day to day running of the unit in terms of medical treatment. They participate in groups and look after the young people's medical needs.

**The Specialty Doctor**, trained in general and child psychiatry, is involved in the day to day running of the unit in terms of medical treatment. They participate in groups and look after the young people's medical needs.

**The Specialty Registrar** (Core Trainee) in Psychiatry is a doctor who works on the unit as part of their rotation in different disciplines of psychiatry. They are primarily involved in risk assessments, physical observations, physical investigations including blood results, ECG investigations and they liaise closely with the medical department at York District Hospital. They rotate every 6 months and work out of hours and weekends.

### Clinical Psychology

To assess a young person's difficulties, the clinical psychologists may undertake an assessment using a variety of methods including psychometric tests, interviews and direct observation of behaviour. The clinical psychologist will often work directly with young people and their families, individually or in groups, assessing their needs and providing therapies/advice based on psychological theories and research. The clinical psychologist also works indirectly with young people and their families, supporting other professionals within the multidisciplinary team to deliver psychological interventions.





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### Dietician

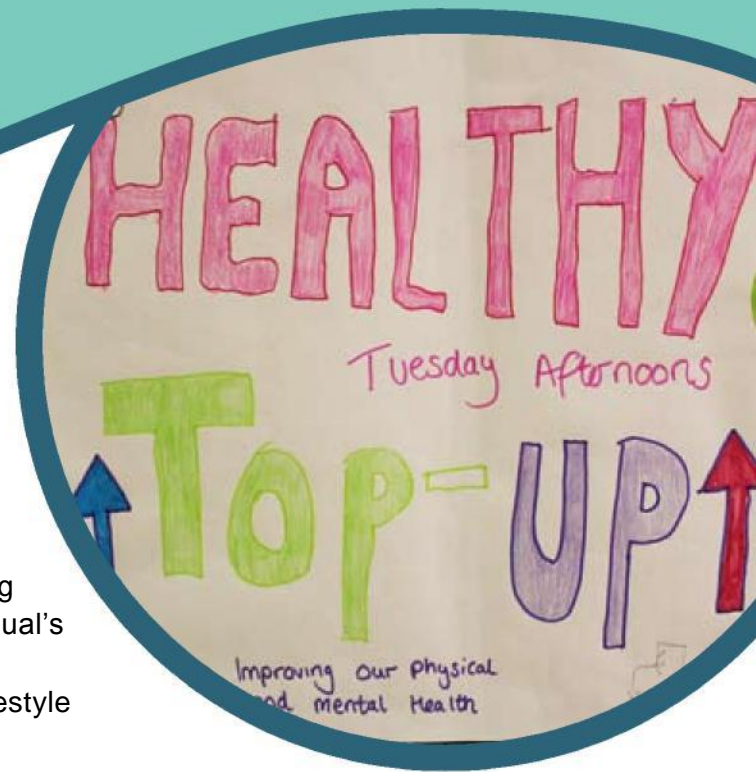
The dietician helps to translate nutrition science into understandable, practical information about food. The dietitian at Mill Lodge works with those who have eating difficulties or specific dietary needs, to assess the individual's dietary requirements. Dietetics aims to work toward a balanced diet and to enable people to make healthy lifestyle and food choices.

### Teachers

There are three teachers who work at Mill Lodge. School work is focused on meeting individual young people's needs and requirements. The teachers at Mill Lodge liaise closely with the young person's mainstream school and will advise on reintegration and discharge plans.

### Family Therapist

The Family Therapist works with the young person and their family whilst the young person is at Mill Lodge to help them express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, appreciate each other's needs, build on strengths and to support the family in making useful changes in their relationships and their lives.





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# HEALTH PROMOTION PROGRAMME

In order to promote the health and wellbeing of young people at Mill Lodge a programme of interventions has been created. All young people will be involved in core elements of the programme but the need to target individual patient's needs is also recognised. The core programme includes the following interventions:

### The Group Programme

This includes sessions that are aimed at encouraging positive approaches to both mental and physical health. Those groups concerning physical health are:

#### Relaxation group

A group that is useful for both mental and physical wellbeing, this group utilizes a range of techniques, including Mindfulness, and takes place weekly. Young people are encouraged by their care teams to practice the skills taught in order to maximise their benefit

#### Feeling Good and Healthy Top-up group

A group run jointly by dietetics, physiotherapy and occupational therapy, this explores a number of aspects of physical health and involves both theoretical and practical elements. In addition there are groups aimed specifically at young people with eating disorders and groups which look at promoting independence in terms of lifestyle.

#### Individual work

All young people admitted to Mill Lodge are allocated a key-worker and care team. The job of the care team is to work with the young person on their difficulties. In the initial assessment period of a young person's admission specific health needs may be identified and incorporated into their overall care plan. Referrals can then be made to physiotherapy, the dietitian, or other services if appropriate. Nursing staff are involved, along with the physiotherapist and the occupational therapists, in promoting physical activity where appropriate.

#### Smoking

Smoking is not permitted at Mill Lodge. Nicotine replacement products can be prescribed to young people who are smokers.

#### Medical Screening

All young people admitted to the unit are assessed medically during the first 24 hours. This includes the following physical observations: the person's height; weight; blood pressure; pulse; temperature; and any other necessary investigations. These will be repeated on discharge in order to monitor the progress of the patient's physical health. G.P.s are contacted to ensure all routine vaccinations are up to date and again on discharge with details of the young person's physical health needs and any necessary treatment.





MILL LODGE

## THE MENTAL HEALTH ACT

### What if a young person refuses to stay and refuses treatment?

If a young person is refusing treatment and refusing to stay on the unit and if clinical staff consider their decision to leave may be unwise, they will explain their concerns so that the young person may take these into account. The young person has the right to insist on leaving the hospital. They will then be allowed to leave unless there is a good reason to keep them here under the Mental Health Act.



### What is the Mental Health Act?

The Mental Health Act is the law used to admit, detain and treat adults, children and young people who need treatment for a mental disorder. Its full name is the Mental Health Act 1983 and it was amended by the Mental Health Act 2007.

Doctors and nurses treating your child will also use the Mental Health Act Code of Practice which provides guidance to them on how they should fulfil their duties under the Mental Health Act.

The main ways you can be admitted to or treated in, hospital under the Mental Health Act are described below.

### Section 2: 'Detention for assessment'

You can be forced to go into a hospital for an assessment under the law called Section 2 of the Mental Health Act 1983. The assessment can last for up to 28 days. It normally needs two doctors and an approved mental health professional to decide this, although in an emergency situation only one doctor is required. They must believe that you are suffering from a mental disorder and that it is in the interests of your health, safety or that of others to make you go into hospital for an assessment. A section 2 can be transferred to a section 3 during or at the end of the 28 days.



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### Section 3: 'Detention for treatment'

You can be forced to go into a hospital for treatment under the law called Section 3 of the Mental Health Act 1983. The treatment can last for up to 6 months, after which it can be renewed. It also needs two doctors and an approved mental health professional who again must believe that you are suffering from a mental disorder and that it is in the interests of your health, safety or that of others to make you go into hospital for treatment.



### Temporary Holding Power

If you are already in hospital and receiving treatment voluntarily and you decide that you are going to leave then the doctor or approved clinician in charge of your treatment may detain you for up to 72 hours if they think that it may be necessary to attempt to use Section 2 or 3 to get you to stay longer.

### Nurse's Holding Power

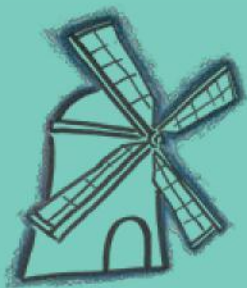
If you are already in hospital and receiving treatment voluntarily and you decide that you are going to leave then a nurse can detain you for up to 6 hours if they believe you are suffering from a mental illness and that it is in the interest of your safety or that of others to make you stay in hospital. This is so that the doctor or approved clinician in charge of your treatment can decide if they need to use their own holding power.

*A member of staff should explain all of this to you in more depth.*

### Consent

Consent is the voluntary permission of a person for something to happen to them, such as admission to hospital or medical treatment to be given. For consent to be valid a young person should have adequate information about what is being suggested to them. For medical treatment this should involve information on the possible risks and benefits of the treatment. Consent is not valid if it was given as a result of unfair pressure being put upon the person providing the consent.

### Fraser Competence



## MILL LODGE

This applies especially to young people under the age of 16 and means that if a doctor decides that you have 'sufficient understanding' of what is being suggested and can weigh up information and understand what might happen as a result of treatment then you are able to make your own decisions about treatment. So if judged to be competent then a young person can consent to treatment just like an adult. With this goes a right to respect the person's entitlement to confidentiality. If a young person refuses to consent then it may be that a parent, carer under a care order or the courts can legally override them.



### Zone of Parental Control

If the young person is not able to make a decision for themselves then a mental health professional will have to decide whether the young person's parents have the authority to make a decision for them. They must decide whether the decision is one that the parents would be expected to make, and whether it would be in the young person's best interest for them to make the decision.

### The Mental Capacity Act 2005

This provides a statutory framework to empower and protect vulnerable people who are not able to make their own decisions. It makes it clear who can take decisions, in which situations, and how they should go about this. The Act only applies to people aged 16 and over.

### Capacity

This refers to your ability to understand, hold information in your mind, think about and communicate what you want. This is assessed by your doctor and would involve considering your capacity to make a decision about your care. Capacity is seen as being something that can change at different times for people in mental health units.

In the Mental Health and Mental Capacity Acts it is used as a measure of someone's ability to make a particular decision. So, for example, a person may be considered to have capacity to decide what to wear when they get up in the morning but not to decide on a particular course of treatment.

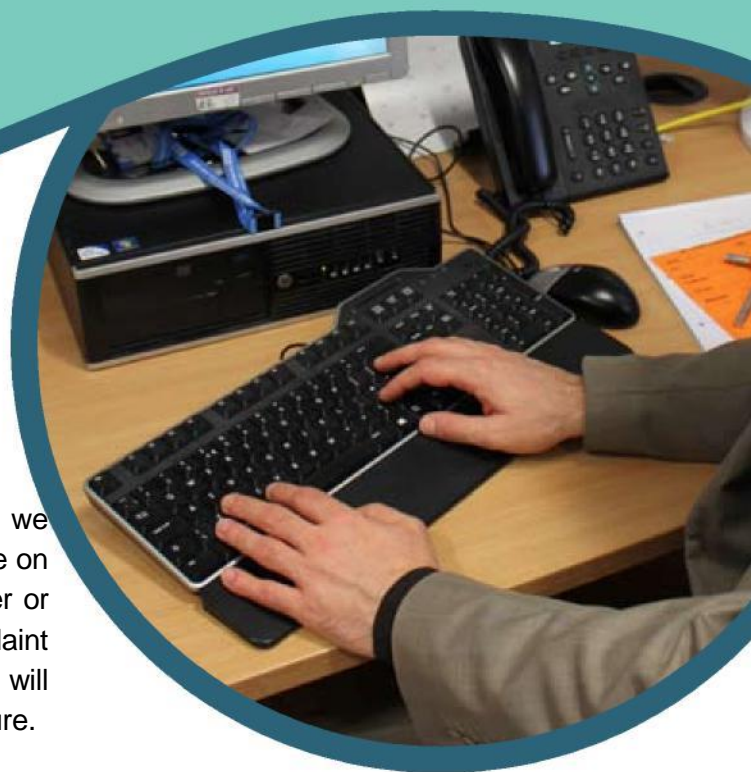




MILL LODGE

## COMPLIMENTS AND COMPLAINTS

Mill Lodge welcomes all feedback about the service we provide. If you would like to compliment the staff or service on the care provided, please write to either the unit manager or the service manager at Mill Lodge. If you have a complaint about our service please speak to a member of staff who will provide you with information about the complaints procedure.



### Advocacy and rights

If you feel you would benefit from independent information or advice, this is available through local advocacy services.

**Cloverleaf  
Advocacy  
Tower Court  
Oakdale Rd  
Clifton Moor**

**Tel: 01904 557644**

**Email: [IMHA@cloverleaf-advocacy.co.uk](mailto:IMHA@cloverleaf-advocacy.co.uk)**

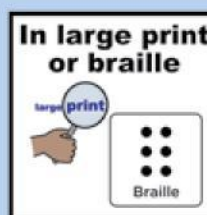
Our contact details:

**Mill Lodge  
520 Huntington Road  
York, YO32 9QA**

**Tel: 01904 294050**

**Tel: 01904 294058**

**We can offer you this information:**



**Please contact the Diversity Team:**

**0113 855 9915 [diversity.lypft@nhs.net](mailto:diversity.lypft@nhs.net)**



## MILL LODGE

# THE EATING DISORDERS TREATMENT PROGRAMME



### Ethos and aims of admission

Mill Lodge aims to make a positive difference to young people with eating disorders and their families by providing education and promoting increased confidence in maintaining a healthy lifestyle. The aims of admission are:

- To restore body weight to within a healthy range
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- To return the young person to a developmentally appropriate level of physical and psychological functioning
- To establish a varied diet including a wide variety of foods which may previously have been avoided
- To provide education and promote increased confidence around food and eating for the young person and their family
- To provide an opportunity for young people and their families to identify and change factors that may have influenced the development and maintenance of anorexia
- To enable the young person to be discharged to outpatient services

### Stages of treatment

#### Stage 1: Initial management

At Mill Lodge we are aware that a young person's admission may be their first time away from friends and family. The first couple of weeks are generally aimed at orientating the young person to the staff, environment and routines at Mill Lodge. Young people and their parents/carers frequently report feeling relieved that they no longer have the sole responsibility and stress that so commonly become associated with meal times. However this sense of relief is often accompanied by other feelings such as guilt, anger and sadness. In these early weeks, emphasis is placed on establishing supportive working relationships with the young person and their family to address these issues. On admission a period of room rest is generally required to limit physical activity. This means that during the day and evening young people will sit in the lounge, moving around only when essential, e.g. for meals and when needing the toilet.



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### Stage 2: Engaging in therapeutic work

Most young people do not want to be here but realise that they and their families need additional help to overcome the difficulties they have encountered. The treatment programme at Mill Lodge involves individual, group and family work, education and social activities: further information is given in the section 'therapeutic work'. Throughout the admission dietary support is provided.

### Stage 3: Preparation for discharge

From the outset, staff at Mill Lodge work with the young person and their family toward discharge. Prior to discharge specific work will be done on eating at home and school. We do not advocate restricted diets or calorie counting but work with young people to promote confidence in eating a balanced diet in a variety of social situations.

## Nutrition

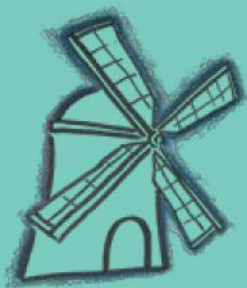
### Establishing ideal weight and weight gain

Ideal weight ranges are calculated on an individual basis, including factors such as weight prior to onset of the eating disorder, growth charts, percentage weight for height and, in females, menstruation. The dietitian at Mill Lodge will conduct a nutritional assessment at the earliest opportunity following admission and recommend a suitable meal plan based on individual requirements. This is reviewed at regular intervals throughout the admission.

Due to medical risks associated with eating disorders, the menu plan is designed to give a gentle re-introduction to food, so the body gradually returns to normal. As part of this the following foods are important to restore healthy eating:

- **Phosphate:** Requirements for phosphate are high in the initial stages of re feeding as intake is gradually increased. Phosphate is important to keep muscles working, especially the heart muscle. Dairy products such as milk, yoghurt, custard and cheese are high in phosphate.
- **Calcium:** Calcium can help protect and strengthen bones therefore an important element during growth and muscle function. Fruit, fruit juice and vegetables are high in potassium.
- **Fluid:** Every cell in the body requires water to function, and being dehydrated can make the young person feel unwell.





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To reflect the above it is important the menu plan features dairy products, fruit juice and fluid as well as incorporating other aspects of a balanced diet. Regular meals and snacks are also incorporated to aid digestion and regulate blood sugar levels.

The menu plan starts with small portions, gradually building to a diet which will result in a weight gain of an average 0.5 – 1.0 kg / week as advised in the National Institute for Health and Clinical Excellence (NICE) guidelines for eating disorders. To monitor this young people are weighed weekly.

When young people have reached their agreed healthy target weight range a suitable weight maintenance diet can be discussed with the dietitian and family.

### Meals and snack provision

All young people with eating disorders will be expected to have three meals and three snacks per day. Meal and snack size will vary slightly as they would be expected to in normal life with the overall energy (calorie) content averaging out over the week. Meals and drinks are to be completed within a 30 minute period and snacks a 15 minute period. If this is not achieved, following a 30 minute/15 minute rest period, the balance of the uneaten meal is represented. Young people are allowed to specify up to 3 dislikes which will be omitted from their diet: these must not include a whole food group such as all dairy products or all puddings.

### Mineral and vitamin supplementation

During prolonged periods of poor nutrition and undernutrition, body mineral and vitamin stores can become depleted: therefore the young person will be prescribed a mineral and vitamin supplement throughout their admission. Undernutrition has been shown to result in a decrease in the body's thiamine stores and as this is essential for carbohydrate metabolism, thiamine supplementation will be used in early management. Other specific vitamin and /or mineral supplements will be used where a clinical need has been established.

### Supervision at meal times

From admission, young people will receive intensive support with adhering to their meal plan. Initially a young person may be seated separately from the other young people for meals, but there is an expectation that the young person will then join others in the main dining area.



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### Rest periods

Young people have supervised rest periods following all meals and breaks. During this time the young person is expected to be seated in a specified communal area. The use of the toilet during rest periods is not permitted. There is no access to phones during this time.

### Education

Following admission to Mill Lodge a young person will attend the school only if their physical health and psychological functioning allow them to do so safely and without further depleting their limited resources. When a young person is not well enough to attend school (i.e. on room rest) they are generally not permitted to engage in academic work. Parents and carers often find this difficult to accept, believing that academic achievement promotes self esteem: however research has demonstrated that when a young person is significantly underweight and/or dehydrated, their cognitive functioning is impaired. Tasks involving concentration, memory, organisation and creativity are significantly more difficult and use energy that is needed for recovery. Furthermore young people often find that increased effort is needed to achieve what would normally be simple tasks: this is frustrating for the individual and often increases their sense of failure or worthlessness rather than promoting self esteem.

### Therapeutic work

The therapeutic programme at Mill Lodge involves both individual and group work. Young people are only involved in formal therapeutic work once their physical state and psychological functioning allows them to do so safely. The group therapy programme includes groups aimed at promoting communication, the safe expression of emotions and problem solving, together with problem specific groups such as the 'Body Image Group'.

The dietician at Mill Lodge is involved in individual and/or group work and covers topics such as nutrition and metabolism, healthy eating and the links between physical and mental health.

Individual therapy is arranged by the young person's key worker in consultation with the multidisciplinary team. Initially this is through informal 1:1 sessions aimed at building a therapeutic relationship and managing the young person's anxiety. When a young person's physical state is restored enough to allow them to engage in more therapeutic work, the sessions become more structured: materials such as the 'Hunger for Understanding' (Eivors & Nesbitt, 2005) workbook which uses a cognitive behavioral approach may be used. Standardised measures such as the EDE-Q or EAT-40 and the Mood & Feelings Questionnaire (MFQ) are used to help monitor change.



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### Family therapy

The National Institute of Health and Clinical Excellence (NICE) guidelines for Eating Disorders state that: "Family members, including siblings, should normally be included in the treatment of children and adolescents with eating disorders. Interventions may include sharing of information, advice on behaviour management and facilitating communication".

Regular family therapy is considered a vital element of treatment at Mill Lodge and information about its benefits and the process can be found in the leaflet which is sent out with your first family therapy appointment letter.

When young people are considered ready, they are encouraged to have meals with family members on the unit in preparation for home leaves. Parents/carers are regularly involved in discussions with a young person's care team and with the dietician for advice, information and support.

### Management of activity levels

A physiotherapist attends Mill Lodge to facilitate both group and individual sessions. Levels of activity and exercise are always considered in conjunction with the young person's attitude to exercise and their compliance with meal and care plans.

Individual assessment and advice in relation to the eating disorder is initially aimed at maintaining joint movement, muscle tone and circulation. Posture advice is provided to prevent problems arising from poor posture whilst on restricted levels of activity (room rest). At an appropriate stage of recovery, graded exercise groups enable the young person to progress their activity and exercise levels whilst maintaining progress towards a healthy weight.

### Resources for Young People and Families

Mill Lodge staff are able to direct young people and their families to sources of further information and support such as books, DVDs and reputable websites.