

Video Transcript

Mill Lodge: An intro for patients, by patients

Graphic: Mill Lodge: An intro for patients, by patients

[Music]

Many young people experience difficulties with their mental health.

Sometimes these issues are best treated in hospital.

Mill Lodge is the CAMHS inpatient unit in York.

[Music]

Graphic: Where are we?

You can find Mill Lodge on Hungtinton Road, two and a half miles from the city centre.

There is free parking on-site and nearby.

It's a modern building staffed by friendly professionals, with room for up to 16 young people aged between 13 and 18 years old.

Graphic: Pre-admission

[Music]

[Car engine]

You can come to visit us before your stay at Mill Lodge and will be given a pack with all the information you need to know.

[Music]

Graphic: Admission

When you first arrive you will be met at reception and will then see a doctor who will check your physical health and take a blood sample.

They'll also talk to you about your mental health and why you're coming to Mill Lodge.

This may all be a bit stressful at first but the friendly staff and other young people will help you to settle in quickly.

Graphic: Staff

The staff here include everyone you need to help with your recovery, psychiatrists, psychologists, family therapists, teachers, nurses, occupational therapists, dieticians, health care assistants and a pharmacist.

You will have your own care team and keyworker who will work closely with you.

They will make a plan with you to help you get better and carefully listen to your views and feelings.

Graphic: Stuff

[Music]

When you come to Mill Lodge you might want to bring some personal items.

Useful things are slippers, a teddy, a basic phone but camera or smartphones aren't allowed, neither are razors but hair removal cream is.

Don't bring much money or anything very valuable with you.

If you don't have a phone don't worry, you will be allowed to use the unit phone.

Things you can't bring include computers, TVs, drugs or alcohol, sharp implements or aerosols.

Smoking isn't allowed anywhere at Mill Lodge, but if you are a smoker the team will help you to manage while you are here.

Graphic: Routine

The weekly routine at Mill Lodge is designed to give you all the help you need to recover.

There is a school here, regular activities, groups, trips out and opportunities for developing social skills and relaxation techniques.

You can have visitors several times a week at planned times, if they are over the age of 16.

You will also be expected to go on home leave during your stay provided it is safe for you.

There is also a comfortable lounge where you can watch TV and films, play games and relax with the other patients.

[Music]

Graphic: Recovery

[Music]

During your stay you will have regular therapy sessions to help you recover, and meetings with professionals where you can track your progress towards recovery, and eventually leave Mill Lodge when you are well enough.

[Car engine]

Graphic: Discharge

[Music]

At Mill Lodge our focus is your wellbeing and recovery.

It may be stressful coming into hospital but it may be the best place for you to recover, and our staff will do everything to make your stay here as pleasant and helpful as possible.

[Music]

Graphic: Made by Amelia, Anya, Caitlin, Christina, Harry, Katy, Lailah, Lydia, Seb, Will. Produced by www.biomation.org.uk

[Music]

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