

Glendun House

What is Glendun?

Glendun is one of 6 Therapeutic Communities in Northern Ireland run by *Threshold*, a mental health charity. Glendun is situated in Portrush. This community offers practical and emotional support for those who suffer from severe mental health and emotional difficulties. It is a residential unit comprising 14 self-contained, single occupancy flats together with a communal lounge and kitchen. Residents accepted for occupancy in Glendun are required to attend groups, individual keywork sessions, a weekly community meeting, and to take part in the running and maintenance of the community. The maximum stay is 2 years, during which time residents are supported in working towards independent living by building both practical living skills and coping strategies in managing their diagnosis and emotional problems.

The groups offered are tailored to assist individuals develop practical skills and to explore the difficulties they have encountered due to mental health issues, i.e., Supportive Art, Creative Writing and Thoughts and Feelings. Glendun also maintains close links with local community organisations in meeting the needs of residents' cultural and occupational pursuits. Each individual is assigned a keyworker who will assist with the moving in process, provide support in the duration of their two year stay, and eventually with moving in to the wider community.

Eligibility Criteria

The applicant will:

- Be aged between 18 and 65 years old.
- Have severe mental health or emotional difficulties.
- Have input from psychiatric services and a named psychiatrist.
- Feel they need support to stay out of hospital.
- Be able to manage their own medication.
- Be willing and able to take part in the running of the house, i.e. cleaning and decision making.

Furthermore, their assessment should suggest that living with others and taking part in group activities would support the maintenance and development of independent living skills.

The Referral Process and Moving-in Process.

What happens in the process of referral?

1. You will be referred by your named statutory worker (C.P.N. or Social Worker) and receive confirmation that your referral information has been received.
2. The manager of Glendun will meet with your named worker to ensure you meet the eligibility criteria and for them to fill in the initial application form.
3. The manager will arrange to meet with you during an initial visit to Glendun. You will then complete an application form and meet the member of staff who will be your keyworker here if you are successful. At this stage an assessment of your needs will begin.
4. You will be asked to visit Glendun on two further occasions to continue with your assessment and meet other residents and the staff team in an informal setting.
5. You will then be invited to attend the Admission Panel with your C.P.N/Social Worker. The manager of Glendun will be present alongside the psychiatrist who will provide your care should you be successful.
6. Following the Admission Panel you will receive written confirmation that your application has been successful and offering you a placement at Glendun. If your application is unsuccessful you will receive an explanation of this decision.

What happens if I am accepted as a resident at Glendun?

1. Your keyworker will assist you with the moving in process. This may include moving your belongings, assistance with benefit applications, changing your address with G.Ps etc., and settling you into your flat.
2. You will be shown fire emergency equipment, exits and muster points.
3. An initial support plan will be agreed between you and your keyworker. This will be based on information received during the assessment process and your own views on the support you feel you need during your stay.
4. There will be a review of your placement in three months, and twice yearly during your stay at Glendun.

What is a Therapeutic Community?

A brief explanation

A Therapeutic Community (TC) is a place whose primary aim is to help people with their emotional and interpersonal problems. The way this help is structured is guided by a set of values and beliefs about the way people should treat each other and be treated, based on self-awareness, interdependence, mutual respect and assumption of personal responsibility. These shape the principles which underpin TC practice. TCs differ in the details of their approach, depending on the client group.

What are the values of TCs?

Central to all TCs is the belief that people can change, and that in order to realise their potential as individuals and active citizens, they require an environment that fosters personal growth. They need to form relationships with others in an atmosphere of trust and security, they need to be valued, accepted and supported by those around them and they need to take real responsibility for themselves, others and their environment. A strong sense of community membership and belonging are critical to the process; in order to benefit from participation in a TC the member must be positively motivated to change, and to work within the TC's rules. These rules uphold the values and norms of the community, which are a reflection of those held by society.

What do TCs do?

A TC is an informal environment. Members and staff are not necessarily immediately distinguishable from each other and there is a distinct communal atmosphere. The TC offers a safe environment with a clear structure of boundaries and expectations.

TCs have a daily structure that incorporates all practical arrangements for maintaining and developing the community, as well as a varied programme of formal and informal therapeutic activity. These may include group therapies, creative therapies, social or cultural activities, and educational or work placements. All members of the TC are involved in the daily programme that contributes to both the individual's needs as well as those of the community as a whole.

Everyone is expected to contribute to the life of the TC according to his or her ability. Members take responsibility for themselves (for example in terms of appropriateness of behaviour) and participate in the running of the TC. This may include duties such as cooking, gardening and administrative tasks, which are assigned by the whole community. Members and staff meet together regularly to discuss the management and activities of the community and to make decisions affecting them; members' joining or leaving are particularly important. Members take on increasing responsibilities as their confidence and abilities develop during their time in the community.

Members tend to learn much through the routine interactions of daily life, and the experience of being there for each other. The goal is to improve members' interpersonal functioning, first within the therapeutic community, and ultimately in the wider community. Feedback from peers enables members to reflect on the way their conduct affects others, and practice new behaviours and ways of relating and begin to gain self-esteem and increasing knowledge of themselves.

Who can TCs help?

TC principles can be applied to the therapeutic care of a wide range of people in different settings. TCs can be residential or day facilities. They can be located across all sectors in Health and Social Care, including the Prison Service. They help some of society's most vulnerable and socially excluded adults, children and young people. Problems TCs can help include mental disorder, learning difficulties, substance misuse, severe emotional and behavioural difficulties and offending behaviour.



THRESHOLD

Application Form for Admission (To be filled in by Referrer)

Name: _____ D.O.B.: _____

Current Address: _____ N.I. Number: _____

GP: _____ Referral Agent: _____

_____ Tel No.: _____

Tel No.: _____

Psychiatrist: _____

Tel No.: _____

Next of Kin:

Social Worker/ C.P.N.:

Tel No.: _____

Tel No.: _____

Have you been asked to leave any of your previous addresses Yes/No

If yes please give details: _____

(This will not automatically exclude you from being allocated Threshold housing)

Have you applied for or rented accommodation from the Housing Executive, Private Sector
or Housing Association? Yes/No (If yes, please give details).

Offences:

Have you ever been convicted of any offence: Yes / No

If yes, please give details: _____

(This will not automatically exclude you from Threshold housing)

Principles:

1. A programme will be developed with each resident in terms of rehabilitation and development of skills required for independent living.
2. This will be incorporated in an agreed support plan.
3. This will include:
 - Keywork sessions
 - Contributing to the running of the unit through regular meetings of all residents and staff (community meetings). There is an expectation that residents will take part in activities offered at the unit.

DECLARATION:

I accept these principles which have been explained to be and I wish to apply for accommodation. All information I have given is true.

Signed: _____

Date: _____

Date Application Received: _____

Received By Whom? (Staff): _____

Psychiatric History For Glendun House

Consultant Psychiatrist's Name: _____

Client's Name: _____

Brief Psychiatric History:

Are there indications/ patterns of behaviour that the client displays when becoming unwell?

History of self-harm or suicide attempts - *Brief summary and dates:*

History of violence and/ or aggression - *Brief summary and dates:*

History of alcohol and/ or drug related problems – *Brief summary and dates:*

Has the client ever been convicted of an offence or are there any related behaviours or incidents that we should know of? – *Brief summary and dates:*

What is the client's level of ability? (*Daily living skills i.e. will they be attending work, shopping, cooking, self-care, housework, etc.*)

Is the client able to self-medicate?

Are they compliant with medication?

What input will there be from other services cpn social workers how often will they visit

Social background report information about the client's family growing up dates of significant events or other information known

Please use extra pages if required

Signature: _____

Title: _____

Date: _____

Client Experience Form for Glendun House

- 1) Please describe the nature of your difficulties as you see them, mentioning how long you have had them, and your present condition.

- 2) In what ways do your difficulties affect your life generally at the Present time?

- 3) Please tell me something about the members of your original Family.
 - a) Mother

 - b) Father

 - c) Others important to you

- d) Please describe the general atmosphere at home. Mention any separations, or other difficulties you experienced during your childhood.
- 4) If you are living with someone, or are in a close relationship, please describe any particular difficulties you are experiencing.
- 5) Please mention any other current difficulties in your current family situation.
- 6) What gives you satisfaction in life?

7) Please tell me how well you get on at work and mention any particular plans or prospects you have for the future.

8) In what way do you expect Glendun to help you?
When you imagine yourself using support, what form does it take?

9) Please use this space if there is any other relevant information, which might be important or helpful in relation to your difficulties.

Name:

Signature:

Date: