

The Newbridge Treatment Model



A national, specialist hospital for
young people with eating disorders



CONTENTS

Introduction to Schoen Clinic Newbridge	3
The Newbridge Treatment Model	4
Who do we treat?	6
Introductions to our treatments and services	7
Psychological treatments	7
The group programme	7
Medical, nursing, dietetic service and occupational therapy	8
Supporting the whole family	8
Making sure it all works together	8
The patient's journey	12
School at Schoen Clinic Newbridge	13
About our facilities	14
Our group	15

INTRODUCTION TO SCHOEN CLINIC NEWBRIDGE

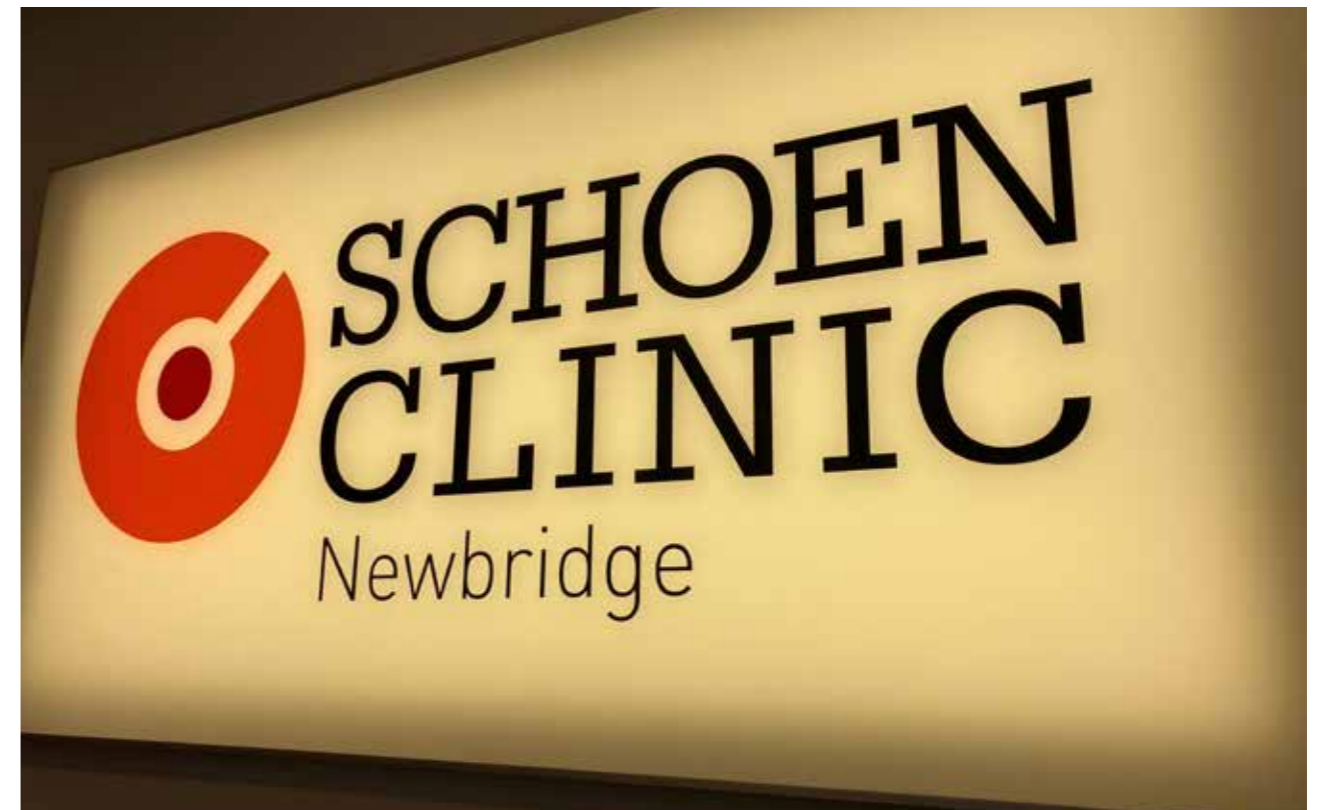
We provide specialist inpatient care and treatment for young people aged eight to 18 with eating disorders. Our programme is founded on the principle that to effectively treat eating disorders, a broad resource of expertise and support is essential.

At Schoen Clinic Newbridge, where we are wholly focused on eating disorders, we harness the multiple interventions required to address all the elements of the illness.

Our service is long established and widely recognised. This is reflected in the 'outstanding' rating Schoen Clinic Newbridge received from the Care Quality Commission in 2016 and 2018. Only a very small proportion of services achieve the highest rating.

Schoen Clinic Newbridge is a welcoming, purpose-designed facility, located in a residential area.

Comprised of the Main House, Garden House, school, therapy and administration centres, patients are cared for in small groups with others of a similar age.



THE NEWBRIDGE TREATMENT MODEL

The Newbridge Treatment Model shows the key elements of all we do and how it fits together. No single intervention will be effective alone; an integrated approach harnessing different treatments and forms of support is essential.

Our model shows what we do to address the three main elements of anorexia: the behaviours, the emotions and life events and family distress anorexia causes.

Behaviours

Weight loss, binge-eating, vomiting, laxative misuse, restriction, over-exercise.

- > Individual prescription for personal meal plans.
- > Individualised support throughout every meal.
- > Stabilisation and some weight restoration is necessary for meaningful therapeutic work.
- > Medical monitoring by responsible consultant psychiatrist. Additionally, Newbridge has a consultant paediatrician.

Life events and family distress

- > Family therapy is a cornerstone of treatment.
- > Additionally, our innovative Programme for Parents addresses common issues and challenges for parents.
- > Active and well attended Parents and Carers' Support Group.
- > Families have meals together at Newbridge.
- > Relapse prevention and moving on group.
- > There is a school at Schoen Clinic Newbridge which young people attend every day.

Emotions

Anxiety, depression, anger and a phobia or irrational fear of normal weight together with body image issues.

- > Individual therapy sessions: this can be a programme of cognitive behavioural therapy or psychotherapy.
- > Group programme: a strong and well established range of psychoeducation groups.
- > Patients are supported to undertake activities such as eating snacks, preparing and eating meals.
- > Art psychotherapy is offered as part of individual therapy.

"The key to our daughter's recovery was trusting Schoen Clinic Newbridge with her care completely."

Parent feedback (2021)

THE FOUNDATIONS OF TREATMENT

Family

- > We will involve, support and communicate with and parents and carers
- > We will support parents and carers to manage family meals and all challenges during home leave and preparation or discharge.

Key worker

- > Each patient has a key nurse and co-worker
- > They will have weekly meetings with the young person, to reflect on how the care plan is working and address any concerns
- > They provide accessible, unscheduled support for times of need for the young person and are the main contact for parents and carers

The Multi-Disciplinary Team

- > Each patient is under the care of a multi-disciplinary team.
- > The MDT is led by a psychiatrist and senior nurse and consists of a dietitian, occupational therapist, and a member of the psychology team.
- > The MDT meets each week to review progress and the care plan.
- > Parents can attend MDT each week, together with key workers and a Newbridge school teacher.
- > Family therapy, parent practitioner, nurses and HCAs



WHO DO WE TREAT?

A young person should receive treatment for their eating disorder within outpatient services whenever this is safe and effective, allowing them to remain in their home and community. However, for some young people, an inpatient admission is necessary, in order to provide the level of care and treatment they need.

Our service is for:

- > Young people, male and female, aged 8 to 18, with a diagnosis of anorexia nervosa, bulimia nervosa, OSFED (Other Specified feeding and eating disorders) and ARFID.
- > For those where the gateway assessment indicates inpatient admission is required.
- > Clear aims for the admission are agreed with the community team, family and inpatient team ahead of the admission.

their age and others of a similar age.

We can admit patients under the mental health act and those who need nasogastric feeding. For all our patients, our emphasis is upon effective treatment within the shortest duration. No young person should be in an inpatient hospital for longer than is necessary for safety and to achieve lasting change.

The majority of our referrals come from the teams who are treating and supporting young people; they are usually in treatment with CAMHS (child and adolescent mental health service) and are considered for an inpatient admission if not responding well to community based interventions. However, we always welcome direct contact from parents and carers who want advice, information and wish to visit Schoen Clinic Newbridge.

We have distinct units for children and young people depending on their age, enabling them to follow a programme appropriate for



INTRODUCTION TO OUR TREATMENTS AND SERVICES

The core principle behind the Newbridge Treatment Model is the recognition that to affect deep and lasting change, a broad range of interventions are required. They must be harnessed and integrated, to continuously challenge and overcome the eating disorder.

Psychological treatments

All patients receive one-to-one psychological treatment including art psychotherapy. Initial assessments will indicate whether they are best suited to a psychotherapy or cognitive behavioural therapy (CBT) approach. Psychotherapy works on the basis that the eating disorder is a symptom and seeks to identify and address the root cause of the disorder. CBT focuses on the relationship between thoughts, feelings and behaviour and seeks to challenge and change harmful interactions. Both approaches are long established in the treatment of eating disorders and by having a choice, we are able to respond to individual patient needs and preferences.

Family therapy is also a key part of treatment for everyone. It brings together the young person and the most significant people in their family group – this can be parents, step-parents, grandparents, carers and siblings.

Different perspectives are explored but it is not about apportioning blame; it helps the family as a whole through the distress of the eating disorder and supports everyone to work together. Practical body image work is also carried out on a one-to-one basis, to ensure it is tailored to individual needs.

The Group Programme

The rich and highly developed group programme is one of the distinctive features of the Newbridge model, often noted in peer reviews and inspections. It has been developed and is led by our large, highly skilled psychology and occupational therapy teams.

Groups provide a valuable counter-point to one-to-one therapy, allowing young people to share and reflect on experiences in a collective setting. Some groups are designed to build relaxation skills, or offer purposeful

leisure activities, and thus support overall well-being during treatment and beyond.

Young people attend different groups as they progress through the patient journey, supporting their needs at each stage. Newbridge groups include: psycho-education, body image, relaxation, mindfulness, snack out (going out into the local community to buy and eat snacks), coping skills, exercise and eating disorders, leisure, independence skills, relapse prevention and creative art.

Medical, nursing, dietetic service and occupational therapy

Together with continuous psychological work, the medical, nursing, dietetic and occupational therapy teams have distinctive roles and responsibilities.

Medical

Every patient is under the responsibility of a consultant psychiatrist, who is responsible for monitoring physical health throughout admission to Newbridge.

This will include blood investigations, evaluation of physical risks, echo cardiogram and bone scans if required and regular medical reviews.

The consultant and a senior nurse lead the multi-disciplinary team that assesses the care plan each week, sets weight restoration targets and monitors all aspects of progress.

Nursing

Every patient has a key nurse who will be the main link for the young person and their family to discuss their care plan or any questions and concerns as they arise. Additionally, young people have a co-worker (usually a healthcare assistant). As a whole, the nursing team provide continuous, consistent support with every aspect of the care plan, including through the challenges of meal times.



“Our daughter has found life difficult ever since puberty and there is a fragility there still and an anxiety which will always be part of her makeup. Newbridge provided the compassion and safety she needed in the early weeks and after that, the therapy and tools to help her interpret the world in a different and more positive way.”

Parent of young person treated at Schoen Clinic Newbridge

Dietetic service

Assessments undertaken at admission will form the basis of an individual dietetic prescription developed for each patient by the dietitian. This describes very precisely what food should be eaten at every meal time and snack; the dietitian, together with nursing and occupational therapy staff support patients to follow their plan.

Dietetic prescriptions are reviewed every week, more frequently if necessary, to achieve safe weight restoration. Our dietitians are wholly based on site at Schoen Clinic Newbridge, working closely with the chefs, occupational therapists and nursing team.

Occupational therapy

We have a large occupational therapy team with an integral role within the Newbridge Treatment Model, responding to the psychological and social needs of patients in a focused, practical way. For example, occupational therapists undertake body image work which includes supporting young people to try on and buy clothes. They work with patients to face particular fear foods.

Newbridge has dedicated occupational therapy kitchens; domestic kitchen diners where patients can prepare and share meals. Along with the psychology team, occupational therapists run the group programme.

Supporting the whole family

At the centre of our approach is recognition of the severe distress within the whole family caused by an eating disorder.

As well as family therapy we have a programme for parents and social worker support, which addresses the practical issues which arise, such as how to manage conflict during meal times.

Families are supported continuously throughout treatment and home leave offered as soon as it is safe and appropriate, so skills can be developed as a family. Families can also prepare and share meals in the occupational therapy kitchens. There is an established and well attended Parent and Carers' Support Group.

Making sure it all works together

There are three foundations of the Newbridge Treatment Model:

- > **The young person and family**
- > **The key worker and co-worker**
- > **The multi-disciplinary team**

We seek to build a therapeutic alliance between the young person, their family and health professionals. Key workers support the young person and family to be involved

in and informed in treatment; there is collaboration and common purpose.

The multi-disciplinary team meets each week to review progress and the care plan. Each patient has the same team throughout treatment, led by a consultant and senior nurse, with clinicians from the psychology, occupational therapy and dietetic teams. This ensures each part of the service is aware of progress and the team can continuously evaluate and adapt the care plan.



“When we came to Newbridge, I left behind a daughter who I hardly recognised due to this awful illness and gradually, over the weeks have seen her restored to the healthy, happy, bubbly teenager she used to be.”

Parent of young person treated at Schoen Clinic Newbridge

THE PATIENT'S JOURNEY

The patient's journey shows how an individual progresses from admission to discharge. Time spent in each stage and overall inpatient treatment time will vary for individuals, depending upon their eating disorder and needs. The journey is written from the patient's perspective so they can understand each step from admission through all parts of treatment to recovery.

1. Recognising and accepting that you have an eating disorder

- > There will be psychological assessments
- > You will be encouraged to start thinking about your personal goals
- > You will be supported in the dining room to overcome some of your eating behaviours
- > You will have the opportunity to discuss your worries with specific members of staff
- > You will be introduced to your key nurse, co-worker and the therapy team.

2. Making links, making changes and making sense of the underlying causes of your eating disorder

- > This stage begins when you have shown that you can, with support, tolerate the behavioural changes introduced in stage 1.
- > You will be able to take more responsibility for managing your choices and behaviours around food
- > With support from staff, you will start choosing meals, meal planning and preparation
- > You will start to take part in leisure activities
- > You will go shopping for clothes with staff

and eating snacks in the community

- > You will reach and maintain your weight within an agreed range

3. Consolidation and maintenance of the progress you have made and preparing to leave Newbridge

- > You will engage in body image work and relapse prevention
- > You will go food shopping with staff and be supported to develop other independent living skills appropriate for your age
- > You will be supported to eat out with your family
- > You will spend increasing time at home, less time at Newbridge
- > Return to school/college or work, often initially on a part-time basis.

4. Leaving Newbridge and returning home. Recovery is not a destination; it is an ongoing process

- > You will participate in outpatient services as agreed before discharge
- > You will take part in leisure activities of your choice
- > You will plan for the future and return to study or work

SCHOOL AT SCHOEN CLINIC NEWBRIDGE

There is a school at Schoen Clinic Newbridge and young people attend every day, following a full educational programme to meet their needs.

Every individual is different. Many young people admitted to Schoen Clinic Newbridge are high educational achievers and we support them to maintain their studies and take examinations.

Young people may be quite unwell on admission, so educational needs are considered by the multi-disciplinary team, along with medical and psychological needs. They may need to begin with a lower amount of studying and build up gradually.

The James Brindley School provides this service at Schoen Clinic Newbridge. Study take place five days a week in large, airy classrooms in Schoen Clinic Newbridge. They are a specialist provider of education for young people who are unable to attend

mainstream school, running services in hospitals and other settings.

They liaise closely with each young person's home school. Schoen Clinic Newbridge is a registered exam centre and if patients are taking exams during their admission period, they can do so on the unit.

As well as the teachers who work full-time at Newbridge, teaching assistants and administrator, the James Brindley School has an overall staff of 150 teachers. This means if young people need more support for particular subjects, it is readily available from their resource of specialist teachers. School is based in large classrooms equipped with new Apple Macs for study.



ABOUT OUR FACILITIES

Our unit is a welcoming, homely and high quality environment, designed specifically for young people. Schoen Clinic Newbridge is a detached property in a pleasant, suburban setting. It is not part of a larger mental health facility and is wholly for young people with eating disorders.

Newbridge opened in 2009 and there have since been three phases of major extension work to expand the facilities. There are lounges, an orangery, a large and airy dining room and dedicated occupational therapy kitchens for families and young people to build their skills and ability to manage mealtimes.

Meals are freshly prepared on site by the Schoen Clinic Newbridge chefs under the direction of the dietitians and the high quality of food has been noted in several inspections. The two houses adjoining the main building have been wholly redeveloped as part of our service, with one providing

dedicated rooms for therapy, the other housing administration.

There is a large and pleasant garden, providing a calm and green space and including an allotment where patients can grow food.

Patients are located in different parts of Schoen Clinic Newbridge according to their age, so their needs are met and they spend supervised leisure time with those of a similar age group.

We welcome visits from parents, family members and professionals. Please contact our office to arrange.



OUR HOSPITAL GROUP: SCHOEN CLINIC

Schoen Clinic Newbridge is part of the Schoen Clinic Group - Germany's largest family-owned hospital group with 26 facilities across Germany and in the UK.

Schoen Clinic developed the first dedicated hospital in Germany for people with eating disorders in 1985.

It has since grown into a large and very well-regarded healthcare company, with hospitals focused on mental health, orthopaedics and neurology.

Schoen Clinic has a reputation for high quality, specialist services and for its commitment to outcome measurement and

continuous improvement. Eating disorders specialists within Schoen Clinic regularly meet, to share data and outcomes and evaluate all aspects of their services.

Being part of Schoen Clinic means Schoen Clinic Newbridge benefits from the support, investment and expertise of a larger hospital group.



CONTACT

Schoen Clinic Newbridge
147 Chester Road
Birmingham
B74 3NE
Tel: 0121 580 8362

Call Us:

0121 580 8362

Visit our Website:

www.schoen-clinic.co.uk/birmingham

Email Us:

enquiries@newbridge-health.co.uk