A CRISIS RECOVERY MODEL OF INPATIENT ADOLESCENT CARE

New Beginning Young Peoples' Crisis Recovery Unit

- a short stay acute unit, with 12 beds serving the local population of five North London boroughs
- providing 'back up' to specialist CAMHS

Care Objectives

- Prevent admission OR
- Keep admission as short as possible
- Maintain and strengthen support system
- Enhance coping and adjustment
- Improve prognosis through empowerment

= CRISIS RECOVERY

5 Year Outcomes

- 421 admissions
- Average length of stay (excluding 20% 'delayed discharge') 26 days
- (overall average length of stay 43 days)

A Poster Presentation by
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COPING → PROBLEM STABLE ← SUPPORT SYSTEM

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PROBLEM UNSTABLE

↓

CRISIS

REASON FOR ADMISSION=
what can't be coped with by support system ↔

Systemic Functional Analysis

- Who can't cope with what?
- Who has authority?
- Who has responsibility?
- Who has influence?

DISORGANISATION

↓

Interventions

Containment (affect modulation)

+

Communication (nexus, effectiveness)

+

Coherence (order and meaning)

+

Perspective (temporal, developmental, scale of problem and change required)

+

Authority/ Responsibility (clarify power relationships)

↓

(RE)-ORGANISATION

DISEMPOWERMENT

↓

Interventions

Enhance **motivation** for change

+

Promote "**agency**" (taking control of change)

+

Solution focus

+

Coping skills training

+

Promote power of **negotiation** and **conflict resolution**

↓

(RE)-EMPOWERMENT

Negotiation
+
Therapeutic alliance

↓

"minimum change" ↔
"the difference that makes a difference"

Active Coping

- Locus of control
- Choices
- Responsibility
- Consequences
- Effectiveness
- Coping skills
- Risk Management
- Negotiation and Contracting
- Testing and Evaluating

Performance coaching
Motivational interviewing
Systemic therapy
→ CARE PLANS ←
CBT
Solution focused
Psychodynamic
Art & Drama Therapy

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Recovery and Discharge