

Behavioural and Mental Health Programme

The Olive Carter Unit is registered as an independent hospital and able to take clients detained under the Mental Health Act. We have a skilled team to manage the whole spectrum of behavioural and mental health issues.

We have the very experienced services of Dr Andrew Worthington, Consultant Clinical Neuropsychologist, with his staff. We have input from a Consultant Neuropsychiatrist, Dr Kanu Achinivu. The day to day running of the unit is through our team of nurses and rehabilitation assistants. We are able to manage most behavioural and mental health problems. Many of these people will have had traumatic brain injury but other neurological disorders may also cause behavioural and mental health problems. Other causes can include anoxic brain injury or specific disorders such as Huntington's disease. We are happy to accept individuals over 18 years of age. There has to be some rehabilitation potential to benefit from our services.

We anticipate a behavioural programme would last several months. An average length of stay is in the order of six months. However, there is no time limit to the length of time an individual can stay on the unit as long as progress is still being made and funding allows. Our programme is based on sound neuropsychology / neuropsychiatric principles although our treatments are eclectic and we tailor the specific programme to the needs of the individual.

There are very few units in the country that specialise in the management of mental health issues in those with neurological disability. Many people with severe neurological problems such as spinal injury, multiple sclerosis or traumatic brain injury will develop significant mental health problems. The commonest difficulty is depression and in many people this can be severe and long lasting. Other people develop significant clinical anxiety and some people have very troublesome post traumatic stress disorder. Sometimes other mental health issues arise such as obsessive compulsive disorder or even psychotic reactions. Our neuropsychology and neuropsychiatric staff, as well as our trained nurses, are able to help individuals with these problems. The advantage of the Olive Carter and Janet Barnes Units is that we can cope with any physical



disability. Unfortunately many psychiatric units are not able to manage physical problems and thus decline admission for these people.

The Olive Carter Unit provides a quiet and safe facility. The bedrooms are large and have en-suite facilities with plenty of private space as well as shared lounges. There is a therapy kitchen and we run an active social programme within the local community. The clients at the Olive Carter Unit can also take advantage of the broader facilities at the Janet Barnes Unit where there is a gym, internet cafe and a games room. There are separate facilities for male and female clients and two of our rooms are fully wheelchair accessible.

Therefore we are able to take people who have a combination of physical disability and behavioural disturbance.

We are very happy to provide further information.

Please contact: Michelle Kudhail, Unit Manager, Tel: 0121 7779343 Email: michellekudhail@huntersmoor.com