



# Macarthur Centre Psychiatric Intensive Care Unit



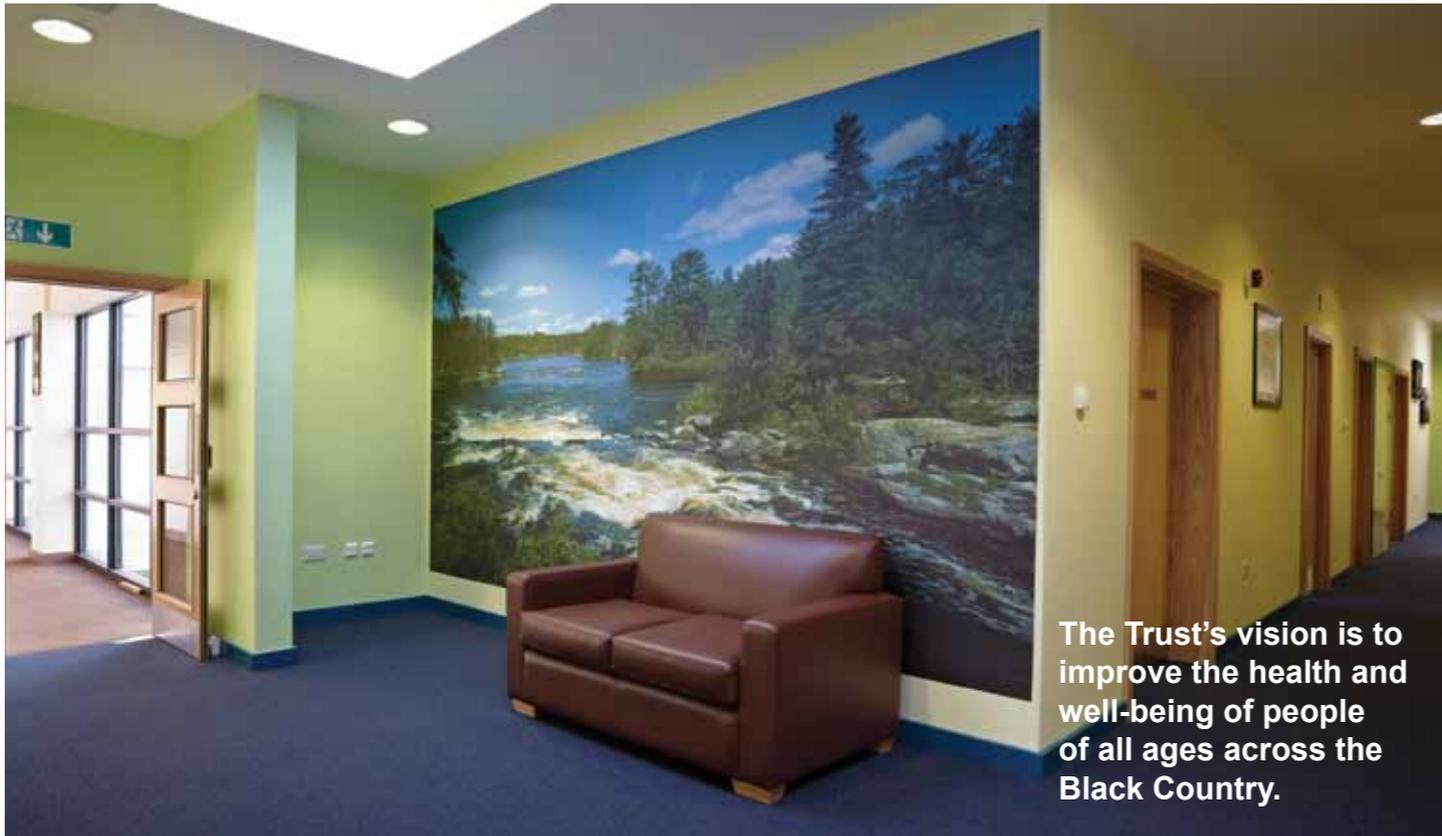
Our Community  
you matter, we care

# About the Trust

Black Country Partnership NHS Foundation Trust is a major provider of mental health, learning disability and community healthcare services for people of all ages across the Black Country.

## We provide:

- Care and support for people who have mental health needs in Sandwell and Wolverhampton
- A range of specialist health services for people with learning disabilities in Dudley, Walsall, Sandwell and Wolverhampton
- Community healthcare services for children, young people and families in Dudley



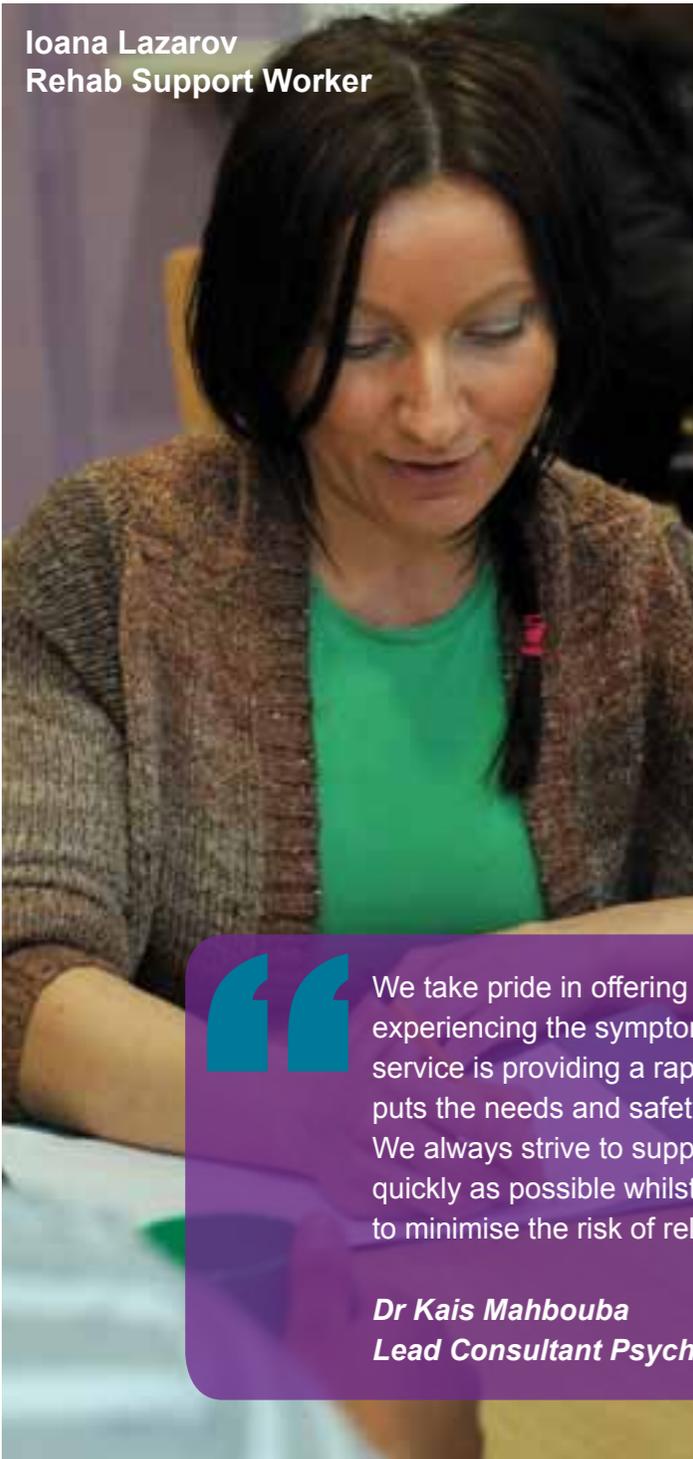
# The Macarthur Centre – Psychiatric Intensive Care Unit

The Macarthur Centre Psychiatric Intensive Care Unit (PICU) supports adult males with severe mental health conditions, who need a short period of intensive care to reduce risk to themselves and others and enable them to return safely to a mainstream mental health ward.

The purpose of the PICU service is to provide patient-centred multi-disciplinary care in a safe therapeutic environment for individuals who are detained under the Mental Health Act. We provide an intensive level of intervention in order to respond rapidly to an individual's needs.

Individuals may be referred to our service when they first become unwell, or if their condition worsens during a hospital admission.





Ioana Lazarov  
Rehab Support Worker

## Our approach to care

We place the needs of each patient at the centre of our care process and design an individual package of support, interventions and treatments. From the moment an individual arrives at the Macarthur Centre our aim is to develop an individualised care plan that promotes speedy improvement in their mental state and considerably reduces any associated risks. We quickly liaise with all appropriate acute and community services to support our patient's return to their referring ward as quickly as possible.

Care and therapy is focused on a model of recovery that emphasises the maintenance of relationships with family and friends and promotes choice and independence. Staff respect and incorporate the views of service users, carers and other staff, alongside those of all other agencies involved in our patient care.



We take pride in offering the high levels of care required by people who are experiencing the symptoms of a severe mental illness. The key to our PICU service is providing a rapid and intensive multi-disciplinary approach that puts the needs and safety of the patient at the heart of their care process. We always strive to support our patients to return to their referring wards as quickly as possible whilst also providing interventions and recommendations to minimise the risk of relapse and readmission in the future.

**Dr Kais Mahboub**  
Lead Consultant Psychiatrist



## Our staff

The multi-disciplinary team at the centre includes a consultant psychiatrist, a psychologist, specialist mental health nurses and support workers, occupational therapists, and physical activity instructors.

Patients will also have access to advocates and the Trust's chaplaincy and spiritual care services.



The service brings together a wide range of different professionals to support service users and their carers to move towards a pathway of recovery by receiving treatment that is brief, intensive and timely.

Using a range of evidence-based therapeutic models, we will assist individuals to learn and use strategies to reduce risk and relapse and promote positive steps towards change. Our purpose built centre, with its activity spaces and therapeutic areas, will ensure that this is achieved in an environment which is comfortable, safe and secure.

**Dr Jamilah Motala**  
Principal Clinical Psychologist



Laura Snaith  
Staff Nurse

# Floor plan



- Accommodation
- Rehabilitation
- Communal Areas
- Clinical Areas
- Staff Areas



# Personalised and safe environment

The Centre offers an exceptionally high standard of accommodation. It provides a safe and therapeutic environment with light and spacious living areas and activity rooms.

There are 12 bedrooms, each with its own ensuite bathroom, providing a personalised homely space with ample storage for personal belongings.

The spaces are fully risk managed and will safely support individuals posing a risk to themselves and others. The Centre is a place where individuals can grow in self-confidence within a small, therapeutic community.

The spiritual part of someone's life can be an aid towards recovery and a comfort and strength in times of stress and anxiety. There is a quiet room in the centre which has been designated as a spiritual care room for prayer, meditation or quiet relaxation.

# Activities and therapies

Each patient at the Macarthur Centre will receive an individualised package of care, tailored to meet their individual needs.

The treatment model is designed to facilitate symptom reduction, optimal functioning and social integration, thereby promoting personal recovery.

## Activities include:

- Occupational therapy, including skills training and inclusion activities
- Physical exercise sessions
- Creative group therapies, such as art and music
- Escorted access and orientation
- Leisure and daily living activities, such as one-to-one cooking, table tennis, Wii and breakfast club

## Therapies include:

- Cognitive Behavioural Therapy
- Solution Focused Therapy
- Problem solving
- Family therapy
- Recovery journey facilitation (such as Recovery STAR, relapse-prevention, managing emotions, hearing voices groups)



# Patient profile

## Access criteria for the service are:

- Males aged 18 years and over
- Formally detained under the Mental Health Act
- Experiencing difficulties which affect their wellbeing, or that of others, and which can't be assessed or treated safely in an open acute inpatient facility
- At risk of absconding, suicide or vulnerability because of a serious mental disorder
- Presenting with a high risk of physical or verbal aggression towards staff, patients, carers, or the public
- Requiring a locked, safe environment for their own protection or that of others

# Patient Journey

- You identify the need for a PICU admission and begin the referral process
  - We review the clinical information to ensure the presenting clinical need satisfies our service criteria
  - Decision to admit will be made usually within 4 hours
- We will securely transport the patient to our unit
- On arrival, assessment and treatment begins and a care pathway is put in to place encompassing a range of therapeutic evidence based models promoting optimistic steps towards change
  - We provide a range of treatments and interventions to help return the patient to their referring ward as quickly and safely as possible. During treatment we will keep in close contact with commissioners, discussing future plans for discharge
- Transfer/discharge arranged with interventions and recommendations in place to minimise the risk of relapse and readmission in the future

# How to make a referral

We welcome referrals from all healthcare providers, commissioners or healthcare organisations

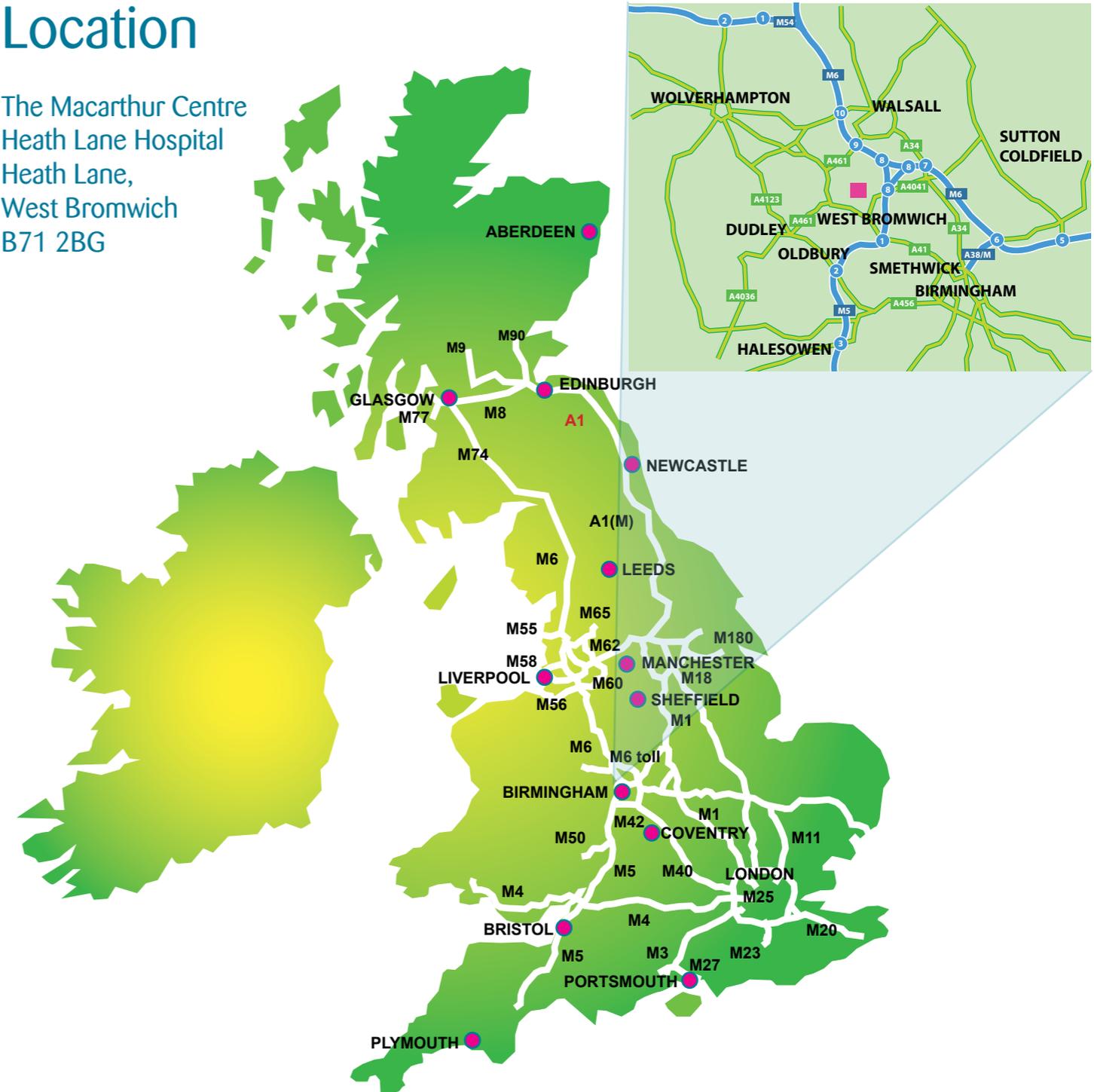
You can make a referral by contacting us on 0121 612 8530. We will then provide you with a quick form to complete and fax back to us.

The referral will then be reviewed and responded to as soon as possible.

Make a referral: 0121 612 8530

# Location

The Macarthur Centre  
Heath Lane Hospital  
Heath Lane,  
West Bromwich  
B71 2BG





Call us on

0121 612 8530

to make a referral

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