



Hampstead Clinic Services – Mental Health Day Hospital

Today the **Hampstead Clinic Services** incorporates our general adult mental health services, including an acute **Inpatient Unit** and separate acute **Day Hospital** programme. Located on the grounds of Highfield Healthcare, conveniently situated near to Dublin City centre and the M50. There are wide open spaces and relaxing grounds which are designed to support recovery and well-being.

Day Hospital Treatment

The newly opened Day Hospital provides intensive treatment equivalent to that available in the Hampstead Clinic inpatient unit for acutely ill patients. A comprehensive range of treatment will be provided on a short-term basis. It is envisaged that patients will attend daily Monday – Friday. This service model will be able to admit a patient as soon as he/she is referred for treatment. This means the day hospital service can be used, as clinically appropriate, to prevent inpatient hospitalisation, shorten an inpatient stay by

transferring patients to the Day Hospital to complete their treatment. In addition focused treatment based on a Recovery model provides choice to people who prefer to attend a day hospital and return to their own home in the evening and weekends.

Multidisciplinary Team Assessment

The Day Hospital is staffed by a Multidisciplinary Team (MDT) consisting of a Clinical Psychologist, Social Worker, Nurse Therapist, Occupational Therapist and led by our Consultant Psychiatrists. At the initial stage of treatment, each patient receives a multidisciplinary assessment. The purpose of this assessment is to gain an in-depth insight into the patient's individual needs resulting in an integrated Care Plan jointly agreed with the patient. In this way we can ensure the delivery of a *person-centred approach* to treatment, care and recovery. Further assessments are carried out on a weekly basis and focused on setting and meeting realistic goals towards recovery.

Admission Process





Treatments

We specialise in provide treatment and care for a range of acute mental health difficulties, with a particular expertise in the following:

- Depression
- Anxiety disorders
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Affective Disorder
- Psychosis
- Comorbid depression and alcohol dependency syndrome
- Obsessive Compulsive Disorder (OCD)

We do not provide specialised care for:

- Primary alcohol or drug dependency
- Eating Disorders
- Sexual Disorders
- Dementia and behavioural problems (this is provided in our Highfield Private Hospital)

All our treatments follow a best practice evidence-based approach to treatment, using a biopsychosocial model, multidisciplinary and holistic.

What You Can Expect on Admission – Day Hospital

Day Hospital is open from 10.00 – 16.00 each day Monday to Friday and accessed through Highfield

Healthcare Main Reception. On arrival to the Day Hospital you will be welcomed by the receptionist who will go through some basic registration details with you. Your admission will be facilitated by your consultant psychiatrist and nurse and an initial plan will be agreed with you – this is called your Care Plan. The plan includes appointments for the first few days and a timetable of therapy groups to attend. Tea/Coffee and a light lunch will be provided daily. If you are taking medication during the day please bring it with you and also a list of all medications you are prescribed. You will meet with your MDT team after completion of initial assessments from which a comprehensive plan will be devised with you. You will also be allocated a key worker who will work with you throughout your stay.

Health Insurance

The Hampstead Clinic Services are covered by all the major private health insurers.

Access to the Hampstead Clinic – Day Hospital Service

General Medical Practitioners who wish to refer patients may do so by accessing our online Referral Form on the Highfield Healthcare website www.highfieldhealthcare.ie. Alternatively, you can fax through your completed referral to Fax No: 01-886-5492

For enquiries from members of the public please phone 01-886-5454 to speak to the Clinical Nurse Co-Ordinator or visit our website for further information on services provided and support available.

Once the referral is made by your GP or medical team, we will be in touch with you to arrange your admission date.

Contact

For admission details and further information please contact the Clinical Nurse Co-Ordinator directly at:

DDI: 01-886-5454

Main Reception: 01-837-4444

Or visit our website at www.highfieldhealthcare.ie

