

Deepdene Court

St Catherines

A modern purpose built specialist nurse-led service for adults with complex mental health needs

DeepdeneCare



A new and unique service in West Sussex providing solutions for adults with a history of behaviours which often result in placement difficulties, successfully enabling the reintegration of service users into their local community.



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Deepdene Court- St Catherines

St Catherines is a specialist unit within Deepdene Court providing nursing care and rehabilitative support for 18 adults experiencing high and complex mental health needs, including those with forensic histories. A number of specially designed high dependency rooms are available for those posing significant risk to themselves. Located centrally in the seaside town of Littlehampton, St Catherines benefits from easy access to the town centre and the attractions of the beach and harbour.

Deepdene Care, an established national mental healthcare provider, opened St Catherines in 2009 to meet local requirements for a high quality specialist mental health service. With services operating throughout the UK, Deepdene Care has developed strong and stable compliance, governance and central support frameworks which St Catherines benefits from.

Those living at St Catherines often exhibit high and complex mental health needs including severe and enduring mental illnesses, challenging behaviour, and drug or alcohol dependency. We are well equipped to accommodate those who exhibit behaviours such as self-harm, personality disorders, or those with a dual diagnosis.

Individual care

St Catherines provides an environment where social integration is encouraged and our service users are able to recover in a safe and modern setting. With the focus on rehabilitation, care and support programs are tailored to take account of individual service users needs and always reflect individual choice. Our excellent community links enable us to maximise opportunities for social inclusion and take advantage of activities offered in the area.

24 hour support is provided by a multi disciplinary team consisting of a regional manager, an experienced home manager and a team of nurses, key workers, care support workers and activities staff who provide 24 hour support.

Working to the principles of the recovery model, our service delivery is based upon inclusion and the provision of person centred care and sensitive treatment for individuals. It is aimed at improving mental and physical health, reducing and eliminating inappropriate behaviour and risks and replacing them with appropriate patterns of coping, problem solving and improved personal and social skills.

Service users are encouraged to focus on their recovery by working with us to develop individualised pathways of care that encourage positive risk taking and focus on individuals strengths and aspirations, enabling them to take an active part in their care and rehabilitation program.

Positive outcomes

Our service users are individuals in their own right with their own specific and often complex needs, and personalisation is a key element of our service. Our goal is to offer the range of support needed to enable the individual to work towards achieving the most positive outcome for them, whether this is a return to independent living and employment, or to a supported environment where they can access all the services the community has to offer.

St Catherines has access to both residential care and supported living services at Fieldings, enabling individuals to continue their journey at a pace that is determined by them.



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Referrals

At Deepdene Care we welcome referrals from all areas of mental health care and are committed to making this process as unintrusive and stress free as possible.

The referral process is reactive and easy to use, with a direct line to our dedicated referral team.

Following a referral a senior member of our multi-disciplinary team will arrange to carry out a full assessment within 24 hours at a time and venue that best suits the individual's need.

After this assessment our multi-disciplinary team will review the case and if suitable a placement offer and full breakdown of costs will be sent to the referring agency within seven working days.

Once the placement is agreed we will work closely with the individual and their care team to ensure a smooth and successful transition.



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Creating a relaxing and homely environment for service users.

- 01. Littlehampton waterfront
- 02. St Catherines exterior
- 03. Rear garden
- 04. Bedroom
- 05. Lounge
- 06. Dining room
- 07. Littlehampton marina



07.

**Referral line:
0800 313 4774**

If you would like to arrange
an informal visit please
contact us on our referral line:

0800 313 4774

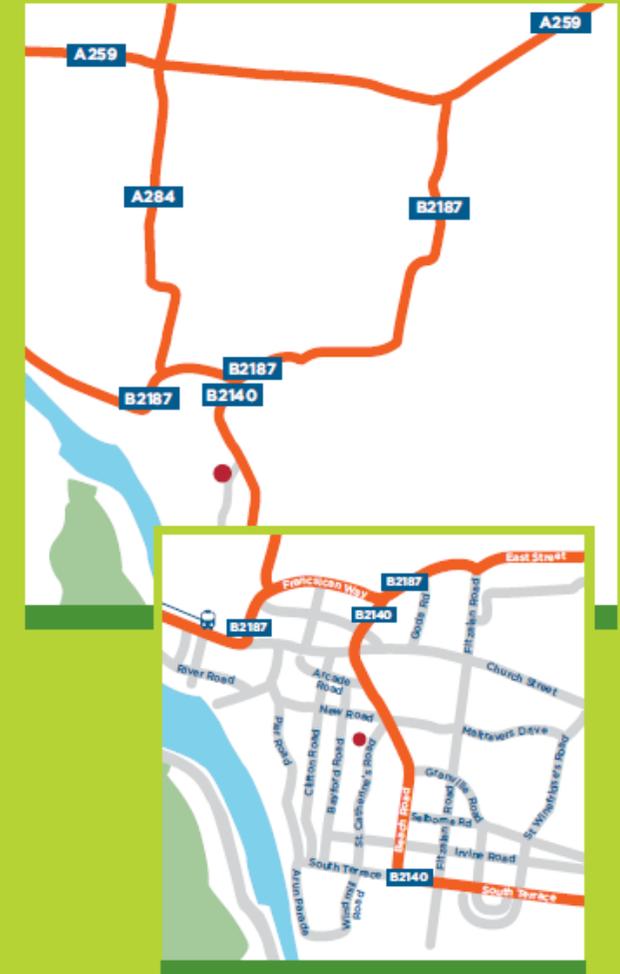
www.deepdenecare.org

DeepdeneCare

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How to find Deepdene Court:

Road:

St Catherines is easily accessible by road and is three minutes by car from the A284 and Littlehampton High Street, just off the B1240. Parking is available.

Public transport:

Bus routes 9 and 700 both stop close by and Littlehampton railway station is a 10 minute walk away.