



Oaktrees In-patient Eating Disorder Service

Care • Well-being • Partnership

In-patient care for people with anorexia nervosa requiring hospital based treatment

Oaktrees In-patient Eating Disorder Service is a dedicated specialist service for the provision of care to individuals with anorexia nervosa provided by CWP.

Oaktrees is an in-patient eating disorders unit for adults and can accept referrals from the age of 16 years upwards who require specialised eating disorder care. The centre provides ten single bedrooms for people in need of specialist, hospital-based treatment. The service is located in attractive grounds on the Wirral peninsular, five minutes from junction 4 of the M53 and easily accessible from the North West, North Wales and the Midlands.

Care

Oaktrees In-patient Eating Disorder Service is staffed by highly skilled, multi-disciplinary health professionals with consultant psychiatrists, occupational therapists, psychologists, dieticians and nursing staff on hand to provide specialist interventions.

All staff at Oaktrees work collaboratively towards the principal aim of enabling people to recover and return to community based care as soon as appropriate.

Oaktrees provides an active and stimulating environment for planned therapeutic treatments where people are engaged through a daily programme of activities. A wide range of evidence based interventions are available, including:

- Psychological
- Medical
- Occupational
- Family
- Dietetic
- Physical
- Pharmacotherapy



"You have always encouraged me, praised me and understood me. This has helped make me feel a much stronger person, not only to deal with eating issues but all the other problems too." Service user

Well-being

Upon admission to Oaktrees, each person is given a tailored care plan based on their individual needs. All care plans are created following an evaluation of mental health, risk, physical health, family, social functioning and education/occupation.

This tailored approach runs throughout the service, with teams from a range of disciplines being identified to work with each individual based on specific needs. Such a personalised approach is an extremely successful method of promoting well-being and recovery.

In line with the Care Programme Approach, the multi-disciplinary team devise the optimum pathway for each individual's recovery. Where possible, treatment is planned prior to admission to ensure continuity of care.

Partnership

CWP places great emphasis on working in partnership with each individual, their carers and their family. Care plans are reviewed and updated frequently by the multi-disciplinary team together with the individual and, when appropriate, their carers. People are actively involved throughout their stay and are encouraged to take ownership of their care pathway. In addition, a service user and carer support group meets regularly.

People with eating disorders often have additional social and educational needs and the highly skilled staff at Oaktrees are trained to provide a full spectrum of support. By working in partnership

with local authorities, Oaktrees staff ensure a holistic approach to treatment.

The Oaktrees In-patient Eating Disorder Service also works in partnership with local schools and universities to support people in full-time education to continue their studies. Education provision, along with other occupational activities, is key to enabling people to recover and return to community based care as soon as possible.

To ensure continuity of care, the Oaktrees In-patient Eating Disorder Service also works with community based eating disorder services. A consultation-liaison approach is taken, resulting in improved access to appropriate care and support throughout the patient journey. Should a suitable level of community based care not be available, staff are able to arrange bespoke care packages for individuals across the North West and North Wales.

Making a referral

Oaktrees In-patient Eating Disorder Service is a tertiary referral unit, primarily accepting commissioner referrals from across the North West and Wales.

For more information, or to make a referral, contact us on 01625 505 621.

Oaktrees is one of a range of specialist services provided by CWP.

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For more information about other CWP services please call: 01244 397410, or visit the website at www.cwp.nhs.uk