

Welcome from Ellern Mede's Clinical Teams



**You are welcome to speak
to any of us, any time.**



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OUR TEAM

Welcome from Ellern Mede's Clinical Team. You can speak to any of us any time. This brochure will tell you about each of our roles. We all bring something a little different to help you in your time here at the hospital. Each of us will have one-to-one time with you at some time in each two-week period you are here. You will see Nurses and

Healthcare Assistants (HCAs) all the time as they work 12-hour shifts. You will see different staff at night than you see during the day, and a range of staff across each week. We are approachable and friendly. We want to get to know you because how you feel is important to us and your goals are personal to you.



WHAT DOES A CONSULTANT PSYCHIATRIST DO?

- We will meet with you when you arrive and assess you to determine what support you might need as you start your journey with us.
- We will meet with you regularly in 1:1 and group settings like the weekly MDT meetings to discuss your progress.
- We can give you advice on helping to cope with difficult thoughts and emotions in a healthy way.
- We will advise you on any medication that you may possibly need to support you during your stay.
- We work with the rest of the team here at Ellern Mede so that you can progress with your recovery and overcome any struggles that you may encounter.



...AND HOW CAN THAT HELP ME?



- If at any time you feel that there is something you would like to discuss relating to your care plan or your journey, we will listen.
- We find that having a good supportive network is key in places such as Ellern Mede, and we take a lead to ensure that you are safe, cared for and listened to.
- Sometimes we may have to make decisions on your behalf that initially you may disagree with. This is done in your best interest with contributions from the rest of the team to ensure that this is done fairly.
- We truly want what is best for you to help you to live a full, healthy and fulfilled life. We understand that this may be difficult to imagine right now, but we hope to make this possibility a reality.

WHAT DOES A SPECIALIST DOCTOR DO?

- We do your daily reviews, which includes reviewing your medication, physical health, and your mental health. These are done every day, which is why they are called daily reviews.
- We will carry out further investigations if needed, such as blood tests, physical exams and electrocardiogram, or ECG tests. The ECG test monitors your heart's activity to see if there are any problems.
- We will also take part in 1:1 meetings with you. During these meetings we will talk about a range of things including your mental health, your mood, your motivation levels as well as ways to progress your treatment, or anything that you may wish to talk about regarding your care.
- We are also on-call outside of our normal working hours. This means that if there is a medical problem during the night then the night staff may contact us for support if they need to.



...AND HOW CAN THIS HELP ME?

- We see you regularly and therefore we play a huge supportive role in your treatment and recovery. We are not here to judge you and so if there is something you would like to talk about then we can do this.
- We will encourage you to share your views on your care. It is important for you to take an active interest and to become involved in the decision-making process.
- We provide education around your condition such as what it is, how this may affect you, and how to overcome this.
- If you have other needs that we cannot support you with here, then we will refer you to a specialist. An example for this is if you start to develop poor eyesight then we can make an appointment with the optometrist.
- We keep in regular contact with your loved ones because we believe that the more support you have available to you the better.



WHAT DOES A FAMILY THERAPIST DO?

- The Family Therapist will meet with you and your family to help you to understand each other.
- They think about the ways of supporting the whole family, including you.
- Helps parents understand eating disorders better so they can understand how best to support you.
- Helps families to find ways of managing difficult experiences together.
- Supports families to develop stronger relationships and better communication.



WHAT DOES A DIETICIAN DO?

- We assess your dietary needs in order to help with your recovery.
- We create your initial meal plan within 24 hours of your admission to Ellern Mede, and we continue to do this whilst you are with us.
- We run social meal groups to help build up your confidence when eating in front of others.
- We ensure that your meal plans are created specifically for you.
- We also check in with you on a regular basis to see how you are getting on.



...AND HOW CAN THIS HELP ME?

- Supporting you in being able to say what you find helpful and unhelpful and ways in which you would like to be supported by your family.
- Helps your parents to understand your experience and supports you to explain your experience to your parents.
- Meeting with your family, helps everyone think together about how best to manage difficult experiences and find a way forward.



...AND HOW CAN THIS HELP ME?

- You will have a personal dietitian to help you with your dietary needs.
- You are encouraged to be involved in selecting your meals and snacks from the options that we will give to you.
- If you have any questions about the options that are available, then please ask them.
- We will support you to complete your weekly meal plans when you need it- we understand that sometimes this is hard.
- Once a month you can share your ideas about your meal plan in the community meetings, so let us know what you think!





WHAT DOES AN OCCUPATIONAL THERAPIST (OT) DO?

- We work around what is preventing a young person from engaging in meaningful everyday activities which are important to them.
- An example of this is when anxiety prevents someone from engaging in social interaction e.g. if a young person cannot attend youth club because they are too nervous.
- We then help you to build strategies around overcoming the barriers preventing you from engaging in these activities.
- We support every step of the way so that one day you might be able to do these tasks independently.
- We will help you to set long term goals and formulate a plan to help you achieve these.



...AND HOW CAN THIS HELP ME?

- We will support you so that you will build up your confidence as an individual.
- You will actively contribute towards the goal setting progress- everything is person centred, so your ideas are very important!
- We assist you in recovery planning, so that one day you are in a healthier place and are able to be discharged from hospital.
- We will teach you more manageable everyday coping mechanisms.
- We help you to overcome barriers to everyday tasks that you might really want to engage in.



WHAT DOES A PSYCHOLOGIST DO?

- The psychology department can support patients to explore their thoughts and emotions during their stay at Ellern Mede.
- The team will help you to engage in a variety of therapies such as Cognitive Behavioural Therapy (CBT). The aim is to give you a better understanding of how you are feeling, and to empower you to manage these feelings whilst working towards discharge.
- A Psychology Assistant will introduce themselves within 2 weeks of your admission to Ellern Mede and carry out an assessment to get a better idea of you as a patient.
- Throughout your stay, the team will build a supportive and honest relationship with you. If you wish to discuss or talk about something that upsets you, then they will listen.
- Therapy is patient focused, meaning that the psychology team will base your therapy sessions specifically around your needs as an individual (We know that no two people are the same).



...AND HOW CAN THAT HELP ME?

- Sometimes the way that you are feeling or the thoughts that you have can be overwhelming. We will support you to begin managing and coping with these thoughts and feelings.
- This process is a group effort, which means you are encouraged to be actively involved and work with us to help yourself.
- We know that sometimes you might think that you are being judged, and that this can have a horrible effect on the way that you feel. We will help you to explore this feeling and the way that you view the reactions of others to you.





WHAT DOES A SOCIAL WORKER DO?

- We provide you with advice and support.
- We listen to your wishes.
- We make sure that these are considered as much as possible throughout your treatment.
- We work with the rest of the team to protect your wellbeing.
- We make sure that you are safe and that you know your rights.



...AND HOW CAN THIS HELP ME?

- You will be actively involved in the decision-making process surrounding your care.
- You can give us any feedback you might want to give.
- If you have any concerns or questions, then you can come to us- we will do our best to answer them or find someone who does know if we do not!
- We can help you set up SMART goals for your treatment.
- We can help you to find out if you are entitled to some form of benefit.

WHAT DOES AN ACTIVITY COORDINATOR DO?

- We try our best to keep you occupied in your free time- We know it is hard being away from your friends and family and staying busy is a good way to spend your time.
- We will support you during your stay at Ellern Mede by spending time with you.
- We encourage you to find your creative outlet. Here at Ellern Mede we can show you how to paint, sew, knit and crochet, tie-dye, make slime, take part in yoga, and much more!
- We teach you mindfulness techniques.
- In Summer we spend a lot of time organising outside activities such as gardening.



...AND HOW CAN THIS HELP ME?

- You can learn lots of new skills and take up new hobbies during your stay at Ellern Mede.
- We can help you find new and healthy ways to express yourself whilst you are here.
- You can talk to us if you have anything you would like to discuss- we will listen to you and you will not be judged.
- Being creative can also be therapeutic for you. Get involved in a project, you might really enjoy it.
- Feel free to contribute any new ideas you have in weekly community meetings.





**If you have any questions,
please ask any member of staff.**

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