

# The Coborn Centre

for adolescent mental health

Information for  
Young People



Your Consultant is

Your Primary Nurse is

Your Care Manager is

East London **NHS**  
NHS Foundation Trust

# WELCOME

Welcome to the Coborn Centre for Adolescent Mental Health.

The centre is made up of four services: Day Service, the Psychiatric Intensive Care Unit (PICU), the Acute Service and Galaxy Ward (another Psychiatric Intensive Care Ward). We work with young people (13 - 18 years old) who have a wide variety of mental health needs. We aim to help young people and their families/carers manage these difficulties and feel more in control of their lives and futures.

There may be worries and questions that you have when you first arrive. It is also normal to be feeling a number of different things:

**hurt** - that other people think you need to be in hospital

**HOPEFUL** - that things might change and get better

**UPSET** - not wanting to be here

**relieved** - that people are listening

**WORRIED** - about what's going to happen next  
- about what others might think about you

**SAFE** - there will be people looking after you

**confused** - not sure why you are here

**DETERMINED** - to work towards change

**Day service:** Young people come to the Coborn in the day and go home at night.

**Acute Service:** Has bedrooms for young people to stay in.

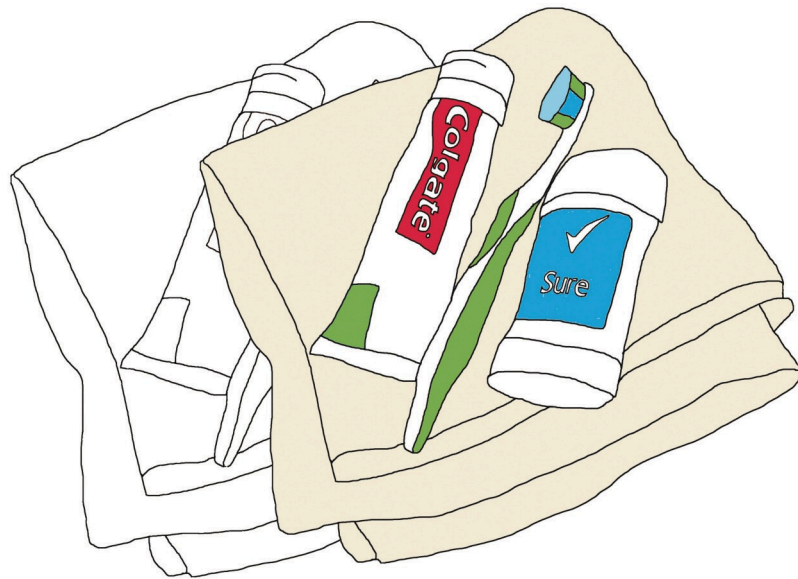
**PICU:** Has bedrooms with extra staff support available.

**GALAXY:** Has bedrooms with extra staff

# FIRST THINGS FIRST....

## What stuff do I need?

Some of these items, such as toiletries, can be provided if you do not have them. Please ask the nursing team.



- Toiletries
- At least one change of clothes (and no more than 5 different outfits)
- Pyjamas
- Comfortable footwear
- A coat (in winter)

## Is there anything else I can bring?

Yes! We want you to feel as comfortable as possible during your stay so you may want to bring some more personal items with you. These could include:

- Your mobile phone (which you can use after 4pm and according to your phone plan)
- Posters or photos for your room
- An Mp3 player and headphones
- A little bit of money (no more than £20)
- Books/magazines/journal
- A shaving razor
- Your oyster or ZIP card
- A pencil case
- A hairdryer or straightener
- Snacks (just enough to fit in a box)

On our PICU wards, some of these items may not be allowed due to safety.

We will make sure you have fresh bed linen and towels throughout your stay so you don't need to bring these. There is also a washing machine for you to keep your clothes clean.

If you have forgotten some of these things, or you arrived at the Coborn without your belongings, don't worry! We can provide you with emergency items from the list above until a parent or carer can bring in your own.

Some of these items will need to be kept in the nurses' office or contraband lockers for safe-keeping.

## Are there any rules about my belongings?

- When young people first arrive at the Coborn, staff need to search their belongings. We understand this can be annoying, but it helps to keep the ward safe.
- It's best to leave valuable items (like your Switch, iPad or laptop) at home.
- If you bring valuable items with you they will need to be kept in the safe in the office or store room during your stay. You will be allowed to use these items at specific times.
- Sharp items (e.g. a shaving razor) and some electrical items ( e.g. a hairdryer) will also need to be handed in and kept in a contraband locker for safe keeping.
- Any food you bring will be labelled and stored safely in the kitchen. We ask that young people don't eat in their bedrooms, but instead in one of the dining areas.

## Is there anything I'm not allowed to bring?

- Expensive electrical equipment
- Drugs or alcohol
- Deodorant aerosol
- Glass
- Weapons of any kind
- Chewing gum (unfortunately it gets stuck all over the place)
- Plastic bags
- Cans of drink (staff can pour these into a disposable cup for you)
- Anything else that staff feel may be unsafe for you





Some people may need to take medication to help them. Medications are prescribed by doctors. The doctors and our pharmacist will help you understand why medication might be helpful. Medication is regularly reviewed.

## MEDICAL TEAM

**Consultant Psychiatrists:** the most senior doctors. They have overall responsibility for your care and make important decisions about treatment, home leave, and discharge.

**Higher Trainee Doctors:** experienced psychiatrists who are working towards becoming consultants.

**Ward Doctors:** training to become psychiatrists or GPs. They will be available to meet with you regularly.

**Pharmacist:** can talk with you about your medication and any worries you may have about this.

The nurses provide your day to day care on the ward and will also support you in other meetings and activities.

## NURSES

**Modern Matron:** in charge of managing all the nursing staff in the centre.

**Clinical Nurse Managers:** Manage the Acute and PICU Services.

**Clinical Team Leaders:** senior nurses on the ward.

**Shift Co-ordinator (Nurse in Charge):** co-ordinates and manages each nursing shift.

**Primary Nurse:** is responsible for your care on the ward. You can speak to them about your care or if you have any questions or concerns.

**Associate Nurse:** provides practical assistance and supports your primary nurse.

**Support Workers:** support the day to day running of the ward.

### Who is going to be looking after me?

There are lots of professionals at the Coborn who will work as a team to support you. They are all trained to help you in different ways. Your Care Manager will help everyone to work together.

## THERAPISTS

**Clinical Psychologists:** talk with you to help you make sense of your difficulties and develop positive skills.

**Occupational Therapists:** help you get back into or discover new activities of daily living (ADLs) to support your recovery.

**Art and Drama Therapists:** offer a creative way of communicating and exploring life experiences.

**Family Therapists:** offer families a supportive space to talk about their experiences.

**Social Workers:** make sure you and your family have the right support to keep you safe and well.

**Sports therapists:** offer group and one-to-one sessions, help with using the gym and making activity plans.

We will talk with you about the right therapies for you. As well as individual therapy many of the therapists run groups to help you express yourself and learn skills.

## EDUCATION

**Teacher in Charge:** manages the daily running of the Coborn school.

**Teachers:** experienced in teaching young people with mental health difficulties.

**Learning Mentors:** work with you to help you get back into school or college.

The education team support you to get back into school/college/training when you are ready. They also provide daily education throughout your stay at the Coborn.

## How will you help me?

We work together with young people depending on what they need:

- Firstly we will do an 'Assessment'. This helps us to understand what has been difficult for you and what your needs and wishes are.
- We then put together a 'Care Plan' with you and your family. This is a plan of the best treatment to support your recovery and help you work towards the future you want.

Every two weeks the team at the Coborn have a meeting called a 'Clinical Review' (or sometimes you might hear it called ward round). At the Ward Round the team will discuss your Care Plan, medication and whether you are ready to have some time in the community or at home (also called 'leave'). After Ward Round, you and your family, or whoever cares for you, will be given an update.

On the in between weeks where you don't have ward round, your care will be discussed in management round, and you will have a 'consultant clinic' later in the week, with your consultant and a smaller team.

Your Care Plan is reviewed and discussed in more depth at 'CPA Meetings'. These are held every 4-6 weeks and are organised by your Care Manager. They are attended by you and all the important people involved in your care. The meeting gives everyone, especially you, the chance to think about how things have been going and to plan ahead.

## How long will I have to stay at the Coborn?

This is a difficult one to answer. The length of time people stay depends on their individual situation and needs. This is reviewed regularly and is something you will be able to talk about with the people in your team.

We don't like to keep young people in hospital longer than they need. We want to help young people feel ready to move on with life outside of hospital as soon as possible.

## ...but what if I don't want to stay here?

Sometimes you or your family might not agree with the decision that you should stay here. If you feel this way, you can speak with a Nurse on your ward, the People Participation worker or our IMHA (Independent Mental Health Advocate) and see the 'Your Rights' section at the back of this booklet.



# WHILE YOU'RE HERE

## Who can visit me?

- Because this is a hospital, there are rules about visiting times and how many people can visit at once. Visiting times are: Monday to Friday 4pm – 8.00pm & Weekends 12.30pm – 8.00pm. Flexible visiting times can be requested. We try to stick to no more than three visitors at a time.
- When the team and carers have agreed it, you may be able to go outside the unit with your visitors and come back at a set time.
- If you have a boyfriend or girlfriend they are welcome to visit but you will not be able to spend time with them in your room – only family members are allowed in bedrooms. Children under 12 years are not allowed onto the ward. You can see these visitors in the Day Service area and they must always be with an adult.



## Can I visit my home?

- When you first come to the Coborn we need to get to know you and understand what is going on for you.
- During the early part of your stay, the Doctors may not feel it is safe for you go home, or your family may not feel they can keep you safe at home. This is normal and it happens with lots of young people who come to the Coborn.

- As your stay here progresses, home leave will be talked about and planned with you and your parents or carer. Usually you will start with a small amount of leave, e.g. going out for a few hours in the community. This will then be increased to overnight, weekend and even longer stays at home.
- Your leave will be reviewed each week in either the ward rounds, or the management rounds and consultant clinics.

## What will happen about school or college?

- We will do our best to help you keep up with your education or training.
- The Coborn Centre has an education department that supports young people with their educational needs and provides lessons during the week whilst you are here.
- If you and your parents are happy for the education team to contact your school or college, they will ensure that absence is explained and that work can be sent for you.
- When you are ready to return to school or college, the education team will help you with this process. They can also help find courses for you if needed.
- If you are due to sit your exams, the education team will work with you, your family and your school to support this, where appropriate. If you are not well enough to sit them, the education team will liaise with your school and make sure that you are supported to sit them at a later time.



# YOUR CULTURE & BELIEFS

## What about my culture and beliefs?

Young people come to the Coborn from all over the country and from lots of different backgrounds. Whatever your culture, faith or spiritual beliefs, we want to make sure that you feel comfortable at the Coborn.

We will support you to continue the cultural or religious practices that are important to you. This might include providing you with special food (e.g. halal, kosher, or any other specific dietary requirements) or time and a space to pray, including the use of our spiritual room. We also have a team of spiritual advisors who we are able to refer you to, if you would like this. Please speak to a member of staff if you would like more information.





# WORDS OF ADVICE

This is what other young people said they would have liked to know when they first arrived at The Coborn, and also what they learnt after being here for a while.

“

It feels like you can't see the end point when you first arrive, but as clichéd as it sounds, it will be worth it in the end.

Joining in groups can help you to get confidence.

No matter how much you might think that staff are against you, they always have your best interests at heart.

I didn't expect to get my own room. It gives me privacy and makes it feel less like a hospital.

Speak to the nurses if you are unsure of anything.

I thought everybody here would be 'crazy' but I realised they were actually normal people like me who needed help.

I like the gardening group and using the gym. I started doing the activities I enjoyed again.

The support from staff made me have a better understanding of what was going on.

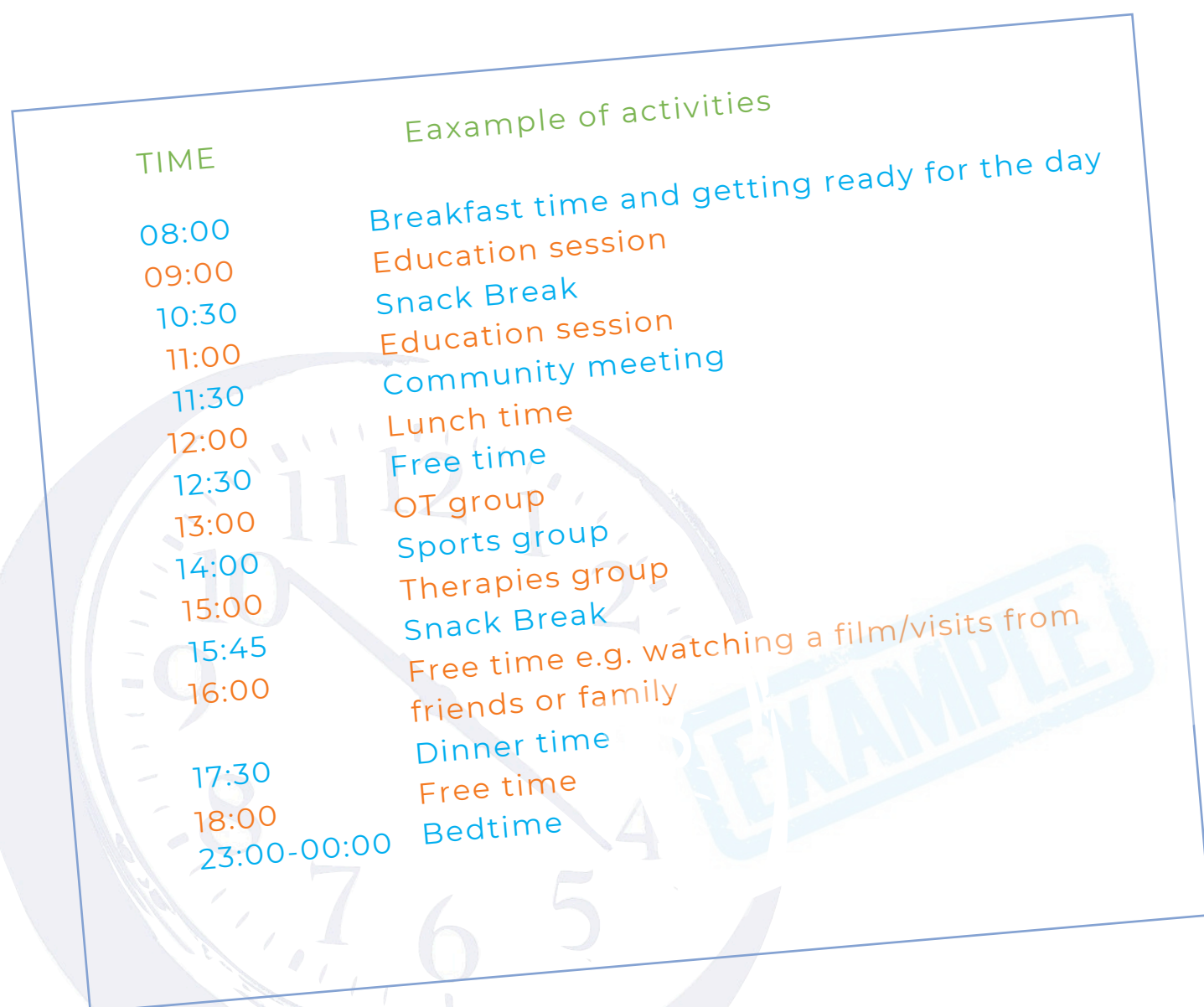
It was difficult being away from home at first.

”

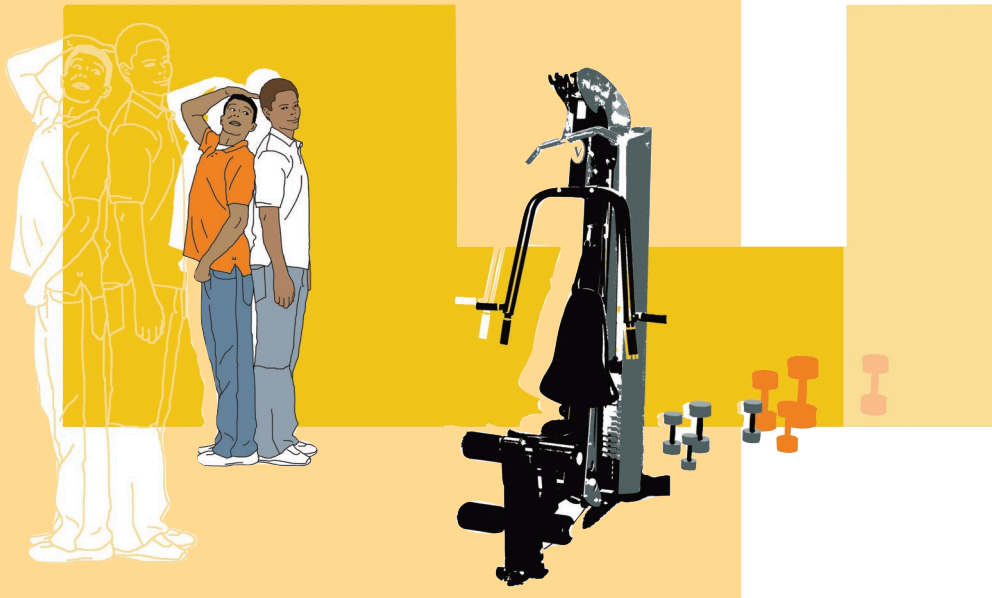
The Coborn is a stepping stone to having a good future. Do the activities and talk to the staff so you can get their help.

# WHAT'S AN AVERAGE DAY LIKE?

Each day at the Coborn centre will be different. Young people do different therapeutic activities depending on their needs. Below is an example of what a weekday timetable might look like. Weekends are free for young people to spend time with their families or for leisure time.

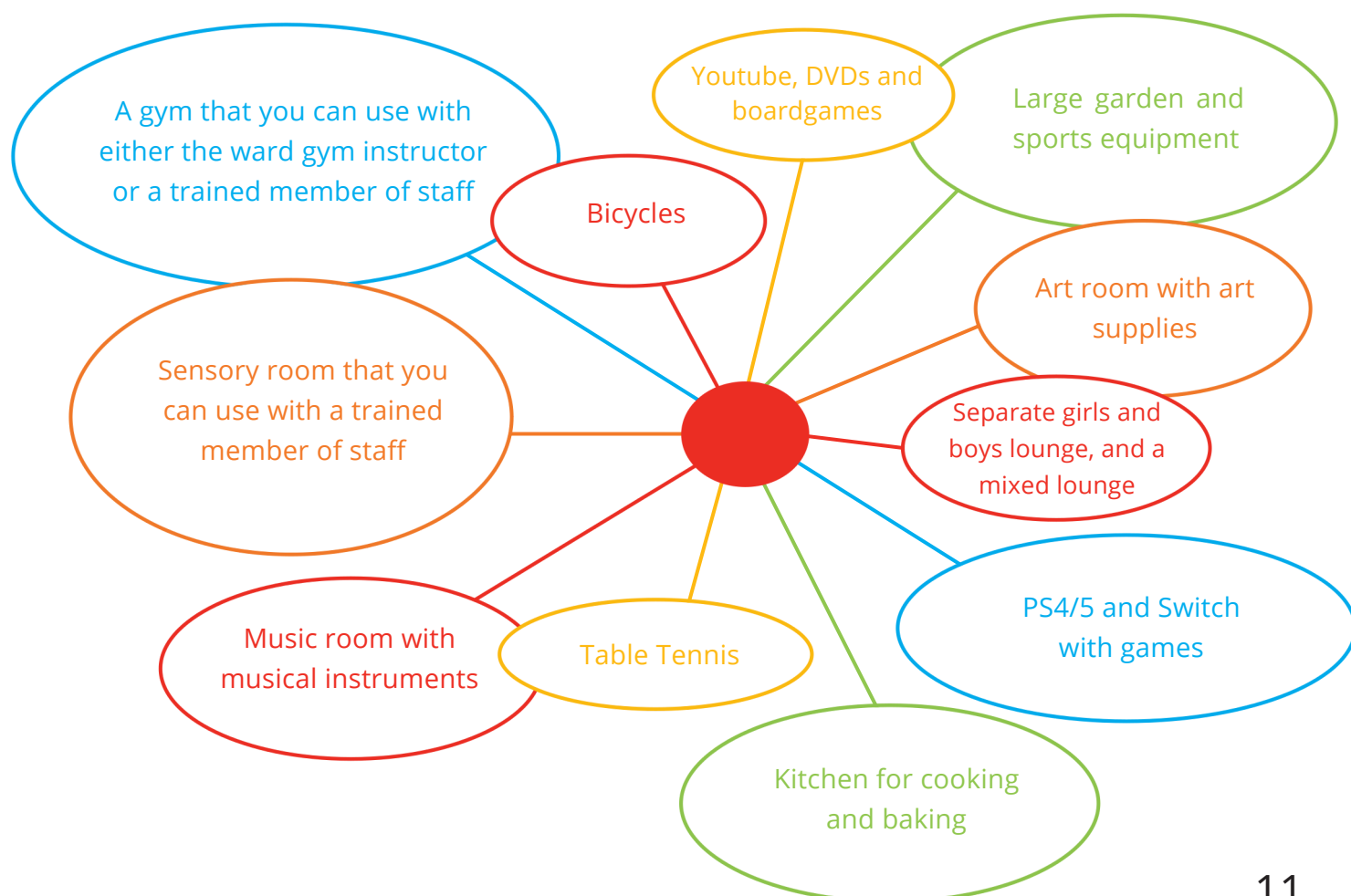


TIME	Example of activities
08:00	Breakfast time and getting ready for the day
09:00	Education session
10:30	Snack Break
11:00	Education session
11:30	Community meeting
12:00	Lunch time
12:30	Free time
13:00	OT group
14:00	Sports group
15:00	Therapies group
15:45	Snack Break
16:00	Free time e.g. watching a film/visits from friends or family
17:30	Dinner time
18:00	Free time
23:00-00:00	Bedtime



## What things are there to do in my free time?

There are many resources and activities for you to take part in outside of groups and during your free time. Not all resources will be available all of the time, but if you would like to use them then speak to a member of the nursing team. Other activities are also available and will be discussed with you (boxing, music production etc.).



# OUR EXPECTATIONS

## OF EVERYONE AT THE COBORN

At the Coborn we have a number of things that we like everyone to work towards in order to make it a safe and good living environment.

These are:

**Respect one another**

**Be supportive of one another**

**Respect the furniture and property of the Coborn and of one another**

**Be polite and use nice language towards others**

**Attend education, groups and individual sessions that are part of your care plan**

### Can I smoke?

You are not allowed to smoke in the hospital. This is a rule for all hospitals and we cannot change this. There are lots of ways we can help you to stop smoking. We will talk to you about these, and support you with what you choose to try.

If you tell us that you wish to smoke we will speak to your parents/carers and consider whether we can facilitate smoking as part of your leave from the hospital.

### Can I keep my phone?

- If you have a phone you will need to give it to staff to put in the safe.
- Depending on the ward you are on and what your Care Plan is, you may be able to use your phone after 4pm during the week, in the multi-purpose rooms or lounges. This is to make sure you still join education and activity groups. You will need to hand your phone back in at bedtime.  
You can be given your phone back when you go on leave.

### Can I use the internet?

- There are some computers and chromebooks which are available for young people to use the internet or to do their school work. We will support you to use the internet safely.
- A support worker or nurse will supervise you as part of our rules for safe internet use.

### What about chatting to friends online?

- The nurses will speak to your parents to see if they are happy for you to use social networking sites on your own device. We need to make sure that you are safe when using the internet. Sometimes adults might be concerned about what is happening for you in your online world and might worry about how this is making you feel.

### Am I allowed to take photos?

- No. Taking photos or videos is one thing we have to be really strict on. This is to protect you and other young people and is non-negotiable.





# YOUR RIGHTS

What rights do I have once I've been admitted to the Coborn centre?

## The right to...

**Meet with an advocate** (independent person). The advocate works for the charity MIND and does not work for the hospital. The advocate visits the ward each week and it is up to you whether you want to talk to them. They can discuss your care with you, attend meetings with you, and speak on your behalf if you would like them to.

## The right to...

**Read my notes and access my records:** If you want to read the records about your care then you will need to write a letter to your consultant requesting this. Your records and your leaflet are available on request.

## The right to...

**Raise concerns about your care:** If you or your parents/carer have any concerns then this should be raised as soon as possible with the nurse in charge who may be able to sort out the problem. The senior nursing team including the Ward Manager, Modern Matron or Service Manager may also be able to help. If the issue cannot be resolved or is of a more serious nature then a member of staff can support you to make a complaint. If you make a complaint, you will not be discriminated against and your care will not be compromised.

## The right to...

**Request a second opinion:** If you want a second opinion on your care talk to the senior nursing team or with your consultant and we will think with you about how to proceed.

## The right to...

**Confidentiality:** Information regarding your care and treatment is confidential and will only be shared with certain people. These people are the staff at the Coborn centre as well as the professionals that you will be working with in the community, such as your GP and community CAMHS team. There may be exceptional circumstances when we need to share your information with social care or the police without your permission, but this will only be if either you or another person's safety are at risk.

If you are here under section of the Mental Health Act (1983) you will have additional rights (like **appealing your section**). The nursing team will help you to read and understand these rights, and explain the **tribunal process** to you.



# HOPE WALL

“

When you hit your brick wall  
Don't let it make you fall  
Keep fighting for your life  
Through the darkness and light  
You are unique and though life seems unfair  
Don't give up because you're so nearly there

Messages of  
hope from  
young people  
and staff

Your wings already exist, all  
you have to do is fly

Keep your head up, keep  
your heart strong

If you have hope,  
anything is possible

Even though everything looks  
dark through grey skies, there's  
always a silver lining. There is  
hope for everyone.

Even a 1000 mile  
journey starts with  
a single step - take  
yours!

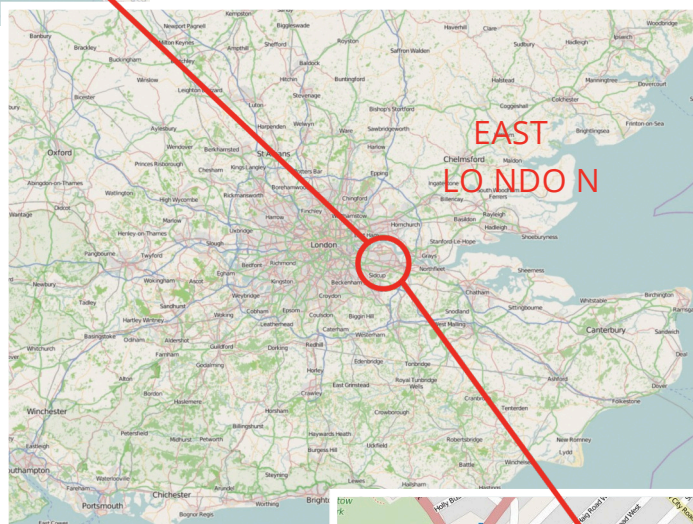
Change will not come if you  
wait for some other person  
or some other time.

Never give up!

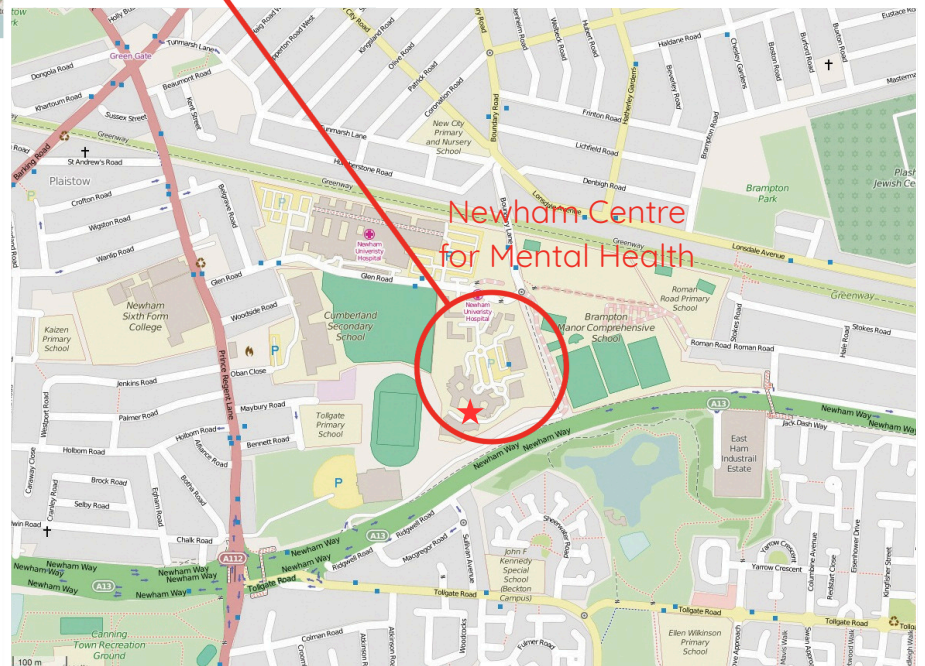
”

You can see the full Hope Wall on the wall near Day Service,  
opposite the staircase upstairs.

# WHERE AM I ?



The Coborn Centre  
for Adolescent Mental Health  
Cherry Tree Way  
Glen Road  
Plaistow  
London E13 8SP  
Tel: 020 7540 6789



# WORD SEARCH

M	I	N	D	F	U	L	N	E	S	S	R	E	A
Y	T	I	V	I	T	I	S	O	P	W	E	A	E
L	P	T	G	C	N	R	T	L	E	E	F	C	M
U	T	R	R	O	N	E	R	E	C	L	L	O	P
A	G	O	O	P	P	R	E	W	N	L	E	M	O
C	I	P	W	I	H	B	N	L	A	N	C	F	W
C	S	P	T	N	O	O	G	C	L	E	T	O	E
E	E	U	H	G	P	E	T	L	A	S	I	R	R
P	P	S	V	I	E	S	H	I	B	S	O	T	M
T	N	E	M	E	G	A	R	U	O	C	N	E	E
A	A	S	T	W	E	L	L	B	E	I	N	G	N
N	S	E	L	F	C	A	R	E	E	E	P	E	T
C	R	E	C	N	A	R	E	V	E	S	R	E	P
E	N	F	W	P	H	E	A	L	I	N	G	S	S

PERSEVERANCE  
 BALANCE  
 ACCEPTANCE  
 SELF-CARE  
 SUPPORT  
 ENCOURAGEMENT  
 POSITIVITY  
 WELLBEING  
 HEALING  
 MINDFULNESS  
 EMPOWERMENT  
 COMFORT  
 REFLECTION  
 WELLNESS  
 STRENGTH  
 COPING  
 HOPE  
 GROWTH