

# 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**. We work with young people (12 - 18 years old) who have a wide variety of mental health needs. We aim to help young people 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:

**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 also

**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

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

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

**DETERMINED** - to work towards change

# FIRST THINGS FIRST....

## What stuff do I need?

- Toiletries
- At least one change of clothes
- 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
- Posters or photos for your room
- An Mp3 player and headphones
- A little bit of money
- Books/magazines
- A shaving razor
- Your oyster card
- A pencil case
- A hairdryer or straighteners
- Snacks

On our PICU wards, 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.

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

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.

## 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 at home.
- If you bring valuable items with you they will need to be kept in the safe during your stay (e.g. mobile phones, money). 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. 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
- Deoderant 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 plastic cup for you)
- Anything else that staff feel may be harmful for you



Some people may need to take medication to help them. Medications are prescribed by doctors. They 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.

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 our recovery and help you work towards the future you want.

Every week the team at the Coborn have a meeting called a **'Clinical Review'** (or sometimes you might hear it called ward round). Before the Clinical Review the Consultant will meet you and discuss how things are going. At the Clinical Review the team will discuss your Care Plan, medication and whether you are ready to have some time at home (also called **'leave'**). After Clinical Review, you and your family, or whoever cares for you, will be given an update.

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, speak with a Nurse on your ward and see the **'Your Rights'** section at the back of this booklet.





# WHILE YOU'RE HERE

## Who can visit me?

- We want to help you stay in touch with people who are important to you.
- 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 5pm – 8.30pm & Weekends 12.30pm – 8.30pm. Flexible visiting times can be requested. We try to stick to no more than three visitors at a time.
- If your Consultant 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.



## 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. This will then be increased to overnight, weekend and even longer stays at home.
- Your leave will be reviewed each week in the clinical review meeting.

### 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.





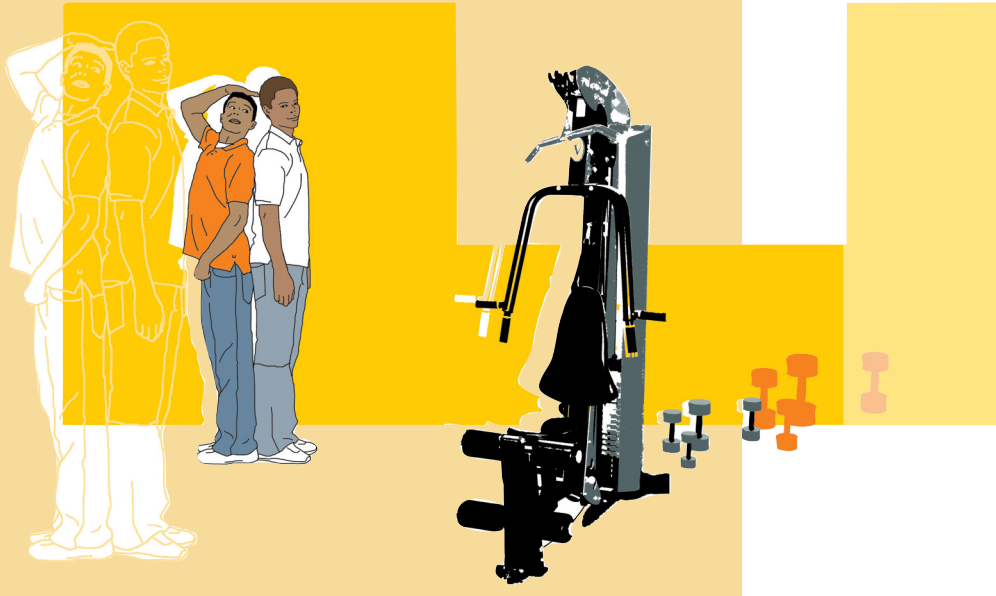
# YOUR CULTURE & BELIEFS

## 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.

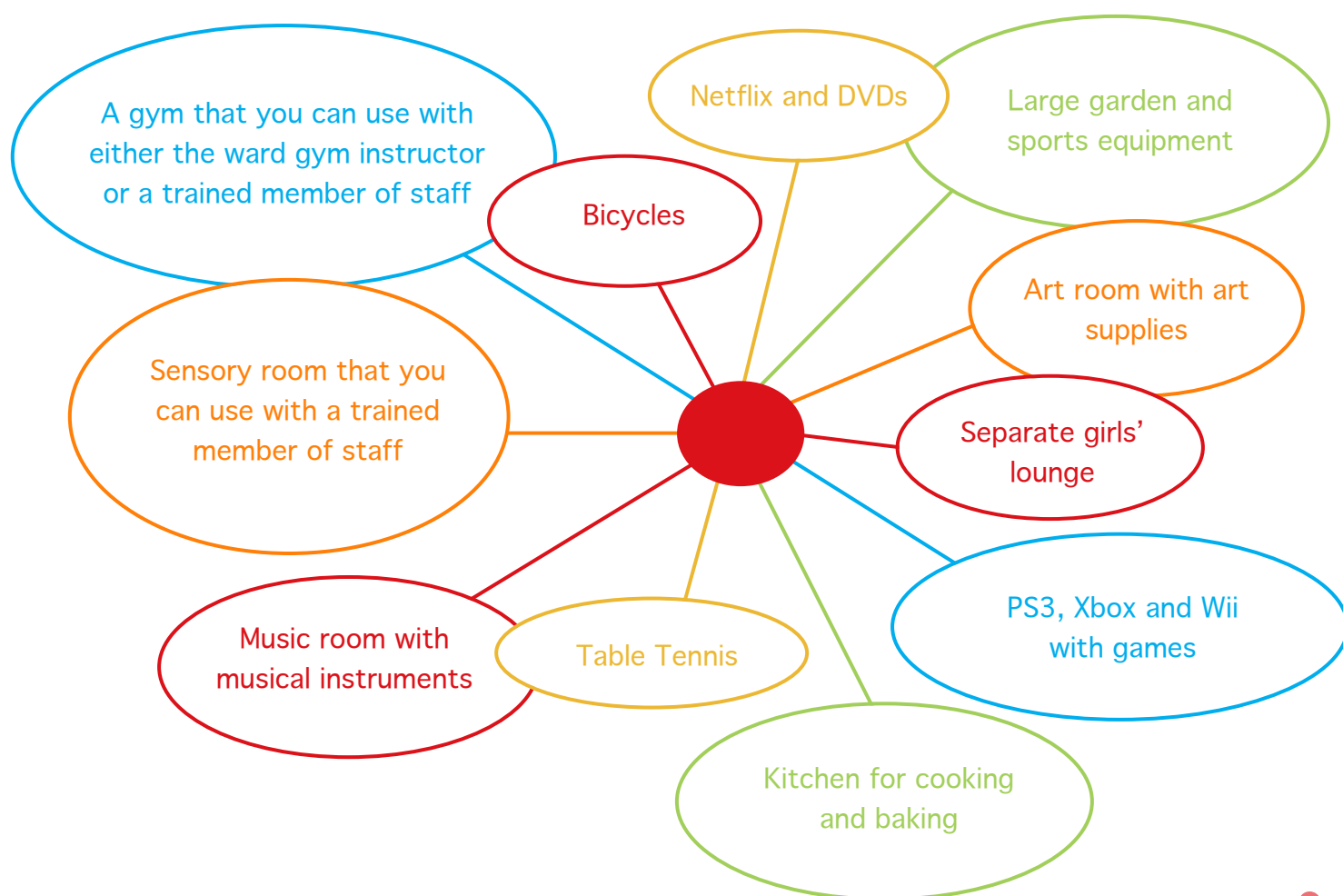
We will support you to continue the cultural or religious practices that are important to you. This might include providing you with special food (e.g. halal, kosher) or helping you to pray. We can also arrange for you to meet one of the spiritual care team. Please speak to a member of staff if you would like more information.





## 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.



# 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. 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 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 in the quiet room at specific times outside of education and activity groups. You will always be given your phone back when you go on leave.

### Can I use the internet?

- There are some computers 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. 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 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. Once you have received a response, your primary nurse will meet with you to read through your records.

## 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...

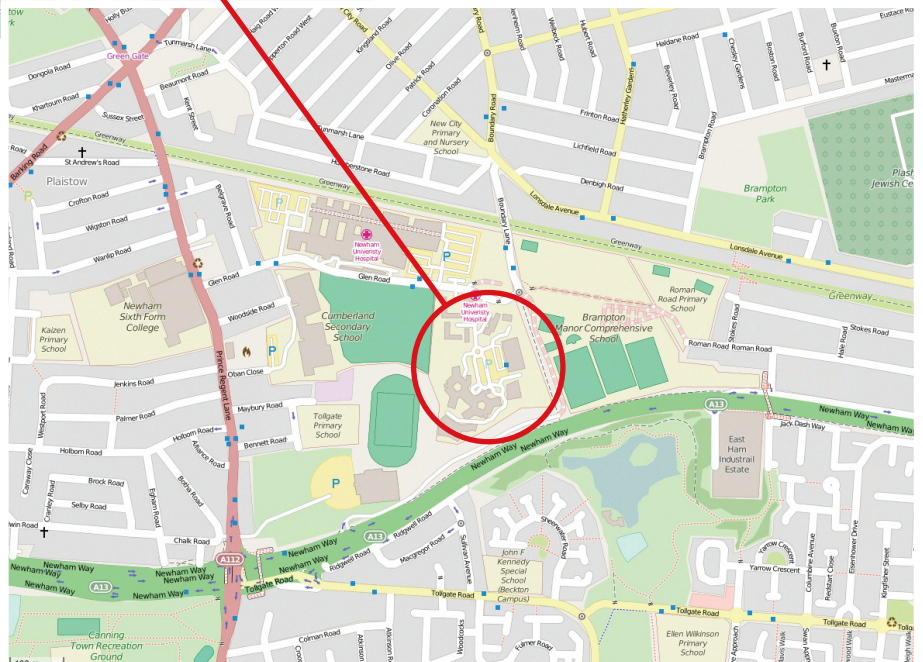
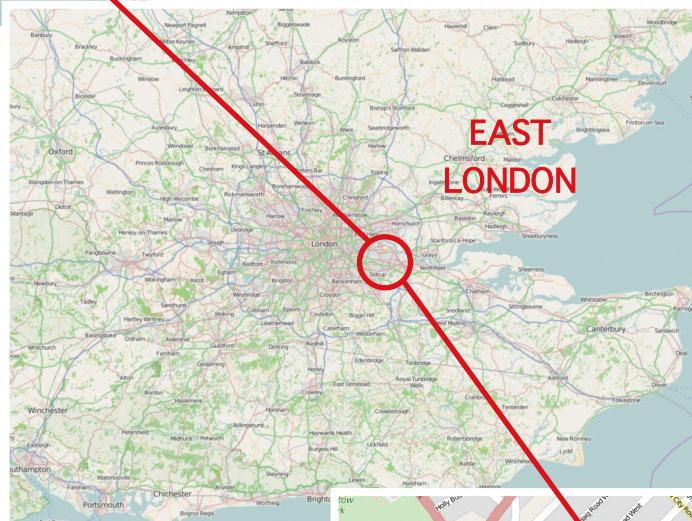
**Confidentiality:** Information regarding your care and treatment is confidential and will only be shared with certain people. These people are the staff at the Coborn centre as well as the professionals that you will be working with in the community, such as your GP and community CAMHS team. There 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. The nursing team will help you to read and understand these rights.





# WHERE AM I ?



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for Adolescent Mental Health  
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