

Alpha Hospital Bury

A STATE OF MIND



Star Wards is a project which works with mental health trusts to enhance mental health inpatients' daily experiences and treatment outcomes.

Members use a broad portfolio of 75 practical ideas to validate their existing good practice and to inspire further development allowing staff to use all their skills and personal qualities and work with patients in order to provide exceptional, creative and therapeutic inpatient experiences.

Implementation of the initiatives

The nature of Medium and Low Secure Services for Women presents some unique challenges that are governed by a vast array of dynamic factors requiring careful consideration when implementing new initiatives, for example Gender Sensitive practices. So when it came to considering implementation of the 75 Star Wards ideas, the initial thought was that some of the initiatives would require modification due to the nature of the setting.

Despite the challenge, everyone saw the value of using Star Wards, and the first Working Party meeting was held

on January 20th 2009. An appraisal of the service was carried out using the Star Wards benchmarking tool and this determined that we met approximately 48% of the 75 initiatives across the service. It was surprising how much of the initiatives were already in existence, and this energised our determination and confidence that we could achieve 100%.

The Star Wards cause was taken up with enthusiasm and interest by all involved. A final action plan was drawn up with the target date of December 1st agreed and full compliance which was subsequently achieved.

Benefits:

- ▶ More patient involvement in decision-making on the shape of service provision via projects such as the booklet 'Self-injury – A Guide for People Working in a Secure Environment' and the 'I Will Survive Campaign'.
- ▶ Promotion and validation of good practice and increased staff satisfaction.
- ▶ Enhanced working partnerships between staff and patients.
- ▶ Benefits for relational security: 'safer experiences for all – 50% of pilot sites had a reduction in violence'.
- ▶ S.L.A.S.H – Start Learning About Self Harm
- ▶ Special Events
- ▶ Education & Patient Library – '6 Book Challenge'
- ▶ Patient Focus Group
- ▶ Oasis Group

Presentation of Full Monty Award

On the 13th April 2010, Alpha Hospitals Bury was visited by Marion Janner OBE in relation to the STAR wards. The purpose of the visit was to commend the commitment, professionalism and enthusiasm of all the staff who put forth that extra effort to gain the prestigious "Full Monty" award across all 5 wards of the Women's Service.

Following a tour of the hospital, Marion presented the five "Full Monty" awards to staff members and a selection of patients from all the

women's wards. The presentation highlighted the work and effort that was put in over the months to achieve the awards. After the presentation, all the patients on the Female Service joined Marion and staff in a party to celebrate their efforts in attaining the STAR awards.

Marion was very explicit in her feedback after the visit and described everything that contributes to the quality of the service as "absolutely awesome", which is high praise from such an influential and inspirational figure within the sphere of mental health services.



SELF INJURY

Guide for people working in a secure environment

I will survive



For more information on how you can join Star Ward and implement the project within your service visit: <http://starwards.org.uk/home-mainmenu-1>.

If want to know more about Star Ward Implementation at Alpha Hospitals Bury you can speak to Patrick Doyle, Clinical Nurse Specialist (Tel: 0161 762 4247) email: patrick.doyle@alphahospitals.co.uk.

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