



Mental Health & Wellbeing Programme

This is not a conclusive list and additional factors or combinations of factors will be assessed at pre-admission telephone assessment.

Decisions about eligibility are to be discussed at an MDT pre-admission meeting and patients will be informed of the outcome at time of assessment or by telephone or written correspondence.

Inclusion Criteria:

- Serving police officer
- Completed pre-admission telephone & safe risk assessment
- Patient able to both tolerate & gain therapeutic benefit from low intensity group work
- Mental Health diagnosis
- No recent contact with crisis services
- Level of motivation & readiness to change
- Ability to engage in the full 2 week residential programme

Exclusion Criteria:

- Medication Dependence / Withdrawal (alcohol, recreational or prescription drugs)
- Primary diagnosis of Eating Disorder e.g. anorexia, bulimia, psychosis
- Indication of current risk to self
- Frequent suicidal thoughts with plans or intent
- Suicide / Self harm attempt or links to NHS Crisis Services in last 3 months
- Unmanaged self-harming behaviours e.g. cutting