

Oaklands St Kilda's

Community Rehabilitation Supported Living Services

Supporting young people's mental
health, recovery and wellbeing



The service at a glance

Oaklands and St Kilda's is a community based rehabilitation supported living service for young people with mental health needs. The service is split across two, newly refurbished six bedroom properties in close proximity of each other in Ealing, West London.

Both properties offer 24-hour support for 18-25 year olds with mental health support needs, in psychologically informed settings, delivered by a specialist trauma-informed staff team.

This service is suitable for a young person stepping down from hospital or as an alternative to hospital admission. Young people may come to us if there has been a breakdown in another accommodation placement or as a move on option for young people leaving the family home or looked-after children provision.

Oaklands and St Kilda's is community-based and recovery-focused. The highly trained and specialist staff team work with young people in a range of personalised ways, as they move towards rehabilitation and developing independence.





A young person referred to Oaklands and St Kilda's can expect:

- 24-hour on-site support from a highly skilled staff team
- Bespoke, trauma-informed support personalised to their own needs and goals
- A high-quality living environment, that is psychologically informed, personalised and feels like home
- A full on-site medication service with spot checks.
- Joined-up support working in partnership with multi-disciplinary teams
- Access to additional support for associated needs including but not limited to neurodiversity, difficulties with drugs and alcohol, and relationships
- An inclusive and culturally sensitive environment, and opportunities to co-produce their own support
- A personalised move-on pathway, which may include higher support at Oaklands before stepping down to lower support at St Kilda's as their independent living skills develop.



**Oaklands
St Kilda's**

Accepting referrals now.

Get in touch on: 07464 928067

Or email: mhreferrals@lookahead.org.uk

We're ready to welcome you - accepting referrals now.



Support and environment

Oaklands and St Kilda's supports young people in a psychologically informed environment. Our support is trauma-informed and is based on our understanding that each young person's background, context and environment will affect their mental health needs and wellbeing.

The service has a strong emphasis on co-production, encouraging each young person to choose their own support, help shape service delivery and engage in activities that boost their skills and they enjoy. Each young person receives a bespoke welcome pack on arrival and will have the opportunity to personalise their own environment and make it feel like home.

Ensuring that young people are empowered to advocate for themselves within the health and care system (for instance by fully participating in partnership meetings) is another integral part of our approach.

Our rehabilitation-focused support focuses on building skills, confidence and independence, which can be particularly valuable for young people who have spent time as a looked after child or in in-patient settings. This includes support with managing their mental health condition, support with medication, appointment management, cooking, shopping, budgeting, and engagement with education, training, and employment.





Staff

Our 24/7 staff team draws from a variety of specialist experience and backgrounds and will work alongside psychologists and other clinical partners.

The staff to customer ratio is high, with the team consisting of:

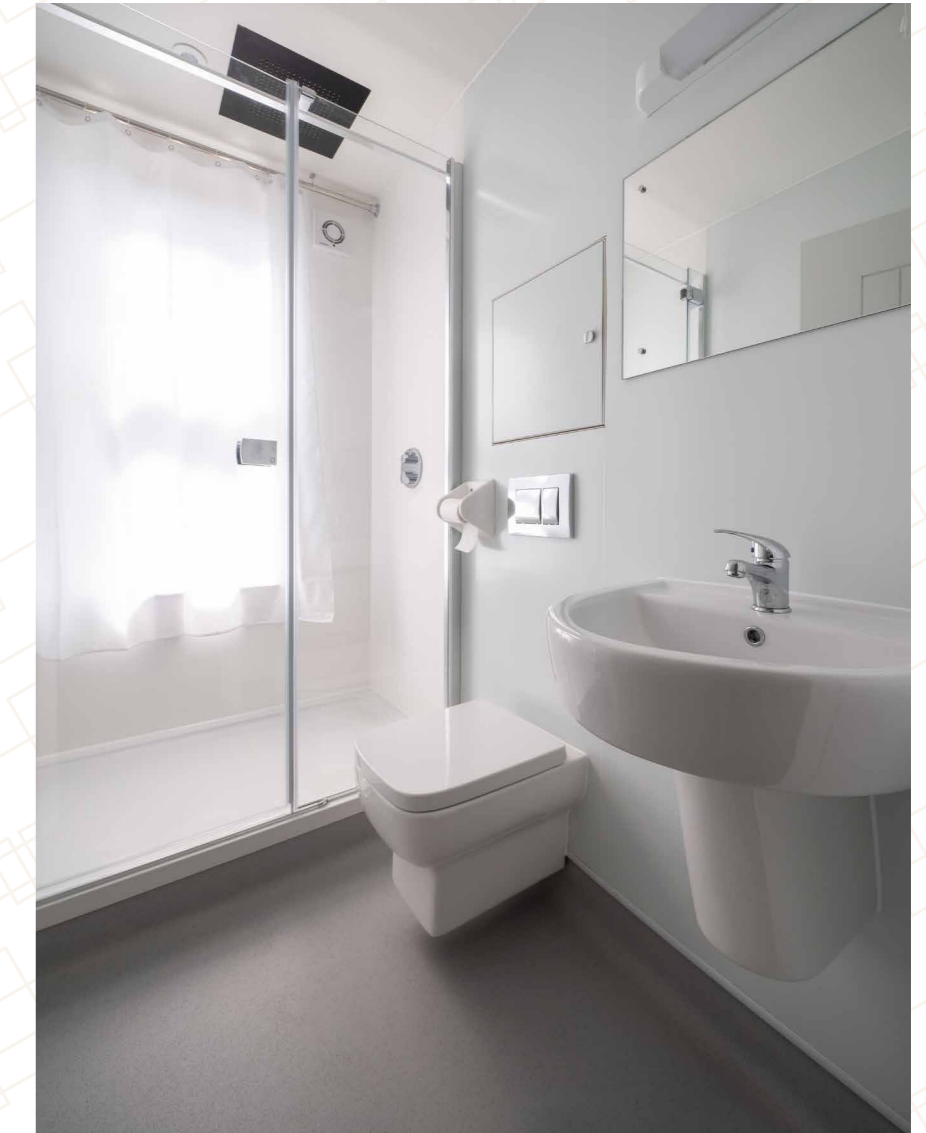
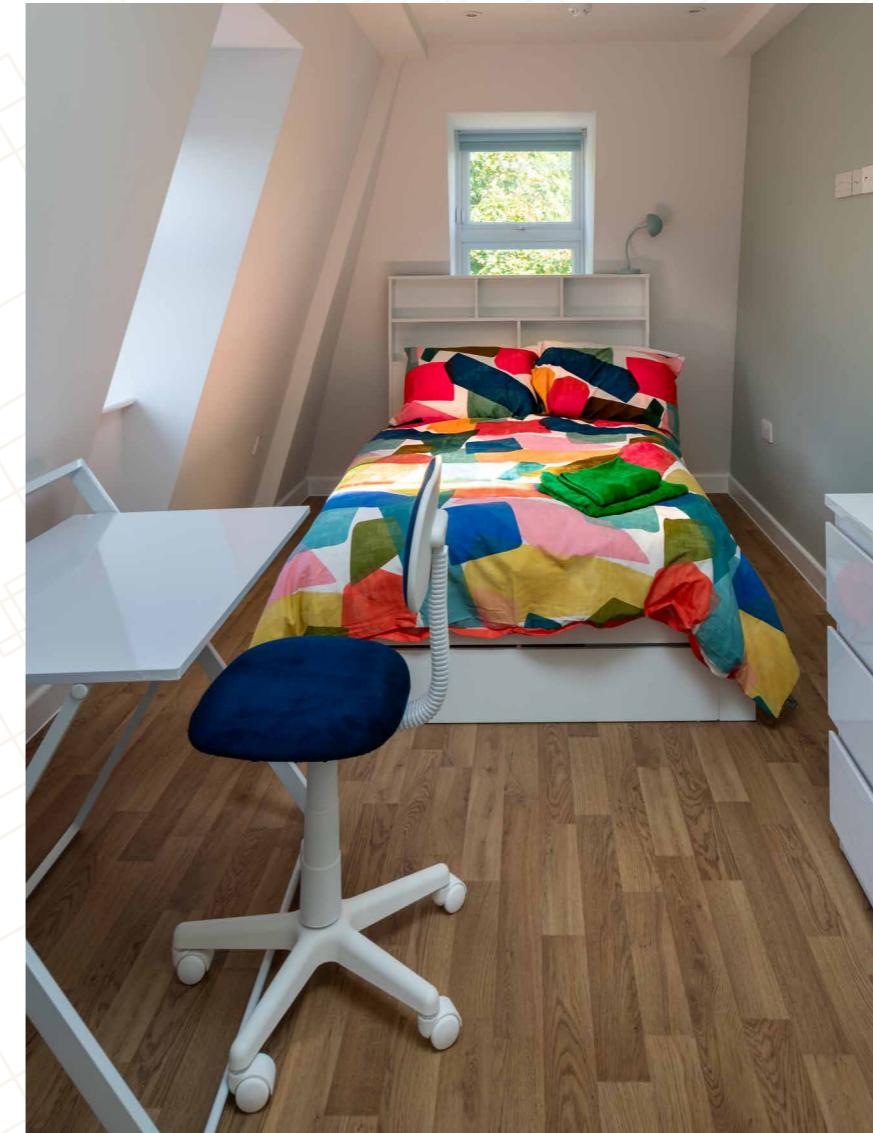
- **Service Manager and Team Leader across both sites.**
- **Three Specialist Support Workers.**
- **Three Support Workers.**
- **Oaklands offers double cover at all times.**

Look Ahead are working with MAC-UK, a specialist mental health charity, to co-produce a therapeutic environment and community rehabilitation support framework that puts young people at the very heart of the service.

The properties

Both our Oaklands and St Kilda's sites offer:

- Three storey on-street properties.
- Six personalised bedrooms, each with their own design and layout.
- Three shared shower rooms.
- A large communal kitchen dining area for cooking and group meals.
- Garden for outdoor leisure and relaxation.
- Multi-purpose garden annex which can be used for therapeutic and health and wellbeing-focused activities.
- Staff office providing 24/7 cover on site.
- Good public transport links - 15 minutes from West Ealing Station (Elizabeth Line) and close to local bus routes.
- Short walk from shops, cafes, leisure facilities and other local amenities.





Referrals

Oaklands and St Kilda's offer spot placements and is open to referrals of any gender from all across London, with no local connection to Ealing needed.

Young people at this service are likely to have a primary support need associated with their mental health and are likely to require ongoing support with their mental health. We do not however require young people to have a formal diagnosis at the point of joining the service.

Young people may come from hospital, in-patient settings, from the family home or from looked-after children settings. Referrals can be made by any health and social care professional working with the young person, such as care coordinator, social worker, nurse, consultant.




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This service has been designed for young people who will have experienced one or more of the following:

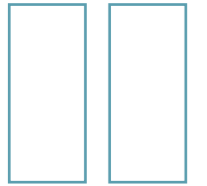
- Separation and loss from no longer being able to remain with their family
- Challenges facing young people due to transition between children and adult services
- Victim of and/or witness to trauma, abuse or neglect
- Family breakdown or parental drug and alcohol issues
- Parental mental health or disability issues
- Challenging behaviours which have developed from their experiences

In addition to support need around mental health, the young person may also have multiple needs including but not limited to:

- Previous difficulties with drugs and/or alcohol
- Anger management issues with some insight into triggers
- Low self-esteem or self-harm
- Learning disability (secondary or undiagnosed)
- Neurodiversity
- Experience of domestic abuse
- Previous offending behaviours
- Financial or sexual exploitation

Get in touch

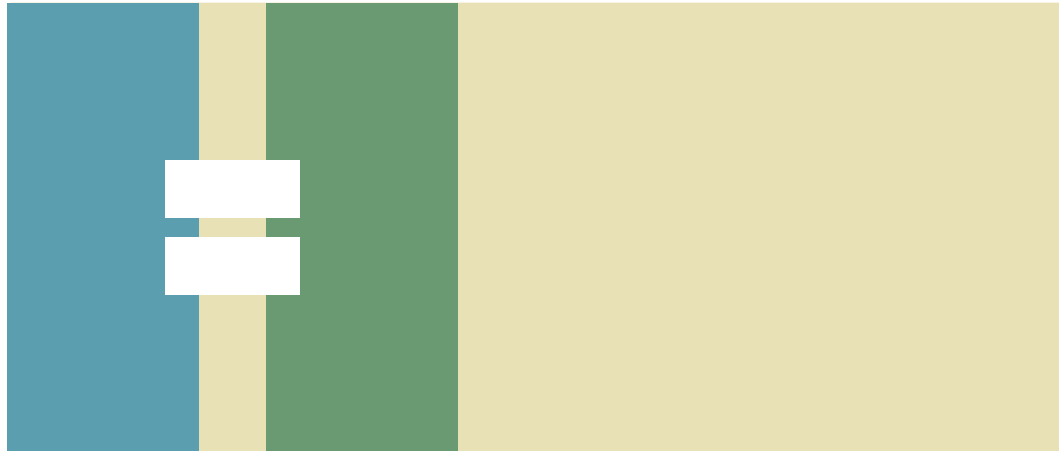
If you have any questions, have a potential referral in mind or would like to arrange to visit the service and meet our team, we would love to hear from you.



Please contact Corrinne Towsey,
Business Development Manager
Email: mhreferrals@lookahead.org.uk
Tel: 07464 928067



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