Who are we?
The team includes: psychologists, psychiatrists, mental health nurses and counsellors. We work together to offer mental health support to the women of HMP Bronzefield.

What do we offer?
Each patient referred to our service will be assessed and as a team we decide the best form of treatment for that individual.

We offer:
• Assessments
• Individual therapy
• Group therapy
• Group workshops
Stepped Care Approach

The Mental Health In-Reach team is split into two levels: Primary Care and Secondary Care. Stepped Care is a system of delivering and monitoring treatments, so that the most effective, yet least intensive treatment is delivered to patients first; only ‘stepping up’ to intensive/specialist treatment as clinically required.

1. Primary Care
We work with people who present with mild to moderate mental health difficulties. This means we work with more common mental health problems such as depression, anxiety disorders and difficulties with sleep, anger, self-esteem and managing emotions.

2. Secondary Care
We work with people who have more complex mental health difficulties and who need more intensive interventions. These complex mental health difficulties may include:
- Psychotic symptoms
- Complex trauma/PTSD
- Bipolar disorder
- Severe depression
- Personality disorders
Groups we deliver

Groups and workshops last from one to eight weeks, depending on the group. Sessions take place once a week and are one to two hours long.

We offer groups on:

- Anxiety
- Depression
- Anger
- Sleep difficulties
- Self-esteem
- Understanding and managing emotions
- Understanding personality and personality disorder
- Hearing voices
- Paranoia
- Post Traumatic Stress Disorder (PTSD)
Individual Therapy

Individual therapy will be tailored to meet the patient’s needs as based on the assessment. We work using several different therapeutic approaches. Generally we see patients on the houseblock, in Separation and Care, or in Healthcare either weekly or fortnightly for either 30 or 50 minutes. After our assessment we will discuss with the patient what they would like to gain from therapy and agree a treatment plan. Some of our therapeutic approaches include:

- Cognitive Behavioural Therapy (CBT)
- Mentalisation Based Treatment (MBT)
- Dialectic Behaviour Therapy (DBT)
- Compassion Focused Therapy (CFT)
- Longer-term Psychotherapy.
How to refer to us
Steps for applying on the POD:
Select Therapies under the Mental Health Inreach Team on the POD

What happens next?

• Once we receive the application from the POD you will be added to a waiting list for assessment and we will tell you of this. Waiting time for assessment is usually around two weeks.

• We will then arrange a 30 minute initial assessment with you to find out more about the difficulties and how we can best help. Your case will be discussed in a team meeting, following which a plan will be developed.

• You will then be placed on the appropriate therapy waiting list and sent a letter with information of the planned intervention.
• If you are due for release or transfer before you can attend treatment then we will provide you with a letter outlining the details of the assessment that you can bring to your GP.

• If you were seen in the community by a mental health team before coming into prison we will speak with that team.

Contact

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