

Welcome to Carmand

Forensic Mental Health & Learning
Disability Accommodation
including Specialised
Psychotherapeutic services for
adults.



Contact Information

For answers to any questions you have
about a referral to our services,
contact us at:
admin@carmand.co.uk

To learn more about our services
and what makes us different,
visit our website:
www.carmand.co.uk

Carmand

FORENSIC MENTAL HEALTH
& LEARNING DISABILITY
ACCOMMODATION



About Us

CARMAND is a unique service that provides homely and complete rehabilitation pathways for clients with Mental health problems and or learning disabilities with complex needs. We provide a gateway and offer a smooth and structured transition from a range of services back into the community. We specialise in forensic backgrounds.



CARMAND has 3 current registered care homes which have the below eligibility criteria:

- 18-65 Years old.
- Learning disability (IQ Range 50-80).
- History of mental health problems.
- Social interaction/Personality deficits.
- Forensic History.

Carmand
is able to provide all male accommodation, and
also all female accommodation (Subject
to placement availability)

Accommodation at Carmand

CARMAND offers structured supported accommodation that is modern and reassuringly homely. We currently have a total of 14 supported accommodation places.

These are strategically spread amongst 3 different properties which are 4 to 5 bedroom houses within North East Lincolnshire.

CARMAND is proud to be able to offer good quality supported accommodation based around a family type living model to ensure that the clients feel at home and at ease in their new homes. We take pride in creating a homely environment through out all of our homes.

CARMAND encourage and support the maintenance and development of daily living skills, with modern facilities equipped to meet the needs of the Clients.



CARMAND properties are strategically located within well established bus routes around Cleethorpes and Grimsby and local to close amenities.

Move on plan - support staff will help devise a personalised move on plan (for accommodation) for the client so they have a target/ goal to work towards. Move on accommodation can be provided throughout the service and the overall aim and objective is to work with the individual until they are able to live as independently as possible also supporting the client to build life skills in order to maintain independence.

CARMAND believes that the client should feel at home and all clients are involved with all decisions that are made in relation to their own individual satellite property including choosing their own bedroom decor, plants in the garden, pictures on the walls and all furnishings that meet the relevant safety standards.

Services at Carmand

CARMAND takes pride in supporting our clients to achieve their maximum potential and to become independent and equipped with the necessary skills to reside long-term in a community environment.

CARMAND helps to improve clients own daily living skills, social skills, educational and or work development as identified through the "needs assessment" process. CARMAND identifies areas where the client needs extra support, through their needs assessment, and provides any extra support that is needed.

CARMAND will co-operate and liaise accordingly with other external agencies and following the Care Programme Approach to ensure a high quality of support is being provided. When appropriate **CARMAND** will also work, plan, share and collate information with other relevant external agencies.



Psychological Services At Carmand

Comprehensive Psychological support is provided as part of the integrated service.

Specialist Psychological Services are able to provide the following as part of CARMAND'S standards:

- Psychometrics
- Risk assessments
- Dialectical behaviour therapy
- Cognitive behaviour therapy
- Schema focused therapy
- Anger management programmes
- Social skills training
- Assertiveness skills training
- Self-Injurious behaviour coping strategies
- Behaviour Modification Programmes
- Learning disability assessments

Specialised tailored programmes are available.

Activities at Carmand

Carmand provide a provide a structured activity timetable that is person centred and follows a holistic approach for all of our clients to support them to remain active and build and engage in social activities.

Personalised activity timetables are compiled; staff encourage all of the clients to take part in all of their timetabled activities.

Some of our activities include -

- Arts and crafts
- Gardening activities
- Music activities
- External trips to facilities including zoo's, theme parks and cafe's.
- Support to attend external social environments including Foresight, Local community centres and voluntary placements or paid jobs.



What Other Services Are Available At Carmand

Incorporated into CARMAND'S integrated services are:

- Psychological assessment and support
- Intervention
- Evaluation
- Mental health monitoring
- Specialised programmes where appropriate
- Person centred approach
- Stake holder meetings
- Support and supervise independent living skills
- Risk assessments
- Sourcing paid and or voluntary employment

We provide all of our Clients with the opportunities to achieve their full potential and maximise their independence.

Referrals To Carmand

We accept referrals 24hrs a day, 365 days a year from all in-patient services, Commissioners, Social Services, social care providers, residential homes, community settings etc.

CARMAND is more than happy to discuss any potential referrals with commissioners, PCT/CCG, AMHP's, and community mental health/learning disability CPN's.

This of course is provided free of charge alongside all pre-admission assessments, arrangements, contracts and visits.



Meet The Team At Carmand

Dr Olufemi Oluwatayo

A visiting Consultant Forensic Psychiatrist with a particular expertise in the assessment and management of individuals with complex mental health presentations.

Dr Olufemi Oluwatayo has dedicated all his professional life to ensuring that the individuals he is involved in supporting receive an appropriate, safe, personalised psychiatric service that optimises their opportunities for recovery and reintegration into their local community.

Carol Faniyi

A Registered Forensic

Psychologist Practitioner who is experienced in psychometric assessments, delivering a wide range of programmes and individually tailored psychotherapeutic intervention programmes.

Carol worked in a Low Secure Hospital environment with learning disability offenders. Previous to this Carol also worked for the NHS in London in a Medium Secure unit with adult offenders with personality disorders and mental health problems and in older adult mental health.

Our team also comprises of -

- Registered Manager - Karl Smith
- Deputy Manager - Lavinia Grigg
- Senior Rehabilitation Support Workers
- Rehabilitation Support Workers
- Clerical Staff
- Maintenance Team

Fees At Carmand

CARMAND adopts a person centred approach and believes in specialising support, tailored to meet the individual needs of the clients who are using our services.

We take a flexible approach to pricing and are pleased to negotiate packages based on the client's level of assessed need for both structured support and required interventions.

All psychological support, assessments, recommendations, interventions, and evaluations are included in our price structure as part of our integrated service.

Approval for funding by the appropriate Authority is essential prior to admission taking place.

Discharge planning starts at the point of admission and is continually assessed throughout the individual's care pathway.

Contact Us

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