

# HBN 03-02

Facilities for Child and Adolescent Mental Health Services (CAMHS)

Design in Mental Health Conference 2017

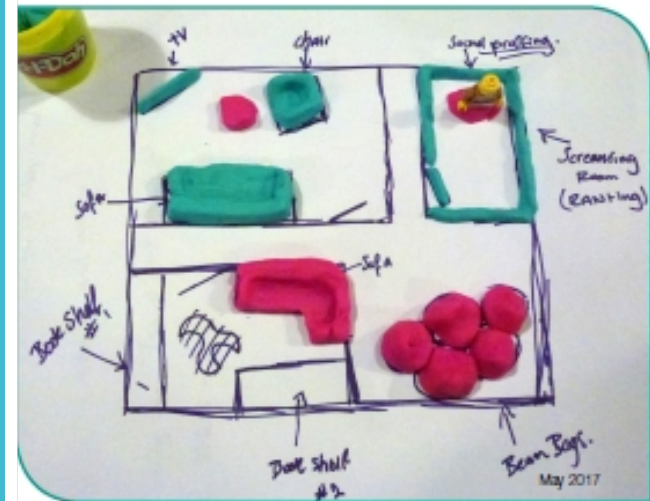
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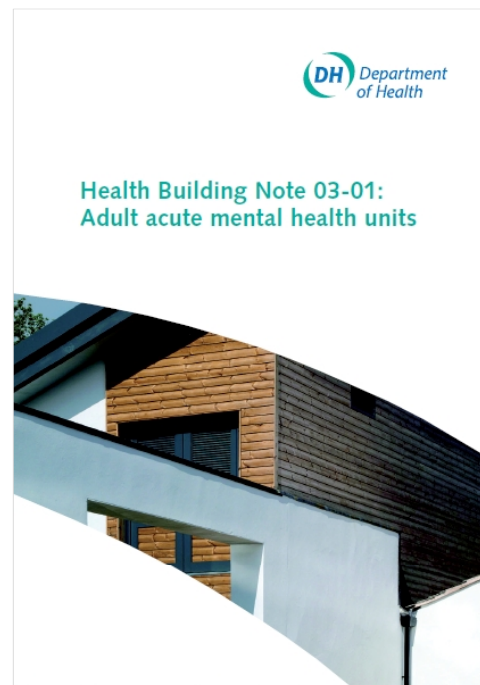
Presented by Lianne Knotts, Associate Director, Medical Architecture



Health Building Note 03-02  
Facilities for child and  
adolescent mental health  
services (CAMHS)

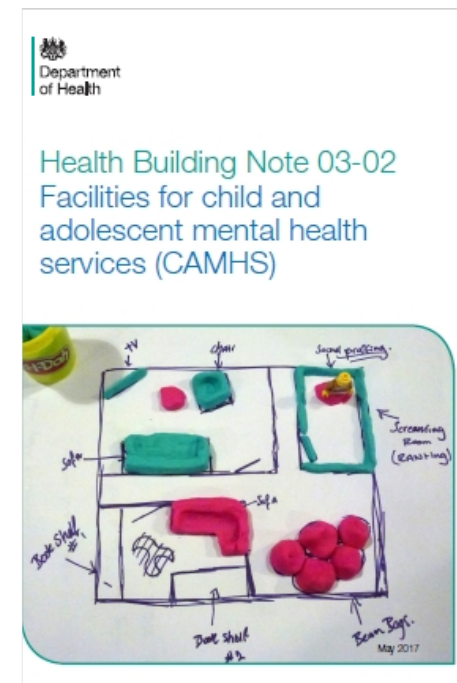


# What the new HBN covers



It must be read in conjunction with HBN 03-01 Adult Acute Mental Health Units (2013)

This presentation briefly describes the sections of the document and highlights key messages



## HBN 03-02 Structure

The Note is in five parts:

- HBN – principles of planning and design for Tier 4 CAMHS units
- Case studies – recent and current schemes

Tools:

- Schedule of Accommodation
- Quality of Life checklist
- Stakeholder Needs checklist

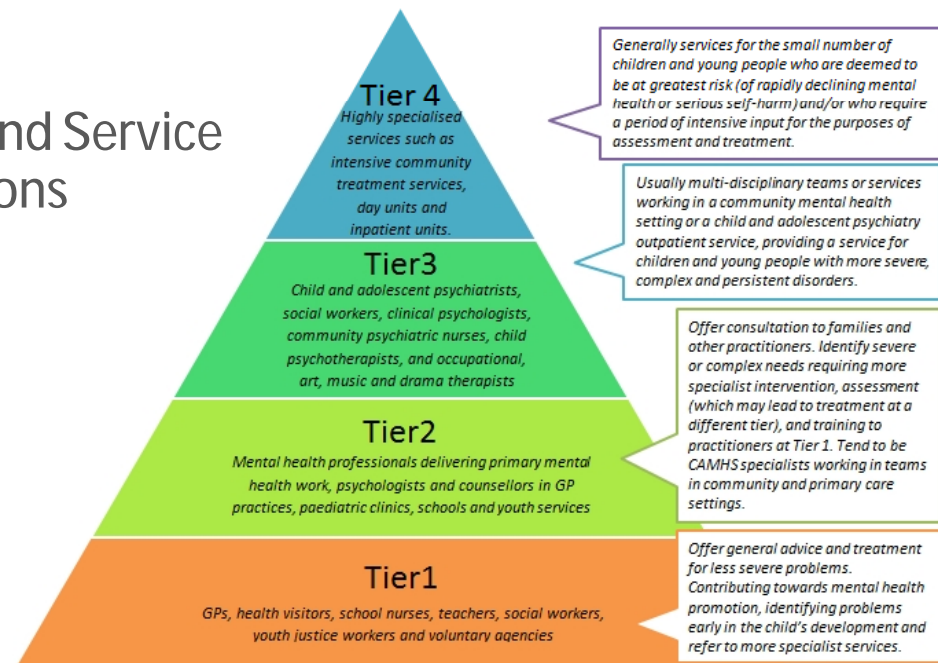


# CAMHS Policy and Service Context

- Assessment and treatment for children and young people with emotional, behavioural or other mental health difficulties
- Ideally delivered in the community
- National in-patient care with local service network
- In-patient care available for children up to 12 years of age and for young people from 13 to 18 years of age
- 16 to 18 year olds not in full-time education can be treated by adult services - by exception
- This HBN covers accommodation typically for young people aged up to 18

# Care pathways

- This document focuses on Tier 4 in-patient care for young people
- CAMHS PICU – consider 'National Minimum Standards for Psychiatric Intensive Care Units for Young People' (NAPICU 2015)
- NHS England Service Specifications



# Principles of Planning and Design

- Plan the service, not just the building
- Collaborate with commissioners, providers and users
- Promote recovery - design that appeals to the young patient group
- Ensure safety and security
- Encourage staff recruitment and retention

## Design considerations

- Challenge to balance a therapeutic, healing environment with functional requirements
- Impact on Wellbeing
- Familiarity
- Design bespoke to the service
- Stakeholder Involvement -use 'CAMHS Stakeholder Needs Checklist'

# Importance of involving the young people

- Understand their specific needs from the start
- Don't assume they all want 'a Big Brother' house
- Involve them throughout the design and construction process
- Allow them to create a sense of ownership within key spaces

*"The involvement was good. I really don't think we could have done more. Take over day was fantastic – they even painted the bedroom walls."*

Staff feedback, Ancora House

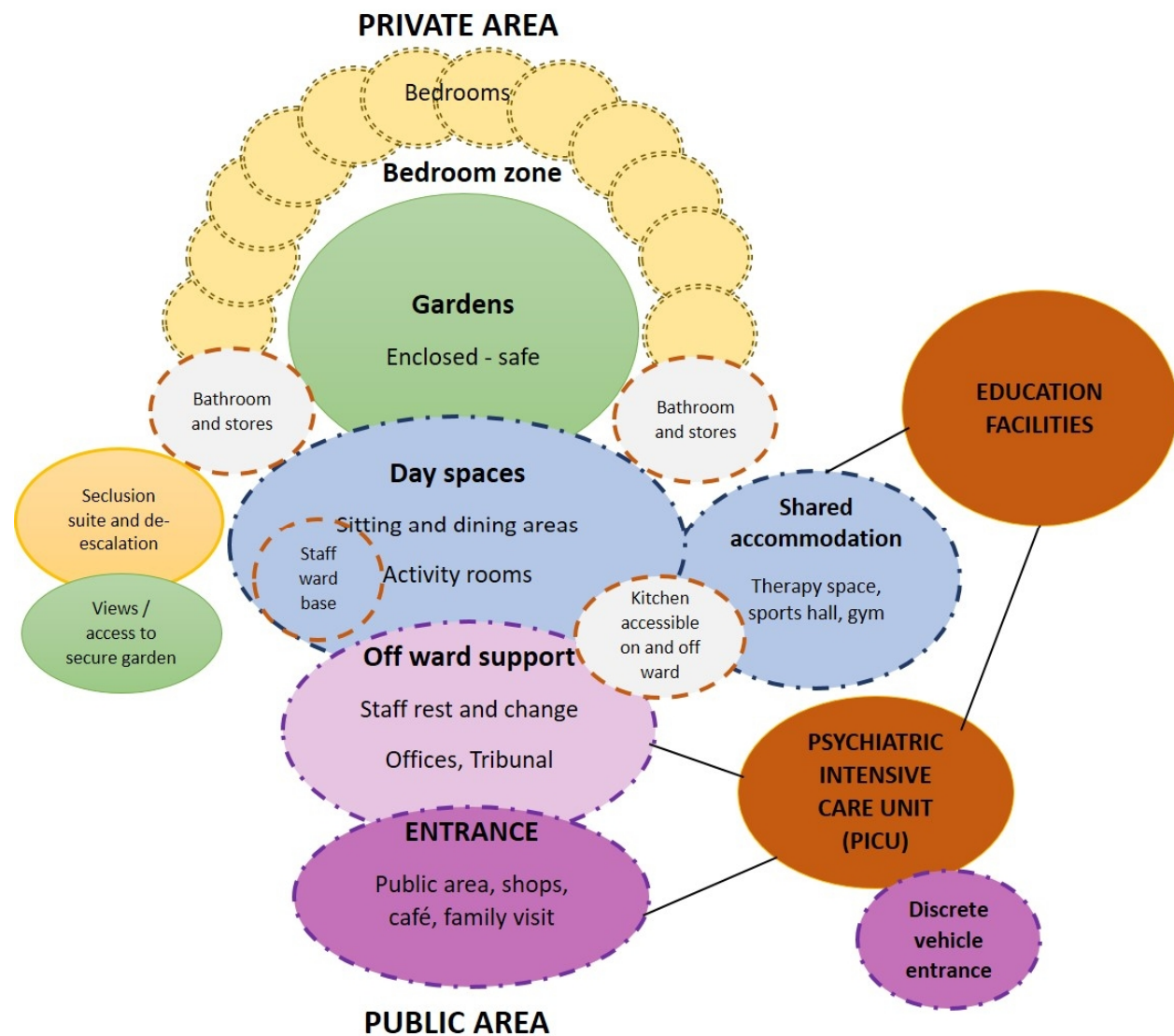


## Planning considerations

### CAMHS Unit

- One ward with additional rooms for support
- OR
- Several wards, each with their own function, staff and requirements?
  - Support accommodation (school, therapy, activity areas , facilities management)
  - Optimum ward size 10 to 12 beds
  - Develop zones – public to private

# Unit Adjacencies



# Room Spaces

## The Ward

- General rooms are detailed in HBN 03-01 and can be described as such:
  - Staff and office accommodation
  - Stores and support facilities
  - Some clinical and therapy areas, eg. treatment / sensory rooms
- Other rooms may be designed in accordance with HBN 03-01 but fitted and furnished to reflect the patient group:
  - Bedrooms
  - Living spaces
  - Dining spaces
  - Circulation areas
- Look to integrate artwork and include bespoke interior design

# Education Facilities

- Care plan driven with individual timetables
- Consider some of the teaching rooms being used out of hours and term time for other activities (therapy sessions, meetings, arts and crafts)
- Understand specific requirements to support GCSE delivery as required (eg. science labs)
- Provide adequate storage for flexibility of use
- Refer to QNIC Standards

## Off-ward areas

- Therapy, Recreation or Clinical Areas
- The opportunity to support Care in the Community
- Links to CAMHS Outpatient services or linked directly to a ward
- Involvement of local people – a true 'community hub'

# Outside Space

- An extension to the internal environment – access via an unlocked door
- Adequate areas for contemplation, relaxation or recreation
- Embrace the landscape
- Green Exercise Partnership – NHS Health Scotland

# Schedule of Accommodation

- CAMHS Schedule of Accommodation Excel spreadsheet – use as a project-specific tool
- Chequered history for inclusion of a schedule of accommodation within an HBN
- Based on a 12 bed ward with single en-suite rooms

Activity Space	HBN Reference	HBN 03-02 specific room	Unit area allowance m²	Quantity	Total area m²	Functional Uses	Description (where CAMHS-specific)	Notes
			<b>EXAMPLE:</b> 12-bed ward, 100% single-bed rooms		The spreadsheet can be used to calculate local project-specific requirements by amending columns D & E (area allowance and quantity). Changing the circulation, communication and engineering percentages also updates the GIA.			
ENTRANCE AREA	HBN 03-01 HBN 00-03					Main entrance to the unit. May contain a reception desk, shop, café and other facilities depending on the size of the unit.	A warm and welcoming area that is not overly noisy and does not overpower young people is required. Space for waiting, parking of prams and buggies may be required.	Age-appropriate (applies to all activity spaces). Anti-ligature fixtures and fittings (applies to all patient accessible areas).
Draught Lobby	HBN 03-01		6	1	6	To retain warmth within the reception area of the		
Main entrance/reception	HBN 03-01 HBN 00-03		20	1	20		Sign-posting to CAMHS wards. Specific operational policy should be considered for CAMHS ward visitors where this is the main entrance to a unit containing other adult services.	This may be a main entrance for a CAMHS unit only; however, if it is the main entrance to a larger adult facility, then a smaller ward entrance may be required further into the building.
Reception desk / Sign	HBN 03-01							

# Stakeholder Needs checklist

- Checklists are integral to the HBN
- Interactive – self-assess your scheme using a RAG (red, amber, green) rating
- Sets expectations for the project focused on needs of all stakeholders and assists with CQC inspections at a later stage

Users	Characteristics	Appropriate for CAMHS	Age group-specific compliance	Scheme compliance with HBN checklist
	Privacy & dignity	✓		Select...
	Safety	✓		Green
	Space	✓		Amber
	Disabled accommodation	✓		Red
	Space to meet others	✓	Larger family visiting spaces suitable for siblings who may be younger or older than the patient.	Select...
	Gender-specific	✓	Decoration should reflect the age group	Red



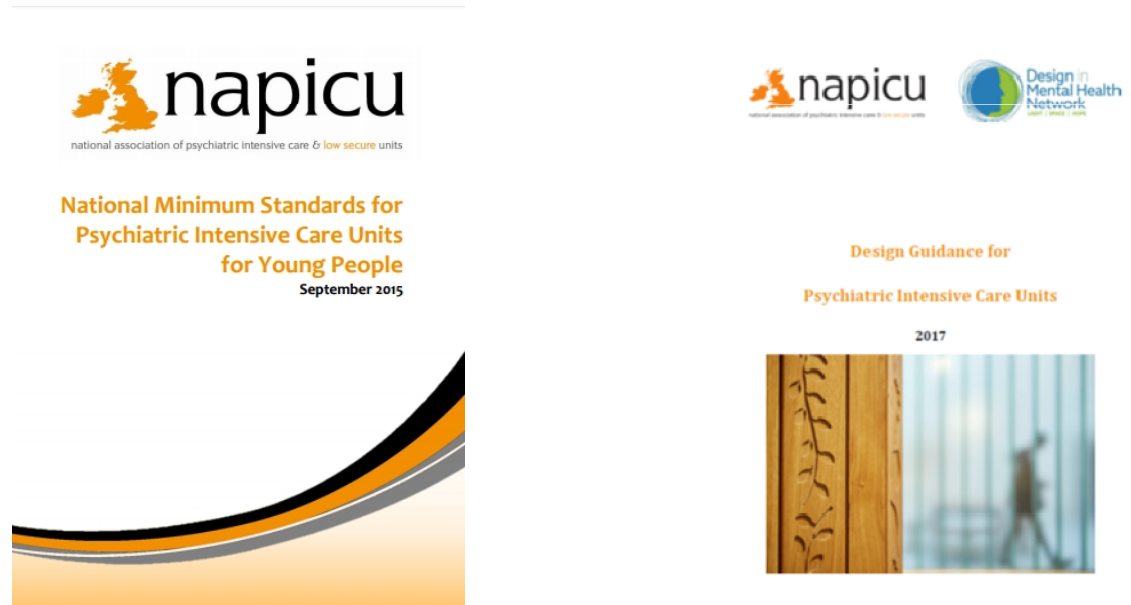
# Quality of Life checklist

- Interactive checklist using a RAG rating
- Focused on the wellbeing of all users of the building – patients, staff and visitors
- Aims to ensure high quality environments

	A	B	C	D	E
1	What are we trying to create?		What is required?	How do we achieve it?	Scheme compliance with HBN checklist
2	Healing Environment	1	Natural daylight is maximised	High ceilings with clerestory windows, glazed corridors, and glazed doors opening out of the communal space add to the amount of light entering the building.	Green
3		2	All areas look clean, friendly and smell clean.	Correct cleaning regimes, maintenance and replacements programme in place.	Red
4		3	Ambient temperatures and ventilation adequately controlled.	Thermostats and controls easily available to alter ambient temperature. Opening windows in all areas but particularly in bedrooms.	Green
5		4	Noise levels are adjusted to meet the needs of the people living / residing here.	Sound attenuation available where required. Use of textile floor coverings and furnishing where applicable to deaden sound reverberation.	Select...
6		5	There is access to external space that includes a covered area for use during inclement weather.		Green

# PICU

- For young people presenting ... serious mental illness, who cannot be safely treated within a general CAMHS unit
- DIMHN/NAPICU joint document, Design Guidance for Psychiatric Intensive care Units (2017) offers advice which can be adapted to the requirements for young people



*"The physical environment of the CAMHS PICU should be designed with the needs and potential expectations of young people in mind".*

# Designing in Safety

- Refer to the section on anti-ligature design
- Design in safety from the outset – good sightlines
- Agree operational policies from the start of the process
- Ensure compromises are not at the expense of a therapeutic environment (ie locking off en-suites that don't have anti-ligature fittings)
- Technology may assist in achieving unobtrusive but clear observation

# Innovation

- Consider use of new and innovative products constantly coming to the marketplace
- Appraise lifetime costs of innovative products versus the benefits to the patient group
- Consider leasing arrangements
- There could be benefits to the service as a whole to look at bulk-buying options for some of the more modern technological innovations (for instance, pod en-suites and media walls)

# Case Studies

- Ancora House
- Dudhope YPU
- Ferndene
- Junction 17
- Mignot House outpatients
- RHSC & DCN reprovision project
- St Andrew's education provision
- West Lane Hospital
- Woodlands Retreat outside space
- Yorkshire & Humberside engagement case study

# Summary

- Be innovative
- Respond directly to the needs of this specialist group
- Embrace the challenges - safety doesn't have to mean institutionalised
- Remember that good environments promote recovery and attract, and retain, the best staff

*"We are so pleased with Ferndene, it doesn't feel like a hospital and is a wonderful place to work. Thank you!"*

*Eddy Wilkinson, Education Activities Coordinator at Ferndene*



Any  
Questions?

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