

## Smoking

Please be aware that smoking is not permitted inside the lodge or anywhere else on the site. If you wish to smoke then please go off the site.

Please do not bring substances of any description onto the site including alcohol.

## Other Patients

If you have any concerns about any other patients whilst you are attending the Therapeutic Community please discuss this with a staff member .

## Trust policies

The Trust has a number of policies which are available to you should you require any further information. Please inform a member of the nursing team should you require access.

## Contact details

telephone  
(01472) 252366

email  
info.navigo@nhs.net

address  
Harrison House, Peaks Lane, Grimsby, DN32 9RP



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# Welcome to Sequoia

## Therapeutic Community



## HARRISON HOUSE



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[www.navigocare.co.uk](http://www.navigocare.co.uk)

A not for profit Social Enterprise - formerly North East Lincolnshire Mental Health Services – providing services to the NHS and beyond  
NAVIGO Health and Social Care CIC – trading as NAVIGO  
A Community Interest Company - Company Registration Number 7458926

## Sequoia Therapeutic Community

**We hope this leaflet will give you the information you need to help you understand how the therapeutic community works and what we do.**

Sequoia Therapeutic Community is based at Harrison House and provides a structured programme for those with a long standing and disabling emotional difficulties, mainly a diagnosis of Borderline Personality Disorder but this is not exclusively.

We strive to work towards the core values identified by the Community of Communities (2008) which are :

- Attachment
- Containment
- Respect
- Communication
- Interdependence
- Relationships
- Process
- Balance
- Responsibility

## Who we are

We are a multi-disciplinary team made up of Various professionals such as

- Mental Health Nurses
- Social Workers
- Team Manager
- Psychiatrist
- Nursing Assistants

## What do we do here at Sequoia :

We offer a weekly four day programme, Monday, Tuesday, Thursday and Friday. Each day is from 10am to 3pm.

You are expected to attend on these days. There is a practitioner available on a Wednesday to see you in the community if this is thought necessary.

We offer a range of therapies and daily activities here at Sequoia such as :

- Mentalisation Based Therapy (MBT)
- Dialectical Behavioural Therapy (DBT)
- Mindfulness Yoga
- Small Group Therapies
- Informal Group Therapy
- Check in / out (morning and afternoon chat)
- Weekly business meeting
- Food preparation and cooking
- Teaching sessions
- Community time (informal time, not structured)

## What is the aim of Sequoia Therapeutic Community :

You will be care co-ordinated from this team. We are aiming to provide you with a programme that we envisage will be for approximately 24 months, although this may be shorter or longer and can be reviewed.

We hope to provide a therapeutic environment that enables patients to remain in the community as opposed to inpatient admission both locally and out of area.

The therapy and care co-ordination aims to be consistent and comprehensive as it will be delivered in one place by one team.

## What is the aim of Sequoia Therapeutic Community :

- It is envisaged that the programme will be approximately 2 years
- A leavers programme is being developed and will be offered to patients once they are discharged from the Therapeutic Community Service
- Care will be transferred back to local Community Mental Health Teams and Consultants.

## What do we hope to achieve in the time you spend with us?

- Enhancement in skills to cope with daily living
- Reduction of risk factors
- Ability to live independently in the community with support from the community mental health team.

## How can I become part of the Sequoia Therapeutic Community :

Your care co-ordinator can email **Suzanne Brown or Wojciech Gierynski** with your details and then a discussion will take place between the professionals. You may then be invited to meet with staff from the Therapeutic Community along with your care co-ordinator to discuss and assess your commitment to the two year programme.