

Spiritual use
Positive feelings
Activity to fulfil spiritual needs
Closeness to others and self
Environment

A project led and hosted by:

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Aims	Objectives	Input	Output	Outcomes
<p>To produce a 'spiritual SPACE'</p> <p>To produce a spiritual assessment needs tool</p>	<ul style="list-style-type: none"> Allocate and develop a room on Holford House to act as a spiritual room To provide appropriate resources to address spiritual needs and create expressive meaning Create a relaxed and quiet environment To develop a tool with the input of key stakeholders To pilot the tool To audit the tool To identify best practice for administering the tool To address possible issues and barriers that would affect the effectiveness of the tool <p>Long term</p> <ul style="list-style-type: none"> Introduce into trust-wide practice as part of a service users' care pathway and integrate the tool to enhance electronic patient record (EPR) 	<p>Key stakeholders will be:</p> <ul style="list-style-type: none"> Service users Spirituality forum Family/carer ACORN project at Parkgate House Carer assessment Mental health professionals Hospital Chaplain Accessing existing spiritual pack Faith and spiritual communities Designated staff to guide and develop the process Investment of time and support of staff e.g. admin Acute care forum Service user participation groups/worker Mental health agencies e.g. MIND Acute inpatient units Practice development unit 	<ul style="list-style-type: none"> To produce a room that can be used as a spiritual SPACE & can fulfil the spiritual needs of client To have a spiritual assessment needs tool that identifies a clients' spiritual needs – which can then be used as part of the individuals' care plan To have identified the barriers whilst using the tool Introduce best practice methods to inpatient teams Provide a strategy to assist staff with the delivery of the tool 	<ul style="list-style-type: none"> To be able to address clients/carers/families and staff needs more effectively whilst a patient is admitted to a Psychiatric Inpatient Unit To improve service professionalism and work towards National Service Framework To provide a system of care that can be used throughout the trust – which improves on individuals' organised care To enhance the existing electronic patient record The project will address the whole person By educating staff and reducing barriers it will aid to develop in-patient teams It will be linked to the Practice Development Unit Research carried out by Rethink has found that spirituality is often accompanied with a number of positive outcomes

Costings of the project

Item	Evidence Base	Approximate Cost
Access to an internal space to facilitate spiritual practice on Holford House during admission which is an environment that provides safety, privacy and dignity during visits. An area should be designated for use when children are visiting	Page 28 of the Somerset spirituality Project – a safe space/place where users can meditate, pray & practice faith Mental Health Policy Implementation guide. DoH (Apr 2002). National minimum standards for general adult services in Psychiatric Intensive Care Units (PICU) and low secure environments Standards 9.2.6 & 7.2.9 - Ethnicity Culture & Gender, Carer Involvement +4.3.13 – PICU & Low Secure Position & Layout	Nil A room to be allocated for project
Door to room needs to be fitted with an observing panel	To enhance safety and observation (references as above) 4.10.2 – Observation	£750
A dimmer switch to be fitted to help create a relaxed environment that is comfortable	(Reference as above & 4.13.1 Furniture & Fittings)	£200
Fire retardant paint, 'Timonox', colour to be agreed, purchased and painted locally	To comply with fire regulations and safety	5ltr at £28 per ltr £140 + Labour = £300
A lockable cupboard to store resources and adaptations to room	As above references recreation, OT and other Fittings 4.11.1	£350
Comfortable seating appropriate for families	As above references recreation, OT and other Fittings 4.11.1	£500
Various religious and spiritual texts. Full listing to be confirmed with support of service users. Various sacred music and relaxation resources	The Somerset Spirituality Project - Recommendations to People Working in Mental Health Services pg28, 2002 The Royal College of Psychiatrists Special Interest Group - Advice on Spiritual Practices 2005/6	£250 £150
CD Player	To utilise above	£40
Miscellaneous – e.g. blanket, prayer mat, meditation cushion and glass paints for window	Aids to create a SPACE for service users	£150
Roll-up massage mattress	A portable tool to give people the opportunity to relax – see above references	£129
Time invested in creating tool		Good-will
Grand total		£2819

References

Department of Health (2002) *Mental Health Policy Implementation Guide: National Minimum Standards for General Adult Services in Psychiatric Intensive Care Units (PICU) and Low Secure Environments*.

Johnstone, D. and Mayers, C. (2005) *Spirituality: A Review of How Occupational Therapists Acknowledge, Assess and Meet Spiritual Needs*. The British Journal of Occupational Therapy 68(9) pp.386-392.

The Mental Health Foundation (2002) *Taken Seriously: The Somerset Spirituality Project*.

The Royal College of Psychiatrists (2005) *Spirituality in Mental Health* [online]. Available from: www.rcpsych.ac.uk/

Rethink (2003) *Spirituality and Mental Illness* [online] Available from: www.rethink.org/