ABOUT THE STATE HOSPITAL

Who We Are
The State Hospital is the only special security psychiatric hospital covering Scotland and Northern Ireland. Employing around 650 staff, the Hospital is located in Lanarkshire in central Scotland, midway between the cities of Edinburgh and Glasgow.

It is one of four high secure hospitals in the UK. The other three high-secure, special hospitals are in England; Broadmoor, Rampton and Ashworth. The State Hospital is part of the NHS in Scotland, therefore functions within a different legal framework from these hospitals.

Patients are treated in accommodation appropriate to their needs and in an environment that supports rehabilitation. There are 140 high-secure beds for male patients requiring maximum secure care: 12 beds specifically for patients with a learning disability. Wards take the form of four units (hubs and clusters) with each unit comprising three 12-bedded areas (i.e. 36 beds per hub).

Note
- In 1994 The State Hospital became part of the NHS in Scotland.
- Although The State Hospital shares the same values, aims and challenges as the rest of the NHS in Scotland, it is unique because it has the dual responsibility of caring for very ill, detained patients as well as protecting them, the public and staff from harm. In other words, a twin aim: care and treatment, and public safety.
- It is a totally smoke free environment.
- The women’s service closed in 2007/08 in line with the national plan for no high secure provision for females.
What We Do

The State Hospital provides assessment, treatment and care in conditions of special security for individuals with mental disorder who, because of their dangerous, violent or criminal propensities, cannot be cared for in any other setting.

The main aim is to rehabilitate patients, ensuring safe transfer to appropriate lower levels of security. The Forensic Mental Health Services Managed Care Network (Forensic Network) is hosted by The State Hospital, and good partnership working is in place across the Forensic Network to ensure patients are transferred as required.

Well developed relationships exist with the Mental Health Tribunal Service for Scotland and the Mental Welfare Commission for Scotland. Partnership working with South Lanarkshire Council is also well established and provides social work services for patients and their families in addition to liaising with patients’ designated Mental Health Officers (MHOs) across the country.

Note
- We do a difficult and daunting job, caring for a group of very ill patients whom society sometimes does not understand, and we do it with great compassion.
- Mental illness is a complex issue. There are no easy answers or solutions.
- The State Hospital’s role in delivering care and treatment for the mentally ill is well established.
- To reduce dangerousness, we use all methods available in modern forensic psychiatric care.
- Patients in forensic services are more likely to have complex needs, including treatment resistant psychotic illness, disadvantaged socioeconomic background and comorbid substance abuse problems, compared with the patient population of general adult mental health services.
- They are also more likely to be living with the consequences of previous institutional care.
- Specialist treatments for specific offending behaviours are required to reduce the risk posed by patients to themselves and others.

About Patients

At stated, patients are admitted to The State Hospital by law because of their dangerous, violent or criminal propensities. However, not all patients have been convicted of an offence, but those without formal convictions will have displayed seriously aggressive behaviours, including physical and sexual aggression / violence. Patients can be admitted from and discharged to other NHS hospitals, prisons, courts and the community. Each patient is cared for by a multi-disciplinary clinical team, and all patients have an up-to-date care and treatment plan.

Note (2015/16)
- The majority of patients have a primary diagnosis of schizophrenia but many have multiple diagnoses including affective disorder, learning disabilities, bipolar, and depression.
- 75.5% of the patients are ‘restricted’ patients within the jurisdiction of Scottish Ministers.
- The average length of stay is 6.8 years, ranging from around two months to over 30 years.
- All patients are male and the average age is 42 years.
- A large proportion of patients are overweight or obese.
Therapies and Activities
Given that the patients do not have access to other services or communities, the Hospital addresses all of their needs including therapeutic, vocational, social and physical wellbeing. This is done via a range of onsite therapies and activities, and these are delivered on and off the ward:

- The Health Centre aims to meet and support most primary healthcare requirements of patients.
- Patients can enter their craft/design and woodwork items into the Koestler Awards Scheme which encourages and rewards creative endeavours from people in UK prisons, young offenders’ institutions, secure units, special hospitals etc.
- Gardening for patients was first introduced into the Hospital more than 30 years ago.
- The benefits that animals bring are unquestionably therapeutic for many patients. Attending the Animals as Therapy Centre has had a very positive effect on the ability of patients to communicate with others.
- Patient participation in education and learning can be an empowering and socialising process. It can significantly contribute to care, treatment and longer-term rehabilitation. On arrival, some patients can’t read or write.
- Sports and Fitness offer many varied sports and activities throughout the day, in the evenings and at weekends.
- Spiritual and pastoral care is seen as part of the total care programme offered to each patient. It is not necessarily religious or denominational.
- Patients can exercise and walk within the Hospital's grounds if granted grounds access which is subject to a rigorous risk assessment process.

Security
Security has always been a necessary part of psychiatric care. The State Hospital maintains a safe and secure environment that enables effective patient care and treatment, and support to staff. The most important and effective measure in ensuring the long term safety and health of the patient is relational security (achieved through therapeutic engagement) in combination with both physical security (knowledge of patient and aggregated patient risk) and procedural security (policies/procedures).

All access, egress and movement within the Hospital is supervised 24 hours a day, and comprehensive contingency arrangements remain appropriate and relevant, reflecting the potentially serious nature of emergency situations which could arise within The State Hospital environment. The Hospital has fully developed these arrangements in partnership with other agencies. These are rigorously tested, monitored and reviewed on a recurring basis.
Note

- All staff and visitors must adhere to security procedures.
- The high security nature of the Hospital prohibits unannounced visits from members of the public. All visitors must adhere to security procedures.
- Security and the safety of patients, staff and the public will always play a central role in our activities.
- As society changes, the needs and risks associated with patients also change. We therefore need to be innovative and anticipate difficulties before they happen.
- The most efficient form of security and therefore safety lies in the effective clinical treatment of patients.

Governance

The governing body of the Hospital is the Board which is accountable to Scottish Ministers through the Scottish Government, for the quality of care and the efficient use of resources. There are three strands of governance: clinical governance, staff governance and corporate governance. There are many linkages between these strands and a range of supporting plans, strategies and frameworks to support delivery of good standards of governance. Risk management and performance management bring all the elements together.

The State Hospital has four strategic aims: improving physical health; effective use of resources; pathways for access, treatment and transfer; and improving the quality of patient care. The aims drive forward the quality improvement agenda in line with the NHSScotland Healthcare Quality Strategy (i.e. care and treatment is person-centred, safe and effective).

Additionally, we aspire to meet the NHSScotland 2020 Workforce Vision: ‘We will respond to the needs of the people we care for, adapt to new, improved ways of working, and work seamlessly with colleagues and partner organisations. We will continue to modernise the way we work and embrace technology. We will do this in a way that lives up to our core values. Together, we will create a great place to work and deliver a high quality healthcare service which is among the best in the world.’

Further Information

The State Hospital's Board is committed to transparency and accountability. Our website and annual report give accessible information about our role and performance.