

An alternative approach

The problem of moving forensic patients into appropriate placements is an ongoing challenge. How do professionals bridge the gap between secure settings and community discharge? We explore an alternative

Since being founded in 2002, Trimar Care has led the way in providing an alternative model for the rehabilitation of service users in the community.

As an alternative to secure units and hostels, Trimar Care offers supported living – where service users live in their own home being supported to engage in meaningful activities, develop their daily living skills, and becoming truly valued members of the community. Support in the community increases confidence, autonomy and independence.

With the appropriate level of support, Trimar Care ensures that the client, other service users, and the wider community are kept secure throughout the rehabilitation process.

Building upon the experience of MD Martin Croston, who worked for many years in the special hospital and regional secure setting, Trimar Care began to work with mental health and criminal justice professionals to offer community placements for clients who would previously have been detained within secure units.

In concert with health professionals, the police and social services, Trimar Care designs bespoke packages in which individuals are supported in their homes, receiving 24-hour support at a level that is agreed and reviewed regularly. Specific accommodation needs are identified, person-centred care plans are devised and detailed risk assessments and protocols are developed.

Trimar's success in supporting even the most challenging individuals in the community is testament to the rigorous planning and experience that goes into every service design. From the choice of property, through to the selection and training of the support workers, Trimar Care works with the professional team and the individual to ensure that every possible risk is considered and minimised.

With the backing of an in-house training department, a highly experienced management team, a consultant psychiatrist and a cognitive behavioural therapist, Trimar Care has shown that – whatever the service user's background and history – with an appropriate level of support, supported living can apply as successfully to forensic cases as it does to mainstream cases.

Trimar Care has services in Merseyside, Wirral, North Wales and the West Midlands and supports individuals with mental health problems, learning disabilities and acquired brain injuries. **CJM**

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