



# FORTUNE HOUSE

24/7 Amplified Supported Living Service for adults with Eating Disorders and associated co-morbidities.

Prosperity Housing Group is a clinically led specialist amplified Supported Living Service for individuals of working age who have a mental health diagnosis. We support adults in the Midlands and accept referrals from across the UK.

# WE BRIDGE THE MOVE FROM A RESIDENTIAL OR HOSPITAL SETTING TO SUPPORTED LIVING FOR ADULTS WITH MENTAL HEALTH NEEDS

Our recovery model is a **UNIQUE THERAPEUTIC PROGRAMME**

## THE PROSPERITY PATHWAY FRAMEWORK

The Prosperity Pathway Framework is a model that focuses on social and emotional capabilities that are of value to our service users, demonstrating their link to outcomes such as recovery, educational attainment, employment, healthy relationships and independence in the community.

We specialise in outcomes - focused and personalised integrated recovery pathways for people with eating disorders, delivered in an amplified Supported Living service that offers community access.

The model of care meets the holistic needs of individuals within a homely supportive environment, one that provides each person with an optimum level of support for their recovery.



### PERSON CENTRED EATING DISORDER PROGRAMME

#### Includes:

- Meal planning for the week
- Support during meal preparation
- Healthy and balanced eating
- After meal supervision - focussed around mindfulness
- Body image support
- Psychoeducation group sessions
- Mindfulness / meditation groups



### CORE HOURS

#### Includes:

- 24/7 Support Staff
- Independent Living Skills
- Personal care
- Taking medication
- Managing finances and budgeting
- Employment/voluntary work
- Helping with claiming and managing benefits
- Accessing leisure and social activities
- Supporting healthy lifestyles
- Budgeting support
- Domestic tasks such as cooking, cleaning and shopping



### COMMUNITY-BASED SUPPORT

#### Includes:

- Support to eat meals in the community and make healthy choices
- Community body image support



### MONITORING OF PHYSICAL HEALTH

#### Includes:

- Fluid intake
- Blood pressure
- Pulse
- Oxygen saturation
- Monitoring signs of relapse
- Regular weigh-ins (on random days to minimise the risk of water loading).

## THE GOAL?



- Provide community-based recovery in a safe and homely environment
- Promote social inclusion in the local community and support to maintain meaningful relationships
- Develop healthy and meaningful life skills and experiences
- Create risk assessments and risk management plans
- Provide Person-Centered care plans which focus on how to manage the symptoms of eating disorders and other co-morbid diagnoses
- Support to set individual goals

## WE DEVELOP POSITIVE OUTCOMES FOR THE WHOLE PERSON

Boundary awareness  
and developing  
meaningful and healthy  
relationships

Rich daily living  
activities, life skills,  
educational and  
recreational

Individual support  
planning and  
recovery pathway



Coping skills,  
psychoeducation, and  
relapse prevention

Individual rights  
and dignity and  
quality of life

Service user  
empowerment, choice  
and involvement

Culturally, spiritually and  
ethnically sensitive

## MEANINGFUL ACTIVITIES

Our activity programmes are tailored to individual needs and could include:

- Cooking sessions
- Healthy walks in the local community
- Participation in local organised community events
- Volunteering work
- Vocational training
- Life skills: cooking, cleaning, budgeting, shopping etc.

*Each individual has their own tenancy with 24 hour amplified support in high quality accommodation. Individuals are supported by our team to manage their own tenancy agreement with an independent housing provider.*

## LOCATION

Our location aids in the culture of recovery, individuals have easy access to transport, recreational and educational programmes that will support social inclusion.

## FORTUNE HOUSE



**Sandwell • 4 bed en-suite • Female • Warm and homely environment**

## REFERRALS AND ADMISSIONS

- Placements with our service are commissioned by Clinical Commissioning Groups (CCG), Local Authorities and/or Education Authorities
- We are always happy to show people around, so come and have a look and see what you think. There is no pressure to decide straight away, and we aim to answer as many questions as you want to ask. Please note that you may be required to join our waiting list if there are no vacancies at Fortune House

### Get in touch

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