



Quaker approaches to mental health

The future of the Retreat Clinics

History

The Retreat was founded in 1792 after the death of Hannah Mills in York Lunatic Asylum

Friends were not allowed to visit, and her death was unexplained.



History

William Tuke and his family vowed that never again should any Quaker be forced to endure such treatment.

The Retreat provided “suitable companionship and humane care and treatment”. It influenced the revolution in mental health care in the UK and beyond.



History

2017

- Long standing issues (financial, operational and cultural)
- Care Quality Commission rating of Inadequate (subsequently reverted to Good)
- Changes in mental health service provision



inpatient services no longer viable



The Retreat Clinics

2019

Outpatients only

- General psychological therapies
- Specialist neurodevelopmental services
(ADHD and autism)



The Retreat Clinics

2025

- Completion of sale of the main hospital site
- Sale of Hampden House in Manchester

We now have the capacity and the financial stability to plan for the future.



The present model

Face-to-face (York and Manchester) and/or online consultations

- General psychological therapies
- Specialist neurodevelopmental services (Autism and ADHD)

Available to

- NHS
- Individual private consultations
- Education
- Local Authorities
- Businesses



The present model

- Online webinars and workshops people with and without mental health needs
- Signposting events for parents, families and carers
- Mental Health training for NHS, businesses, education and local authorities
- The TEND project – researching the use of VR in providing mindfulness-based cognitive therapy for anxiety and depression (in conjunction with University College London, MIND and Health Innovation East)



The Retreat's future

Are we Quaker?

What are our values?

How do we move forwards?



Are we Quaker?

Yes!

We value our Quaker history

We uphold our Quaker values

The directors/trustees must be Quakers or commit to supporting our Quaker values



Faith in Action – the testimonies

The values by which we live our lives

- Simplicity
- Truth
- Equality
- Peace
- Stewardship

Staff want the values to be based on the Quaker testimonies



Quaker values in mental health

Friends Hospital Philadelphia
(the oldest private psychiatric hospital in the USA)

“To provide for the suitable accommodation of persons who are or may be deprived of the use of their reason and the maintenance of an asylum for their reception, which is intended to furnish, besides requisite medical aid, such tender, sympathetic attention as may soothe their agitated minds, and under the Divine Blessing, facilitate their recovery.”

– Friends Hospital Mission Statement, 1813



Quaker values in mental health

To achieve this long-standing mission, we make all decisions and take all actions based on these basic values:

- Approach each person, regardless of the degree of illness, with the belief that he or she is a unique and worthy individual who deserves treatment that is highly individualized and compassionate.
- Be responsive to patients, families and communities.
- Hold ourselves to the highest standards of ethics and integrity.

<https://friendshospital.com/>



What are our hopes for the future?

We want to develop NHS and private services to better meet mental health needs

We want to increase the amount of training and public education around mental health



The future

What could the Retreat Clinics be doing better, and how?

What else should the Retreat Clinics be doing?

How can Quaker bodies involved in mental health work more closely together?





www.theretreatclinics.org.uk