



# Cygnet Hospital Kewstoke

## The Female Care Pathway

### Introduction

Women with long-standing mental health problems who come to secure services need above anything else to perceive a positive future for themselves and also their families. At Cygnet Hospital Kewstoke we provide a recovery focused care pathway for women which empowers and supports them in their aim for living as independently as possible and meeting their potential.

### The Pathway

Milton Ward accepts women with a history of complex needs and challenging behaviour. These women are likely to have caused problems in other rehabilitative settings or should not be managed long-term in psychiatric intensive care services. We provide the expertise and ideal setting to start or continue a rehabilitation programme with these individuals whilst at the same time managing their behaviour in a safe and secure, female friendly environment. Women with a forensic history or on direct transfers from the prisons or courts are welcome.

Knightstone Ward offers women a chance to move on from Milton Ward, or from similar services elsewhere. Whilst still low secure,



its focus is on recovery and transition to community-based services or independent living. The ethos of the ward is based around empowerment through involvement in community projects with an emphasis on employment and independence.

### Recovery

Implementing a recovery model in a locked service whilst caring for detained patients requires a specialist approach. The female care pathway is predicated on the principles of working with a

patient's strengths, and instilling hope to help move them to the least restrictive environment and back to independent living.

Clinical input is supported by a variety of nationally recognised tools. These are designed to support service users in gaining control over their lives and creating positive opportunities.

The values and principles of recovery support the care pathway and are embedded across all the services within Cygnet Hospital Kewstoke.

For more information please see our website [www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)



## Drug and Alcohol Treatment Programme

Whilst both men and women with severe mental illness are negatively affected by substance misuse, the effects of abuse appear to affect women more severely. Specific differences have been found between men and women and their bio-psycho-social patterns of behaviour and reluctance to engage in services, and therefore require specific services to meet their needs. At Cygnet Hospital Kewstoke the drug and alcohol service has given great consideration to women's experiences and their complexities.

Female patients' fears of engaging openly and meaningfully in services is acknowledged, whilst encouraging them not to hide experiences as this can often compromise the recovery process, with relapse being a repeated feature until issues are addressed. Although there are groups open to both men and women, the female patients here have the opportunity to attend women only groups and meetings, informal drop-in sessions with a female senior peer and individualised sessions facilitated by women staff members. These additional services enable the women to feel comfortable enough to start the process of recovery by talking about very painful and difficult experiences around:

- child care responsibilities;
- fear of Social Services and Care Proceedings;
- family dynamics;
- stigma;
- eating disorders;
- self mutilation;
- prostitution;
- physical and sexual violence; and
- childhood abuse

(Department of Health 2002a).



## Cygnet Supported Living

Service users moving on from secure or transitional services often require some level of support when they first move back into the community to help them fulfil their potential for independence and inclusion within the community of their choice. Cygnet Supported Living works with individuals to provide tailored services to those living independently in housing provided by registered social landlords. CSL will help individuals to find accommodation which is suitable for them and can offer up to 24 hours of input which should reduce as time goes on. The aim is to allow independent living as soon as possible within the care pathway, as well as to prevent readmissions to hospital because placements have broken down due to poor transition arrangements or social isolation.

CSL's staff work in a recovery-focussed way, empowering clients to have direct control of their person centred plans, based on an individual's aspirational images and goals, and continuing the work which has been started within a hospital setting. They are able to be involved with the individual whilst they are still in hospital, thus helping the transition to be as seamless and stress-free as possible and allowing continuity between placements.

