Cygnet Hospital Harrogate
Acute Mental Health Services
a very quick turnaround
time for referrals
Cygnet Hospital Harrogate

Cygnet Hospital Harrogate is an acute mental health hospital which can provide support and treatment for both NHS and privately funded patients. The hospital is particularly experienced in supporting individuals affected by substance misuse and addictions and provides effective detoxification and substance misuse therapies.

Introduction

There are two wards at Cygnet Hospital Harrogate. Haven and Sanctuary wards have 19 and 17 bed capacities respectively, with both treating service users on an informal basis and also those detained under the Mental Health Act. The services are predominantly for the treatment of acute psychiatric conditions, including first presentations, and also have a specialism in detoxification and substance misuse. Sanctuary has an annex for specialised treatment in substance misuse, and both wards also specialise in alcohol detox. Referrals can come from anywhere in the UK and the service is responsive to the individual needs of service users.

The service can offer a very quick turnaround time for referrals, with our audited standard being a full response within 1 hour of receipt of adequate clinical referral information.

We can support people with a diagnosis of:

- Psychosis
- Mood Disorders
- Bipolar Affective Disorder
- Dual diagnosis
- Substance misuse
- Acute psychiatric crisis
- Severe mental illness
  (e.g. schizophrenia, manic depressive disorders, severe depressive disorder)
a well-equipped, comfortable and therapeutic environment
Support and Outcomes

Both wards provide an acute service for informal or detained service users. Service users may have been referred to us from all over the country and the focus of the service is to stabilise people and promote recovery following a thorough assessment. During their time at Cygnet Hospital Harrogate, service users will have their medications reviewed and other interventions will be considered and, where appropriate, put into place. Another role of the hospital is to work closely with an individual, their family and their local healthcare team to identify and address long-term problems; e.g. suitable places for them to move on to.

Service users have support from the full multi-disciplinary team and all therapy interventions available including occupational therapy, psychology, advocacy and others. We have group therapies and activities coordinators. Advocacy is offered independently.

Our multi-disciplinary team works across the whole hospital and makes use of a broad range of interventions. Groups are held for those that are able to attend. We run a number of groups, such as ‘Mindfulness’, which many of our service users find useful as a way to share their experience. There is an Activity Coordinator on each ward who works with those service users who are not well enough to attend activities outside the ward to encourage them to take part in some meaningful activity every day.

We also offer comprehensive programmes for those individuals who have abused drugs and/or alcohol. These programmes are also offered to those who have a mental illness and admissions take place following a comprehensive assessment.

Staff signpost those service users who have undertaken addictions treatment for ongoing help to prevent relapse. A structured therapeutic programme is available for those who have withdrawn from alcohol and wish to extend their inpatient stay for this purpose. A weekly Alcoholics Anonymous meeting is held in the hospital.

We excel in quickly stabilising some of the most acutely unwell service users. Amongst the outcomes we aim to achieve are:

- Reduced number of self-harm incidents
- Improved wellbeing
- Improved social functioning
- Service users treated and stabilised in order to return to the community
- A discharge plan will be agreed with the local team with arrangements to address potential incidents relating to the service user's illness

Admissions are usually short-term but we can support people longer-term if they require extra support while an alternative service is found. The aim on Haven and Sanctuary wards is to help people learn how to manage their mental health and reinforce their daily living skills, to prepare for independent life back in the community. Most service users that leave the hospital after treatment are discharged direct to home. We actively involve our service users in improving the services that we offer and encourage them and the hospital to be part of the local community.

The focus at Cygnet Hospital Harrogate is on stabilising the service user and facilitating their transfer to a service closer to their home, or discharge back to the community.

Facilities and Activities

Cygnet Hospital Harrogate is a well-equipped, comfortable and therapeutic environment, with spaces designed to maximise the opportunities for recovery.

The service has a full MDT including three consultant psychiatrists, a therapy team including group and activities coordinators and nursing therapists alongside occupational therapy and psychology. There are a range of therapies available and all service users can access a minimum of 25 hours’ therapy a week. There is a comprehensive programme of both group and individual therapies available in:

- Alcohol abuse
- Coping mechanisms
- Anger management
- Stress reducing techniques

Where a person is not able to leave the ward to attend therapy sessions or a structured group, therapy assistants can support individuals to engage in ward-based activities.
Cygnet’s Nationwide Network of Acute Hospitals

<table>
<thead>
<tr>
<th>Hospital Location</th>
<th>Region</th>
<th>Gender Details</th>
<th>Bed Availability</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cygnet Hospital Harrow Byron Ward</td>
<td>North West London</td>
<td>Male/Female</td>
<td>18 beds</td>
<td>020 8966 7000</td>
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<tr>
<td>Cygnet Hospital Stevenage Chamberlain Ward</td>
<td>Hertfordshire</td>
<td>Male detained under MHA only</td>
<td>14 beds</td>
<td>01438 342 942</td>
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<tr>
<td>Cygnet Hospital Stevenage Orchid Ward</td>
<td>Hertfordshire</td>
<td>Female detained under MHA only</td>
<td>14 beds</td>
<td>01438 342 942</td>
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<tr>
<td>Cygnet Hospital Harrogate Haven Ward</td>
<td>North Yorkshire</td>
<td>Male/Female</td>
<td>36 beds</td>
<td>01423 500 599</td>
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<tr>
<td>Cygnet Hospital Wyke Branwell Ward</td>
<td>West Yorkshire</td>
<td>Male</td>
<td>15 beds</td>
<td>01274 605 500</td>
</tr>
<tr>
<td>Cygnet Hospital Wyke Fairfax Ward</td>
<td>West Yorkshire</td>
<td>Older Male</td>
<td>17 beds</td>
<td>01274 605 500</td>
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<tr>
<td>Cygnet Hospital Kewstoke Sandford Ward</td>
<td>Somerset</td>
<td>Male</td>
<td>16 beds</td>
<td>01934 428 989</td>
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<tr>
<td>Cygnet Hospital Taunton Swift/Starling Ward</td>
<td>Somerset</td>
<td>Older Male</td>
<td>18 beds</td>
<td>01823 336 457</td>
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</tbody>
</table>

Bed Availability is updated daily online: www.cygnethealth.co.uk/for-professionals/bed-availability.html
## Sample Therapy Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15am</td>
<td>Exercise</td>
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<tr>
<td>10:00am</td>
<td>Planning and exceptions</td>
<td>Handling Guilt Therapy</td>
<td>Wellbeing Day: Breath Awareness 9:55am</td>
<td>Learning Assertiveness</td>
<td>Self-exploration: Evaluating you and your groups</td>
<td>Planning your weekend: Concerns: What to do: How to do it</td>
<td></td>
</tr>
<tr>
<td>12:00pm - 12:15pm</td>
<td>1 to 1 Session</td>
<td>1 to 1 Session</td>
<td>1 to 1 Session</td>
<td>1 to 1 Session</td>
<td>1 to 1 Session</td>
<td>1 to 1 Session</td>
<td>Creativity: Self Directed Work</td>
</tr>
<tr>
<td>12:15pm - 2:00pm</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
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<td>Lunch</td>
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</tr>
<tr>
<td>2:00pm - 3:00pm</td>
<td>Stress &amp; Management</td>
<td>Creativity</td>
<td>Chill Time: Relaxation</td>
<td>Music Games: Pampering</td>
<td>Planning for the future</td>
<td>Recovery Folder: Evaluation &amp; discussion</td>
<td>Recovery Star</td>
</tr>
<tr>
<td>3:15pm - 4:00pm</td>
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**Note:** Massages are available all day on Wednesday.