

Personality Disorder Service

Cygnet Aspen Clinic Doncaster, South Yorkshire



Female



18+



16 beds

Cygnet Aspen Clinic is a specialist service for women with a diagnosis of personality disorder and associated complex needs. We provide assessment, stabilisation, treatment and rehabilitation for up to 16 women.

Our service users may have complex trauma histories or have experienced regular placement breakdowns. At Cygnet Aspen Clinic we provide a collaborative, multi-disciplinary approach to care and treatment with a focus on recovery and co-production with service users.

Our service user profile:

- > Female, aged 18+
- > Primary or secondary diagnosis of personality disorder with associated complex mental health needs and challenging behaviours
- > May be informal or subject to a section of the Mental Health Act
- > Referrals accepted from Tiers 1-4
- > Sustained relational and social functioning problems
- > May have a forensic history
- > May have a history of substance misuse or dependency
- > May have experienced regular placement breakdowns



Our approach – a modular treatment pathway

At Cygnet Aspen Clinic we operate an integrated modular approach to treatment for women with a diagnosis of personality disorder, accounting for diagnostic differences, NICE guidelines and the work of Livesley (2004).

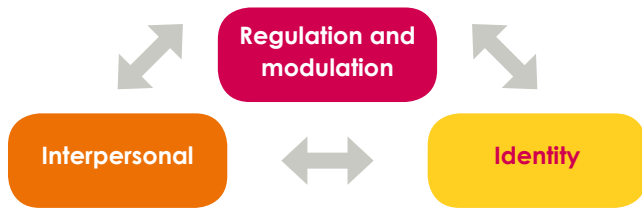
Our multi-modal treatment pathway consists of a range of therapeutic models including Dialectical Behaviour Therapy (DBT), tf-CBT, CFT and Schema Therapy techniques.

Therapeutic approaches and assessments

Our therapeutic interventions are tailored to individual presenting needs, based on comprehensive psychological formulations undertaken on admission. The assessment tools we use include:

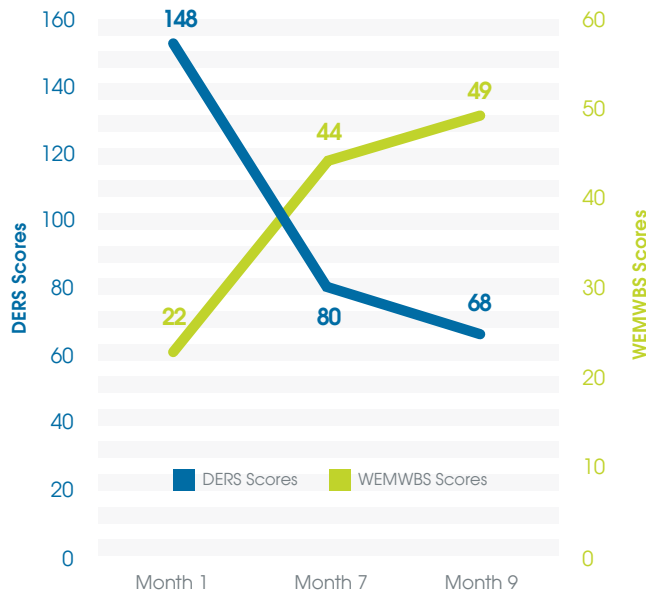
- > Structured Clinical Interview for PD (SCID-5-PD)
- > Millon Clinical Multiaxial Inventory (MCMI)
- > Difficulties in Emotion Regulation Scale (DERS)
- > Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI), Beck Hopelessness Scale (BHS)
- > The Awareness of Social Inference Test (TASIT)
- > Chart of Interpersonal Reactions in Closed Living Environments (CIRCLE)
- > Aspects of Identity Questionnaire (AIQ)
- > Warwick-Edinburgh Mental Well-being Scale (WEMWBS)
- > Model of Human Occupation Screening Tool (MOHOST)
- > Assessment of Communication and Interaction Skills (ACIS)

Addressing core deficits



Outcomes

Graph representation of DERS (Difficulties in Emotion Regulation Scale) and Warwick-Edinburgh Mental Well-being Scale (WEMWBS) for service user NM over time:



Service user perspective

“I actually applied the things that I was learning in the situations I found myself in and I did this over and over again. I was no longer sitting in groups and pretending that I was going to be doing the work. I started talking, I did the work until it was my first response to a situation. I am still changing but now at least I can say that I’m in REAL recovery” (NM)

For more information or to make a referral please call 0808 164 4450 or email chcl.referrals@nhs.net

www.cygnethhealth.co.uk



Our referral process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450 / chcl.referrals@nhs.net**
- 2 Assessment arranged and undertaken via our assessment team within 5 working days
- 3 Feedback provided on whether our service can meet the service user's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

For crisis referrals we will respond within 1 hour of receipt of clinical information.

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