

# Low Secure Service for Men with Personality Disorder

## Cygnet Hospital Clifton, Nottingham, East Midlands



**Male**



**18+**



**24 beds across 2 wards**

**Cygnet Hospital Clifton is a 24 bed specialist low secure service for men with a personality disorder, who also present with complex mental health needs and challenging behaviours.**

The treatment model we provide at Cygnet Hospital Clifton is delivered in the context of a cohesive multidisciplinary, psychologically informed team approach, with the patient at its centre. We aim to create opportunities for sustained positive behavioural change, by applying a consistent approach where the men in our care feel encouraged to develop positive interpersonal skills to reduce maladaptive or pathological behaviours.

### Service User profile:

- > Men, aged 18+
- > Primary diagnosis of personality disorder, including anti-social personality disorder
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of violence
- > May have a history of sex offending

The hospital is set out across two wards; **Ancaria Ward** is the admissions/ initial treatment ward, which offers a defined pathway through to **Acorn Ward**, which has a focus on rehabilitation, in preparation for moving on into the community or supported living.

At Cygnet Hospital Clifton we aim to sequence interventions according to Professor Livesley's integrated treatment model. The therapeutic milieu aims to ensure consistency and optimal conditions for growth and change in a positive and effective environment.



### Prison Transfer Programme

We also offer a specialised three month prison transfer programme, for stabilisation and assessment of prisoners whose mental health needs cannot be met in the prison environment.

- > Referrals and assessment: We provide a rapid response to referrals, assessment within the prison environment, quick decision on suitability for transfer within five working days and liaison with MOJ over transfer warrants
- > Comprehensive inpatient assessment: Twelve week assessment programme including full diagnostic and risk formulations, IQ and neurological assessments, stabilisation, treatment plan

## Psychology at Cygnet Hospital Clifton

At Cygnet Hospital Clifton we specialise in working with a highly complex patient profile, who may present with a diverse range of diagnoses and risk profiles. The psychology department provides an integrated, eclectic approach to treatment, supporting a collaborative, individualised and tailored approach that is formulation driven and responsive.

The team offers robust;

- > **Psychological assessment;** using psychometric assessments, clinical interviews and collateral information;
- > **Formulation;** shared and collaborative;
- > **Intervention;** formulation driven and evidence based;
- > **Evaluation**

There is an essential focus on the development and maintenance of a validating and empathic positive therapeutic alliance / relationship throughout. Interventions are offered in in both individual and group formats and comprise a range of evidence based therapies, including but not limited to:

- > Cognitive Behavioural Therapy
- > Dialectical Behaviour Therapy
- > Schema Focused Therapy
- > Mentalisation Based Therapy
- > Cognitive Analytic Therapy

Additional interventions include:

- > Psychoeducation relating to diagnoses
- > Treatment of the underlying causes of and the symptoms and behaviours associated with personality pathology
- > Substance misuse treatment
- > Offence specific interventions such as violent offending, sexual offending or arson

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

### 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 management team
- 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

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