

Highly Specialised Personality Disorder Service

Knightstone Ward, Cygnet Hospital Kewstoke



Female



18+



16 beds

Knightstone Ward is a 16 bed highly specialised personality disorder service. The service provides a behavioural approach and a fully comprehensive Dialectical Behaviour Therapy (DBT) programme focused on generalisation of skills. The service is for individuals with a primary diagnosis of personality disorder and a secondary diagnosis of disordered eating or autism. All aspects can be treated simultaneously at Cygnet Hospital Kewstoke, with the appropriate specialist therapeutic input provided.

All members of the multidisciplinary team are extensively trained in DBT, this includes members of the nursing team being DBT therapists or DBT essentials trained. The team comprise of a ward manager, consultant psychiatrist, psychologist, occupational therapist, support workers and social workers.

Collaborative working is an essential part of Knightstone Ward not only with external professionals but also carers having the option to contact the responsible clinician or ward manager and to attend meetings, where appropriate.

Cygnet Hospital Kewstoke has more than 16 acres of landscaped grounds and overlooks the Bristol Channel. This beachside location, just outside Weston-super-Mare, helps us provide a quiet, peaceful and therapeutic environment.



Our three stage comprehensive DBT programme:

- 1 Pre-engagement** – this involves crisis management and basic DBT skills awareness which allows the multidisciplinary team to aid the service users in developing 'a life worth living'. An initial assessment will take place after four weeks by a member of the psychology team to assess suitability for stage 2. Bluebell, a five bed area within Knightstone, is where these service users are supported.
- 2 Engagement** – this is the process of the service user engaging in the DBT programme, this includes two group sessions per week and one 1:1 session per week with their allocated therapist.
- 3 Graduation from DBT** – moving towards supporting transition to the discharge setting identified in the CPA meetings.

The length of stay on Knightstone Ward can be varied depending on the pathway agreed for admission. The pre-engagement process is of a period of three months and stage 2, to start the DBT programme, is nine months.

We also offer a transitional pathway for our service users to Cygnet Lodge Kewstoke. This allows the women to move towards community integration. All service users on this pathway are overseen by the same responsible clinician and psychologist to provide continuity of care.

Our service user profile:

- > Women, aged 18+
- > Primary diagnosis of emotionally unstable personality disorder (other personality disorder types will be considered)
- > Requiring assessment and treatment in a secure environment
- > Secondary diagnosis of disordered eating or autism
- > May present with co-morbid presentations:
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex needs
- > May have a history of trauma and/or abuse
- > May have experienced previous placement breakdowns



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 within 5 working days
- 3 Feedback provided on whether our service can meet the service user's needs within 5 working days
- 4 Assessment pack formulated including care plans and funding information within 5 working days
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

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