

Personality Disorder Services

- Medium Secure
- Low Secure
- Tier 4 PD (NHSE)
- PD Acute / Intensive Support
- Highly Specialised PD (CCG)
- PD / Eating Disorder Dual Diagnosis



Welcome

Cygnets Health Care was established in 1988. Since then we have developed a wide range of services for individuals with mental health needs and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the people in our care.

Our expert and highly dedicated care of 8800 employees empower 2725 individuals across 140 services to consistently make a positive difference to their lives, through service user focused care and rehabilitation.

We maintain a good relationship with our quality regulators and undergo regular inspections, with 85% of our services rated

'Good' or 'Outstanding'. We also operate an internal system of quality care, treatment and positive outcomes.



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Introduction

Our national network of specialist personality disorder services offers over 250 beds across 13 services which provide medium secure and low secure, emergency, Tier 4 inpatient, highly specialised CCG funded personality disorder and dual diagnosis PD and eating disorder services.

Each of our personality disorder services offers a highly structured environment designed to promote recovery. Care and support are provided in therapeutic environments by comprehensive multi-disciplinary teams.

Our services offer a range of interventions including Dialectical Behaviour Therapy (DBT) and Schema Focused Therapy, along with a number of additional interventions to enhance service users' recovery journey. Managed Care Pathways are used to improve clinical effectiveness with a view to move service users through the integrated personality disorder pathway and back to independent community living.

Our service user profile:



Age Range:
18+



Gender:
Male & Female



Mental Health Act Status:
Detained Informal

- Diagnosis of personality disorder and associated mental health needs
- May have forensic history
- May present with co-morbid presentations:
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex needs
 - Eating Disorder
- May have a history of trauma and/or abuse
- May have experienced previous placement breakdowns

Our services at a glance:

- High staffing ratios
- Dialectical Behaviour Therapy (DBT)
- Schema Focused Therapy
- Substance misuse / addictions treatment
- Self-harm treatment
- Daily living skills
- Cognitive Behavioural Therapy
- Anxiety management
- Community and social involvement
- Vocational initiatives
- Specialist PD pathway

Our multi-disciplinary teams:

- Consultant Psychiatrists and Specialty Doctors
- Psychology
- Occupational Therapy
- DBT practitioners
- Nurses
- Health care support workers
- Social workers
- Substance misuse practitioners

Our outcome measurement tools:

➤ Patient reported outcomes:

- Recovery Star
- Symptom Checklist-90-Revised
- Assessment of Communication and Interaction Skills (ACIS)
- MOPPs
- Vocational Questionnaire (VQ)
- Model of Human Occupation Screening Tool (MoHOST)
- Programme Specific Outcomes

➤ Clinician rated outcomes:

- HoNOS
- START
- DBT programme completion rates

➤ DBT Programme outcomes:

- Difficulties with Emotion Regulation Scale (DERS)
- Mental Health Recovery Measure (MHRM)
- Mindfulness Questionnaire
- Rosenberg Self-Esteem Scale
- Borderline Symptom List 23 (BSL-23)
- DBT Ways of Coping Checklist (DBT-WCCL)
- Rotter's Locus of Control Scale
- STAXI (anger scale)



Average length
of stay is
11.5
months

Across Tier 4 and CCG
PD services 2017-18

Our myPath Care Model

To ensure we cater for each person's journey and achieve long-term results, we have created a unique approach to care for people with personality disorder. Our aim is to support clients to work towards a goal of discharge in to community or step down settings following completion of treatment.

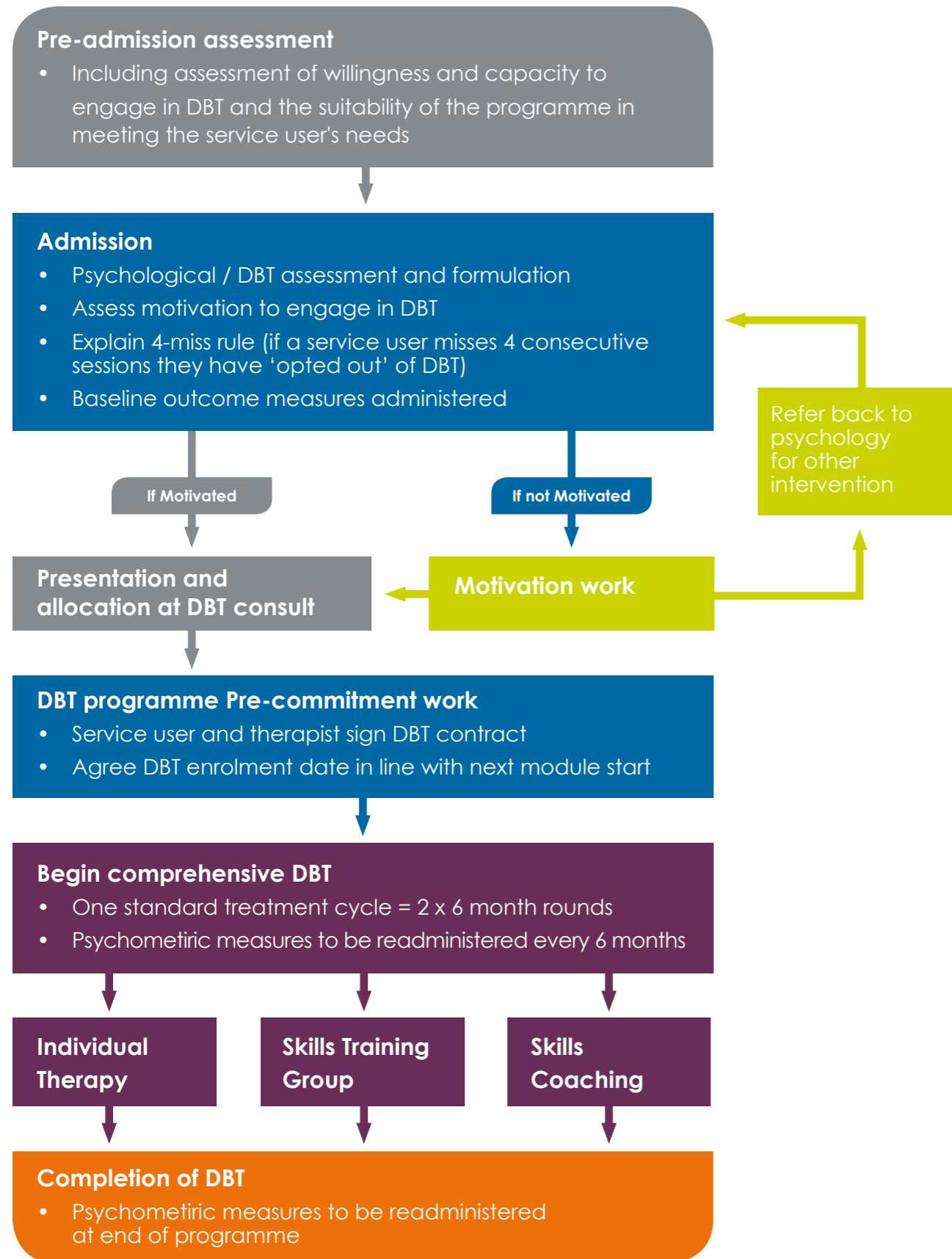
myPath is our unique overarching care model which serves to monitor service user engagement levels, manage their records, assess individual progress and formulate a personalised and dynamic care plan with measurable targets.

Within our personality disorder services, **myPath** is structured to support individuals who require specialist therapeutic interventions including Dialectical Behaviour Therapy (DBT) and Schema Focused Therapy and designed to help service users tackle their symptoms and progress with their lives. In addition, these services support with preparation for independent life within the community, or for moving on to mainstream rehabilitation.

For each individual, a daily risk assessment is completed, which enables dynamic responses to individual presentation within any 24 hour period enabling immediate support to be provided. Each individual is offered a minimum of 25 hours meaningful activity, which is evidenced and documented within an individualised activity timetable based around understanding mental health needs, effective coping strategies and reinforcing daily living skills. All individuals care pathways are reviewed in full by the multi-disciplinary team on a weekly basis and guided by a dynamic care plan which is closely linked to our specialist outcome tool, the Global Assessment of Progress (GAP). In our personality disorder services, the GAP allows us to measure an individual's progress during their admission, plot the positive developments and changes in well-being whilst formulating plans over potential future risks for longer term management. In applying **myPath**, the team around the individual is able to be responsive in their approach and use **myPath** to focus determine length of stay, ensuring that people move as quickly as possible to the most appropriate and least restrictive environment.



Example Dialectical Behaviour Therapy Pathway

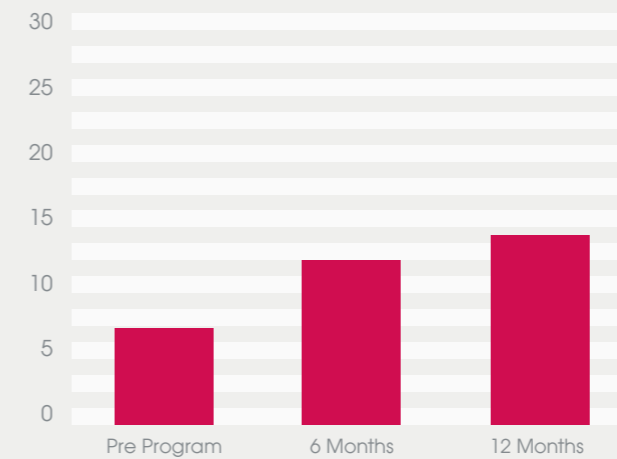


Outcomes

Sample DBT outcomes from New Dawn Ward, Cygnet Hospital Beckton

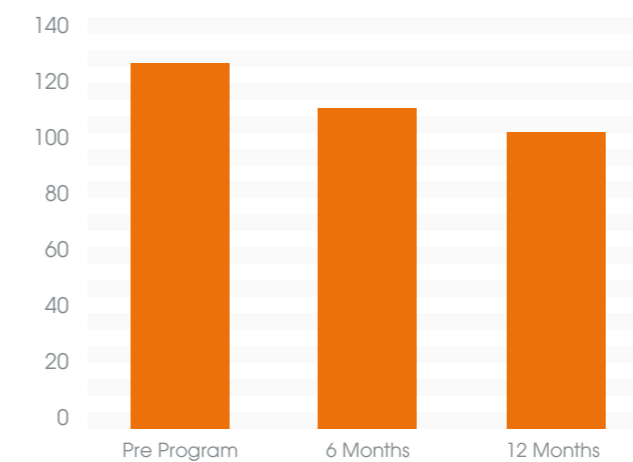
The outcome measures collected map to the difficulties associated with Emotionally Unstable Personality Disorder and the areas that the DBT programme aims to address.

Data is collected before enrolment in the DBT programme, at 6 months (following the first cycle of DBT skills modules) and again at 12 months (following completion of the second cycle of skills modules.)



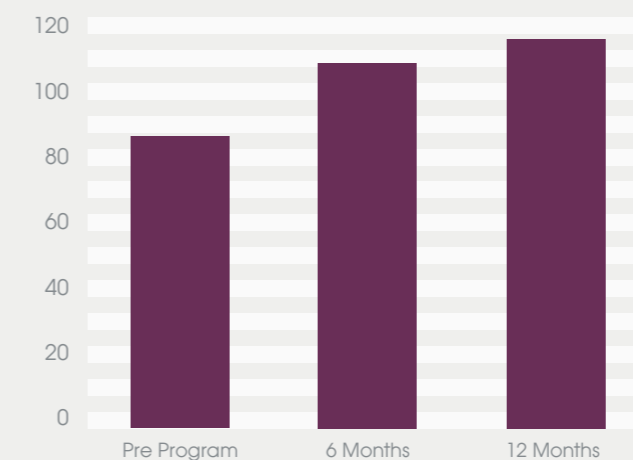
The Rosenberg Self-Esteem Scale measures a person's level of self-esteem based on their perceptions of themselves, both individually and comparison with others. Scores range from 0-30, with higher scores indicating a higher level of self-esteem.

An increase in scores may suggest that individuals have developed a more positive orientation towards their self-worth over the course of the DBT programme.



The Difficulties in Emotion Regulation Scale (DERS) assesses typical levels of emotion dysregulation across 6 domains. Higher scores indicate higher levels of emotion dysregulation.

Overall scores indicate a reduction in overarching emotion dysregulation difficulties, also noted on each of the measured domains. This suggests that individuals have a greater awareness, clarity and acceptance of their emotions.



The Five Factor Mindfulness Scale measures five facets of mindfulness: observing, describing, acting with awareness, non-judging of inner experience and non-reactivity to inner experience.

Overall increases are noted in relation to mindfulness and this is found across all five measured facets.

Data presented from 20 service users who completed 12 months of DBT.

Cygnnet Hospital Bury, North-West

Buller Street, Bury, Lancashire, North-West, BL8 2BS

Medium Secure

18+ Male 26 beds in 2 wards

Cygnnet Hospital Bury offers a dedicated personality disorder service on two wards, Columbus and Madison, in a medium secure setting. Both wards deliver care for men with enduring mental health needs, co-morbidity and behaviours which challenge in a calm, therapeutic environment with a focus on service user experience, shared care and safety.

There are three core treatment phases:

- 1 Assessment and containment
- 2 Treatment and engagement
- 3 Recovery and rehabilitation

Therapies and activities

Each service user has a treatment plan and a weekly therapeutic timetable which can include:

- > Individual and group psychology
- > Counselling for drug and alcohol misuse
- > Anger management
- > Social skills development
- > Daily living skills development
- > Healthy living
- > IT skills training
- > Education and vocational development
- > Group games and activities

The model of treatment is based on the principles of the recovery model including psychological therapies, occupational therapy, social therapy, physical healthcare and medication.

Staff are trained to provide a pattern of care that continuously challenges maladaptive patterns of behaviour and provides ongoing opportunities to learn and try out more adaptive courses of action and we use the myPath framework to focus interventions towards a service user's future life outside hospital.

Our facilities:

- > En-suite bedrooms
- > Gym
- > Laundry
- > Occupational therapy kitchen
- > Therapy garden



Cygnnet Hospital Clifton, East Midlands

Clifton Lane, Clifton, Nottinghamshire, East Midlands, NG11 8NB

Low Secure

18+ Male 25 beds in 2 wards

Cygnnet Hospital Clifton is a 25 bed specialist low secure service for men with a personality disorder, who also present with complex mental health needs and challenging behaviours.

At Cygnnet Hospital Clifton we create opportunities for sustained positive behavioural change. We achieve this by applying a consistent approach where the men in our care feel encouraged to develop positive interpersonal skills to reduce maladaptive behaviours.

Cygnnet Hospital Clifton has helped me with my recovery by challenging my behavioural problems and changing my thoughts to move to a more positive way, giving me more confidence to deal with different disappointments, changing my ways of thinking and giving me responsibility with (a course on) the Recovery College.

Service user, Cygnnet Hospital Clifton

Our multi-disciplinary team:

- > Consultant Forensic Psychiatrist
- > Forensic Psychologist
- > Occupational Therapist
- > Social Worker
- > Nurse leads
- > Social Therapy leads

Our interventions and approaches are matched according to individual needs informed by dynamic case formulation. Our team constantly adapt their engagement techniques and the personnel delivering specific interventions to maximise engagement and create optimum opportunity for progress to be made with the men in our care.

Alongside appropriate pharmacological treatments to stabilise diagnosed mental illness, we support the men in our care with a range of psychology-led interventions. These aim to develop self-regulation skills facilitating the improved control of impulsive behaviours.

The service is provided across two wards; **Ancaria Ward** is our admissions and initial treatment ward, and offers a defined pathway through to **Acorn Ward** where the focus is on rehabilitation and preparation for discharge.

Prison Transfers

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.

We provide a rapid response to referrals, and a speedy assessment within the prison environment. Following admission, we offer a comprehensive inpatient assessment process including robust risk assessment, detailed treatment planning, and recommendations for onward moves.



Cygnet Hospital Derby, East Midlands

100 City Gate, London Road, Derby, East Midlands, DE24 8WZ

Low Secure

18+ Female 16 beds in 1 ward

Alvaston Ward at Cygnet Hospital Derby is a 16 bed specialist low secure service for women with a primary diagnosis of emotionally unstable personality disorder. The ward can support women with highly complex needs and those who have experienced previously unsuccessful placements.

The primary pre-cursor to an admission to Alvaston Ward is that the person is ready to engage in a therapeutic programme. Service users may have a history of involvement in the criminal justice system or may present with significantly challenging behaviour, severe self-neglect and vulnerability.

The ethos on Alvaston Ward is to provide assertive treatment of a person's condition. The multi-disciplinary team helps individuals address their issues and proactively use Dialectical Behaviour Therapy (DBT) and Schema Therapy. The DBT programme is adapted to the needs of the service users and is tailored for individuals who may have educational or learning difficulty issues, such as dyslexia, which may act as barriers to the standard DBT programme.

Enabling Environments Award

Alvaston Ward has achieved the Enabling Environments Award from the Royal College of Psychiatrists' Centre for Quality Improvement. Enabling Environments is awarded to services who have demonstrated an outstanding level of best practice in creating and sustaining a positive and effective social environment. To achieve the award Alvaston Ward had to meet and exceed ten core standards based on;

- > Belonging
- > Boundaries
- > Communication
- > Development
- > Involvement
- > Safety
- > Structure
- > Empowerment
- > Leadership
- > Openness



Our facilities:

- > En-suite bedrooms
- > External secure courtyard
- > Fully equipped gym
- > Art room
- > IT classroom
- > Therapy kitchen

Cygnet Hospital Beckton, London

23 Tunnan Leys, Beckton, London, E6 6ZB

Tier 4 PD (NHSE)

18+ Female 18 beds in 2 wards

New Dawn Ward at Cygnet Hospital Beckton is an 18 bed specialist Tier 4 Personality Disorder service. Women can be admitted to New Dawn if they have a diagnosis of personality disorder, exhibit self-harming behaviour and are able to accept the need for help. Service users can be informal or detained under the Mental Health Act.

The service is structured so that there are two distinct areas in the ward aligned with the care pathway; pre-engagement and engagement. Following admission, a 12 week assessment period is undertaken to establish needs and determine the appropriate treatment pathway. Upon completion of the 12 weeks' assessment, a clear pathway will be formulated with the service user and discussed in their first CPA (Care Programme Approach) meeting.

Therapy programme

Dialectical Behaviour Therapy (DBT) is the main programme of therapy used on New Dawn Ward. The care pathway is structured in phases which include a comprehensive clinical, psychometric assessment and formulation within 4-6 weeks of admission.

Adherent DBT pathway Features two cycles of skills training, weekly 1:1 therapy, ad hoc skills coaching and 1:1 crisis management therapy. Service users who are motivated and show commitment to DBT will undertake the full programme.

Adapted DBT pathway We recognise that standard DBT is not suitable for everyone, so we also provide an adapted programme, based within the DBT framework but tailored to the needs of individuals particularly where the service user may have an area of cognitive difficulty that impacts their ability to engage and process. There are various options available on how this is delivered for people experiencing attention, concentration or motivational difficulties including conversational, experiential learning and visual aid approaches. This is then supported with further individualised practice on a 1:1 basis.

Alternative therapeutic interventions

We also provide alternative NICE Guideline recommended therapies including Cognitive Analytic Therapy (CAT), psychodynamic techniques and Schema Therapy.

Over 80% DBT programme completion rate



93% of service users discharged to a lower level of security

Each module taught me skills I can use to live with, control and even overcome my illness

Service user, Cygnet Hospital Beckton

Cygnnet Hospital Ealing, London

22 Corffon Road, Ealing, London, W5 2HT

Tier 4 PD (NHSE)

18+ Female 9 beds in 1 ward

New Dawn Ward at Cygnnet Hospital Ealing is a 9 bed specialist Tier 4 service, providing treatment, care and support for women with a personality disorder who are ready to engage in therapy.

Our service can support women who have a diagnosis of personality disorder and who need either:

- > A short-term crisis intervention utilising a DBT model (i.e. emergency referrals)
- > A longer term therapeutic treatment programme utilising the principles of DBT with skills coaching and individual therapy.

New Dawn Ward offers a programme that is well-structured to give service users the

opportunity to address and deal with their problems in a safe environment. Cygnnet Hospital Ealing also provides a specialist Eating Disorder service on **Sunrise Ward**, so service users have access to a dietician if required. We have close links with Cygnnet Lodge Kenton which can be used as a 'step-down' unit from the New Dawn service.

Planning for discharge starts at admission and all treatment and interventions are geared towards preparing a person for successfully and positively leaving the service. After discharge, contact will be maintained with the service user's own Community Mental Health Team to offer ongoing support and advice.

When I had extremely difficult times, the team didn't give up on me and move me on. The DBT the ward taught really helped me.

Service user, New Dawn Ward

Therapies and activities

- > Dialectical Behaviour Therapy (DBT), including daily Skills Training and Skills Homework Group
- > Daily activities offered by the occupational therapy team, including self-nurturing, cooking, creative and walking groups
- > Specialist groups including body image and healthy relationships (run for a set number of weeks)
- > Drama therapy with music and creative therapies
- > Service users suggest ward activities through a fortnightly community meeting
- > Carers group once a month
- > Monthly leavers group for individuals who have been discharged from the ward to come and speak about their experiences post-discharge
- > Family Therapy
- > Yoga and massage



Cygnnet Hospital Colchester, Essex

Boxted Road, Mile End, Colchester, Essex, CO4 5HF

PD Acute / Intensive Support

18+ Female 20 beds across 2 wards

Flower Adams Unit provides our crisis/acute admissions and intensive support services for women with a diagnosis of personality disorder and complex mental health needs. Across our two services we provide robust programmes of care for women presenting with high risk, acute needs or those who may demonstrate difficulties with engagement or motivation with therapeutic programmes. Both services support the personality disorder pathways across the Cygnnet Health Care portfolio by meeting the needs of women with a personality disorder diagnosis who may have had previous inappropriate placements, or be difficult to place.

Flower Adams Ward 1 provides 9 acute admissions beds as part of our comprehensive nationwide acute network. The service can admit women with a diagnosis of personality disorder who are presenting in crisis and may have additional co-morbid presentations such as self-harm or other complex needs. The enhanced physical environment and high staffing levels provide a robust and safe setting. The aim of the service is a short term intensive intervention with the aim of stabilisation. We are able to respond to referrals within 1 hour of receipt of clinical information.

Flower Adams Ward 2 provides an 11 bed pre-engagement / intensive support service for women with a diagnosis of personality disorder who may have difficulties in engagement or motivation with therapeutic programmes. This service focuses on providing a positive therapeutic environment, offering pre-engagement work and a wide range of approaches. The service aims to prepare service users for a move to rehabilitation or step-down services, or where appropriate, discharge straight to community services or independent living.

We will respond to crisis referrals within 1 hour of receipt of clinical information



Cygnet Acer Clinic, Derbyshire

Worksop Road, Chesterfield, Derbyshire, East Midlands, S43 3DN

Highly Specialised PD (CCG)

18+ Female 28 beds in 2 wards

Cygnet Acer Clinic is a 28 bed rehabilitation service providing assessment, treatment and rehabilitation for women with personality disorder and complex needs.

Rehabilitation is provided in a therapeutic environment, with a level of security matched to individual needs. The aim of the treatment, rehabilitation and re-socialisation programme is to prepare the people in our care either for transfer to conditions of lesser security, or for a life in the community.

Our dedicated clinical teams provide a multi-disciplinary approach to rehabilitation. This includes psychology (including forensic psychology input) occupational therapy, social work and vocational training.

Rehabilitation process:

- > START assessments
- > Integrated approach combining different models of therapy (CBT, DBT and Schema informed)
- > Pre-engagement group
- > Personality Disorder psychoeducation
- > Mindfulness
- > Systems Training for Emotional Predictability and Problem Solving (STEPPS)
- > Wellness Recovery Action Plan (WRAP) and 'My Safety Plan'
- > Comprehensive community links to support vocational/educational, self-care and leisure opportunities



Service user profile:

- > Female, aged 18+
- > Complex mental health needs, challenging behaviours and a primary or secondary diagnosis of personality disorder
- > Subject to a section of the Mental Health Act
- > May have a history of substance misuse or dependency
- > May have experienced regular placement breakdowns
- > Sustained relational and social functioning problems
- > Forensic or non-forensic history
- > Capacity to engage
- > Referrals accepted from Tiers 1-4

Cygnet Alders Clinic, Gloucestershire

155 Podsmead Road, Gloucestershire, South-West, GL1 5UA

Highly Specialised PD (CCG)

18+ Female 20 beds in 3 wards

Cygnet Alders Clinic is a 20 bed rehabilitation service providing assessment, treatment and rehabilitation for women with personality disorder and complex needs.

We provide a specialist psychologically informed personality disorder pathway across three living areas; from Severn, for assessment and stabilisation, through to Avon, where service users move to as they engage and progress with their treatment pathway; and finally Coln, for a focus on community transition.



Our approach

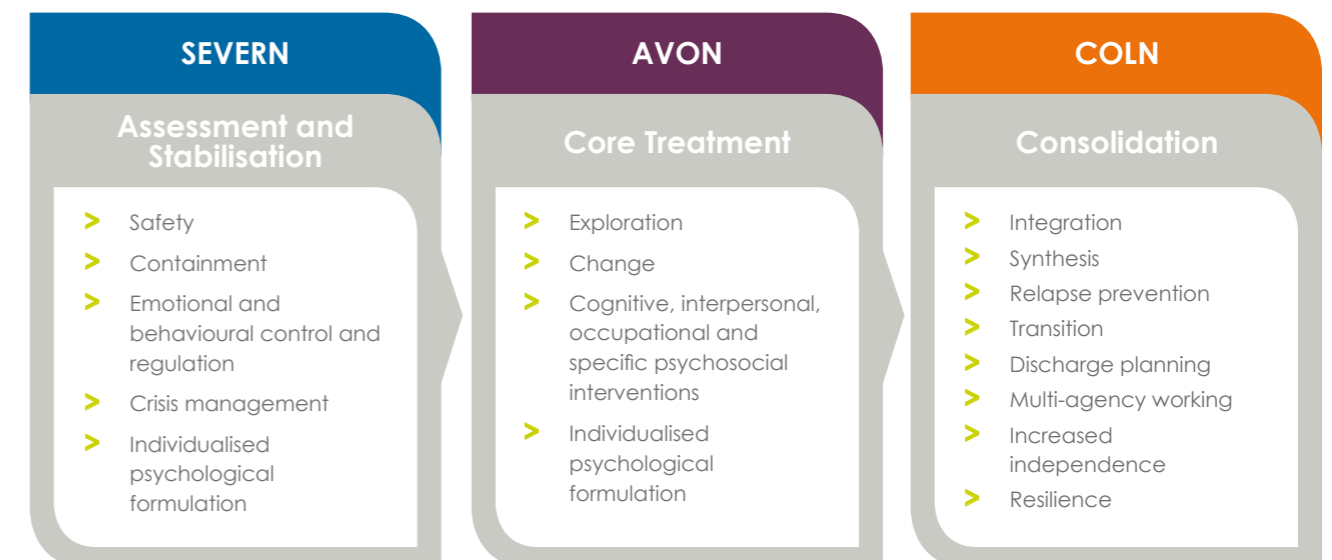
At Cygnet Alders Clinic we adopt an integrated modular approach to treatment for women with a diagnosis of personality disorder, accounting for diagnostic differences, NICE guidelines and the work of Livesley (2004).

Through this eclectic approach, and with a focus on the importance of therapeutic relationships, we deliver an integrated combination of pharmacologic and psychotherapeutic interventions. The aim is to address the core features of personality disorder: problems with emotional regulation, interpersonal functioning, and self-identity and to prepare the women in our care for a transition to life in the community.

Therapeutic interventions and psychological formulations are tailored to individual need and utilise techniques drawn from major therapeutic orientations such as:

- > DBT
- > CBT
- > CFT
- > MBT
- > Schema Therapy

Our pathway



Cygnets Aspen Clinic, South Yorkshire

Manvers Road, Mexborough, Doncaster, South Yorkshire, Yorkshire & Humber, S64 9EX

Highly Specialised PD (CCG)

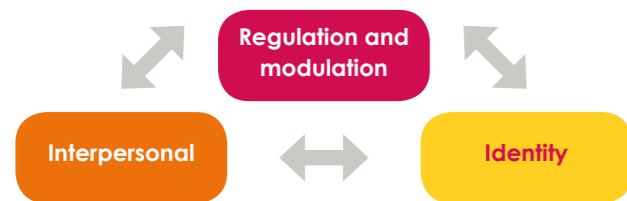
18+ Female 16 beds in 1 ward

Cygnets 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 Cygnets 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 approach – a modular treatment pathway

- > At Cygnets 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 Multi-axial 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)



“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”

Service user, Cygnets Aspen Clinic

Cygnnet Hospital Bierley, West Yorkshire

Bierley Lane, Bradford, West Yorkshire, Yorkshire & Humber, BD4 6AD

Highly Specialised PD (CCG)

18+ Female 20 beds in 1 ward (16+4)

Bowling Ward at Cygnnet Hospital Bierley is a 16 bed specialist service for women with highly complex needs associated with a diagnosis of emotionally unstable personality disorder. The service aims to support service users to learn effective emotional management, to reduce emotional dysregulation and to manage their own mental health and recovery.

The **Phoenix Suite** is a 4 bed separate treatment environment provided as part of the care pathway on Bowling Ward. Through positive risk-taking and encouraging self-management, service users can make the move towards independence while still having full access to the DBT programme and the support of the Bowling Ward team. The aim is to enable and empower service users to move towards independence and recovery through practicing the skills they've achieved in a safe environment.

Bowling Ward provides a highly structured environment. All service users have individualised ward therapy programmes, alongside a personal programme of activities and interests. The Therapies Department use a whole-person approach to work with service users to identify which treatments are most helpful to their recovery based on assessment of their needs.

Dialectical Behaviour Therapy

The service is supported by a fully comprehensive inpatient Dialectical Behaviour Therapy (DBT) service, delivered by a multi-disciplinary team. Service users admitted to Bowling ward must express a willingness to engage in the DBT programme.

Fully comprehensive DBT programme: 5 treatment modes

Skills training group

Individual therapy

Skills coaching

Structuring the environment

Therapist consultation

The DBT programme on Bowling Ward received an "Excellence in DBT Award" in 2017 from the Association of Psychological Therapies.

Other Therapies and activities:

- > Find your Way (substance misuse)
- > Mindfulness
- > Wellness Recovery Action Plan (WRAP)
- > Daily Living skills
- > Recovery College
- > Comprehensive community links to support vocational/educational, self-care and leisure opportunities



Cygnnet Hospital Coventry, West Midlands

2 Lansdowne Street, Coventry, West Midlands, CV2 4BF

Highly Specialised PD (CCG)

18+ Female 23 beds in 2 wards

Ariel Ward is Cygnnet Hospital Coventry's 16 bed specialist inpatient personality disorder service. The service provides a behavioural approach and an intensive DBT programme focused on generalisation of skills.

Our comprehensive occupational therapy pathways support service users to enable and empower them with regards to self-care, productivity, vocational and leisure activities (creative, culinary, horticulture, music).

Ariel Ward also offers a highly specialised service for individuals with a personality disorder and co-morbid disordered eating. Women with this dual diagnosis can often be hard to place and treat as many existing services across the

Service user profile:

- > Female, aged 18+
- > Primary diagnosis of personality disorder
- > Subject to a section of the Mental Health Act or informal
- > Demonstrate commitment to engage
- > May have co-morbid diagnoses including depressive disorder or Post Traumatic Stress Disorder (PTSD)
- > May exhibit behaviours including self-harm, suicidal thoughts/acts, self-neglect, interpersonal difficulties, substance misuse or fire-setting



PD / Eating Disorder Dual Diagnosis

country either focus on the personality disorder or the eating disorder. Both aspects can be treated simultaneously at Cygnnet Hospital Coventry, with the appropriate specialist therapeutic input provided. This will include the ability to undertake naso-gastric or PEG feeding, if required.

Ariel Court provides seven transitional living units offering the opportunity to safely test out independent living skills prior to re-integration into the community. Each unit is self-contained with its own facilities for self-catering and laundry, and staff support can be tailored according to individual need. The flatlets help to ensure a greater chance of success upon discharge as individuals move through their programme of rehabilitation.

Psychometric measures:

- > The Kentucky Inventory of Mindfulness Skills (KIMS)
- > General Anxiety Disorder Scale (GAD)
- > Patient Health Questionnaire (Depression)
- > Beck Hopelessness Scale (BHS)
- > Rosenberg Self-Esteem Questionnaire
- > Barratt Impulsivity Scale
- > State Trait Anger Expression Inventory (STAXI-2)
- > Emotional regulation scale
- > Trauma Symptom Inventory (TSI-2)
- > DBT ways of coping check list
- > Inventory of Altered Self Capacities (IASC)

For individuals who also have issues relating to eating:

- > Binge Eating Scale (BES)
- > Eating Attitudes Scale (EAT-26)

Cygnnet Hospital Kewstoke, Weston-super-Mare

Beach Road, Kewstoke, Weston-super-Mare, South-West, BS22 9UZ

Highly Specialised PD (CCG)

18+ Female 16 beds in 1 ward

Knightstone ward is a 16 bed female personality disorder service, designed to a Tier 4 service specification but commissioned by CCGs. Whilst Knightstone Ward is a rehabilitation service, it is highly specialised in terms of the programme it runs and is supported by Dialectical Behaviour Therapy (DBT). There is extensive input from the multi-disciplinary team and the aim is to support individuals to manage their mental health, make changes to their behaviour, reinforce daily living skills and prepare for a return to independent life.

Bluebell is a dedicated five-bed area on Knightstone Ward for women displaying higher levels of risk and who may be at risk of severe self-harm or suicide yet at the same time have a desire to engage with services. Our highly experienced team will work with service users on Bluebell to introduce them to the environment and prepare them for the DBT programme. Once stabilised the aim is then to move service users on to the main part of the ward.

We work closely with our sister ward, Cygnnet Lodge Kewstoke, which can provide an on-site step down option for service users who have completed treatment on Knightstone Ward. Clinical staff at Cygnnet Lodge Kewstoke are also trained in DBT to provide appropriate support and clinical continuity for service users stepping down from Knightstone Ward. In addition, the same therapy staff will continue

Therapy and support

Therapies offered include:

- > Dialectical Behaviour Therapy (DBT)
- > Cognitive Analytic Therapy (CAT)
- > Cognitive Behavioural Therapy (CBT)
- > Schema Therapy
- > Eye Movement Desensitisation Therapy (EMDR)
- > Comprehensive substance misuse programme
- > Family Therapy
- > Hearing Voices Network group

working with the service users once they have moved to the Lodge to facilitate a seamless transition between the two services.

Cygnnet 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.



Service user experience:

Additionally we offer a range of activities to improve service user experience and enhance skills for life after discharge:

- > A range of occupational therapy activities
- > Active Life and health promotion
- > Dietetics
- > Complementary therapies such as dance, art and music therapy, swimming and horse-riding
- > CV writing and interview techniques
- > Qualifications through the local college
- > Voluntary work placements

Cygnnet Hospital Maidstone, Kent

Gidds Pond Way, Weaving, Maidstone, Kent, South-East ME14 5FY

Highly Specialised PD (CCG)

18+ Female 16 beds in 1 ward

Roseacre Ward is our service for women with a personality disorder at Cygnnet Hospital Maidstone, our newest state-of-the-art facility situated in the Kent Medical Campus. Roseacre Ward is designed to a Tier 4 specification but commissioned by CCGs. Building on the expertise of the other personality disorder services within the Cygnnet Health Care portfolio, Roseacre Ward further complements our comprehensive national network of specialist services for women with this diagnosis.

Roseacre Ward is highly specialised in terms of the programmes we operate, and the service is supported by Dialectical Behaviour Therapy (DBT). Our comprehensive multi-disciplinary team includes a Consultant Psychiatrist, Clinical Psychology, Occupational Therapy, DBT Therapists and a nursing and support work team. The aim of the service is to support individuals to manage their mental health, develop coping strategies, reinforce daily living skills and prepare for a return to independent life.

The service operates in partnership with Kent and Medway NHS and Social Care Partnership Trust. This partnership helps integrate the Hospital into local and regional care pathways and community services, with the focus on care close to families and friends, lowest length of hospital stay, and reducing the chances of re-admission.

Our facilities:

- > En-suite bedrooms
- > Outside space including ward garden and communal roof terrace
- > Therapy kitchen
- > Quiet room
- > Gym and external exercise area
- > Extensive therapy space including Recovery College classrooms
- > Library and movies room



Our therapeutic approaches:

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

- > The service is underpinned by Dialectical Behaviour Therapy (DBT), including 1:1 sessions and group skills training. DBT is a proactive behavioural therapy, requiring active engagement, designed to support individuals to manage distress, regulate emotion and develop adaptive coping.
- > Care planning is supported by a model of Positive Behaviour Support (PBS) and each service user will have a personalised, co-produced Positive Behaviour Support plan in place to inform their care and treatment pathway.
- > The service is also supported by our tried and tested myPath model. To ensure we cater for each individual's journey and achieve long-term results, we have created a unique approach to care for people with personality disorder. myPath ensures the delivery of high quality and inclusive care which is continually evaluated through robust operational and clinical governance frameworks.

Case Study

Ellie's Journey

A personal account from Ellie*, a service user who was enrolled in the DBT programme on Bowling Ward at Cygnet Hospital Bierley:

My life before admission to Bowling Ward was chaotic. I was trying to live in a world where I felt I didn't belong, trying to do the same as others my age only to feel like I was failing. Some of the time everything seemed to go okay... But then there were times when my life consisted of constant visits to A&E after self-harming or overdoses and admissions to my local mental health ward. During these times I didn't believe that I needed help.

Ultimately, I was sectioned under the Mental Health Act following an overdose; this then led to my admission to Bowling Ward. When I was first admitted I didn't want to be there. I was self-harming frequently, sometimes multiple times a day. I didn't want to work with the staff and thought that if I did enough 'bad' things they would get rid of me. I had lost all sense of who I was as a person; I would stand in front of the mirror and not even recognise myself.

After two months on the ward I started the DBT programme to help me change my negative behaviours and find different ways of coping in times of distress. At first I thought it was a load of nonsense and I was reluctant to change. However, after a few months of doing DBT I started to see how using the skills I was being taught was helping me and I was starting to become calmer and less distressed. I was self-harming less as the weeks went on and as

my negative behaviours decreased I was allowed to gain more freedom out in the community. When I realised that the DBT was actually helping me I started paying more attention and using the skills more.

I use the skills that I have been taught in DBT to keep my emotions more stable. I have stopped isolating myself from the world and become more confident in myself. Because I have used the skills over and over again sometimes I use them subconsciously and only after realise that I have coped with a situation that I would have hidden from in the past.

12 months following discharge...

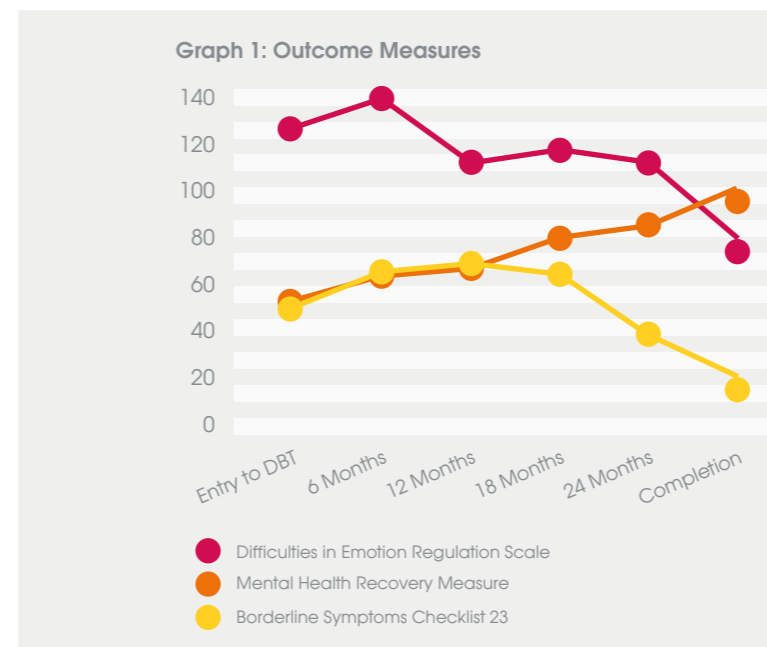
After I was discharged from Bowling Ward, I went to live in my own flat and enrolled on a Level 2 Health and Social Care course. It wasn't easy but each day I took things with me to remind me of my DBT skills. At the end of the year I achieved the highest grade I could have and have been accepted on the Level 3 course.

My community psychiatrist has agreed that I no longer meet the criteria to be diagnosed with a personality disorder. This made me realise that all the effort and hard work I had done during therapy was worth it.

Because of the DBT and the therapy I had on Bowling Ward, I see a brighter future for myself. I no longer feel controlled by the thoughts and emotions that tear me down. They no longer control me because I take control of them.

Ellie's progress

A number of outcome measures were administered at 6 monthly intervals throughout Ellie's DBT treatment on Bowling Ward.



*Name has been changed to protect her identity

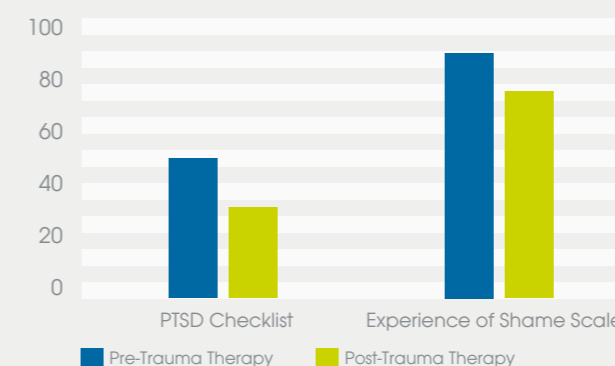
Graph 2: DBT Ways of Coping Check List (DBT-WCCL)



Graph 1 demonstrates a self-reported reduction in Ellie's Borderline Personality Disorder symptoms and emotional dysregulation over the course of treatment and a steady increase in her self-reported recovery from mental health difficulties.

The DBT-Ways of Coping Checklist assesses the frequency of coping using DBT skills and coping using dysfunctional means, or blaming others. **Graph 2** illustrates that Ellie's DBT skill use increased over the course of the intervention and that her dysfunctional ways of coping reduced. Her tendency to blame others however fluctuated, with an increase coinciding with beginning trauma focused therapy.

Graph 3: Trauma Related Outcome Measures



Following a period of stabilisation Ellie began trauma focused therapy. Outcome measures administered before beginning this work and on completion (**Graph 3**), show a reduction in her self-reported PTSD symptoms and a decrease in her experience of shame following the therapy.

Map

Our specialist services by region

Medium Secure

- 1 Cygnet Hospital Bury**
Buller Street, Bury,
Lancashire, North-West, BL8 2BS
T: **0161 762 7200**

Low Secure

- 2 Cygnet Hospital Clifton**
Clifton Lane, Clifton,
Nottinghamshire, East Midlands, NG11 8NB
T: **0115 945 7070 / 0115 945 7071**
- 3 Cygnet Hospital Derby**
100 City Gate, London Road, Derby,
Derbyshire, East Midlands, DE24 8WZ
T: **01332 365 434**

Tier 4 PD (NHSE)

- 4 Cygnet Hospital Beckton**
23 Tunnan Leys,
Beckton, London, E6 6ZB
T: **020 7511 2299**
- 5 Cygnet Hospital Ealing**
22 Corffon Road,
Ealing, London, W5 2HT
T: **020 8991 6699**

PD Acute / Intensive Support

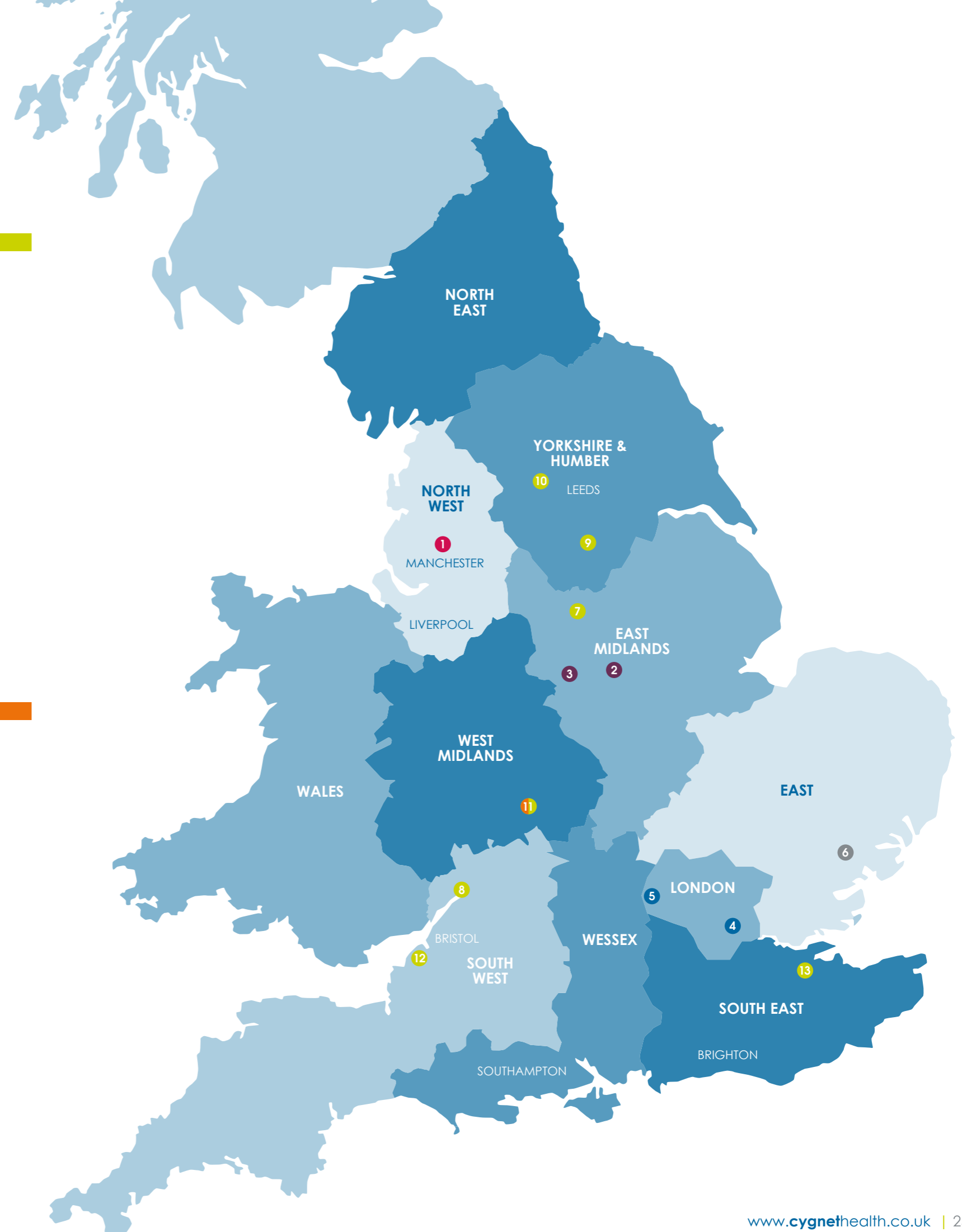
- 6 Cygnet Hospital Colchester**
Boxted Road, Mile End, Colchester,
v Essex, CO4 5HF
T: **01206 848000**

Highly Specialised PD (CCG)

- 7 Cygnet Acer Clinic**
Worksop Road, Chesterfield,
Derbyshire, East Midlands, S43 3DN
T: **01246 386 090**
- 8 Cygnet Alders Clinic**
155 Podsmead Road,
Gloucestershire, South West, GL1 5UA
T: **01452 222 390**
- 9 Cygnet Aspen Clinic**
Manvers Road, Mexborough, Doncaster,
South Yorkshire, Yorkshire & Humber, S64 9EX
T: **01709 572 770**
- 10 Cygnet Hospital Bierley**
Bierley Lane, Bradford, West Yorkshire,
Yorkshire & Humber, BD4 6AD
T: **01274 686767**
- 11 Cygnet Hospital Coventry**
2 Lansdowne Street,
Coventry, West Midlands, CV2 4BF
T: **02475 100 150**
- 12 Cygnet Hospital Kewstoke**
Beach Road, Kewstoke,
Weston-super-Mare, South-West, BS22 9UZ
T: **01934 428 989**
- 13 Cygnet Hospital Maidstone**
Gidd Pond Way, Off Newnham Court Way,
Weaving, Maidstone, Kent, South-East, ME14 5FY
T: **N/A**

PD / Eating Disorder Dual Diagnosis

- 11 Cygnet Hospital Coventry**
2 Lansdowne Street,
Coventry, West Midlands, CV2 4BF
T: **02475 100 150**





How to Make a Referral

Please call **0808 164 4450** or email chcl.referrals@nhs.net

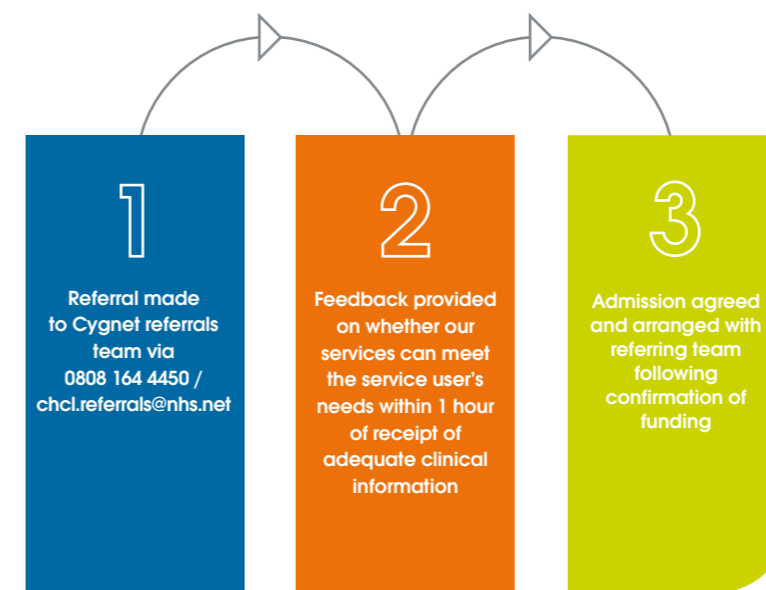
The Referral Line operates seven days a week:

Monday - Friday: 8:00 - 20:00

Saturday - Sunday and Bank Holidays: 9:00 - 17:00

Outside of these hours, your call will be diverted to the service of your choice.

Crisis referral steps



Other referrals



 @cygnethealth

 /cygnethealthcare

 /company/cygnet-health-care

www.cygnethealth.co.uk

Cygnet Health Care
4 Millbank, 3rd Floor,
Westminster, London, SW1P 3JA

T: 0207 123 5706