

# Highly Specialised Personality Disorder Service

## Cygnet Alders Clinic, Gloucestershire



Female



18+



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. Cygnet Alders Clinic is on the Welsh Hospital Framework with specialist service status.**

At Cygnet Alders Clinic we provide a specialist psychologically informed personality disorder pathway across three living areas; **Severn**, for assessment and stabilisation; **Avon**, where residents move as they engage and progress with their treatment pathway; and **Coln**, which focuses on transitioning to the community.

We have a substantive multi-disciplinary team (MDT) comprising of a hospital manager, head of care, psychiatry, psychology, occupational therapy, nursing and support workers. We work closely with the local community, including dieticians and primary care.

We promote physical health, wellbeing and meaningful occupation as part of our treatment programme, using strong community links to facilitate individualised wellbeing plans.



### Our approach

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).

With a focus on interpersonal relationships, we use individual formulation to deliver a personalised and integrated combination of psychotherapeutic and pharmacological interventions. These can include:

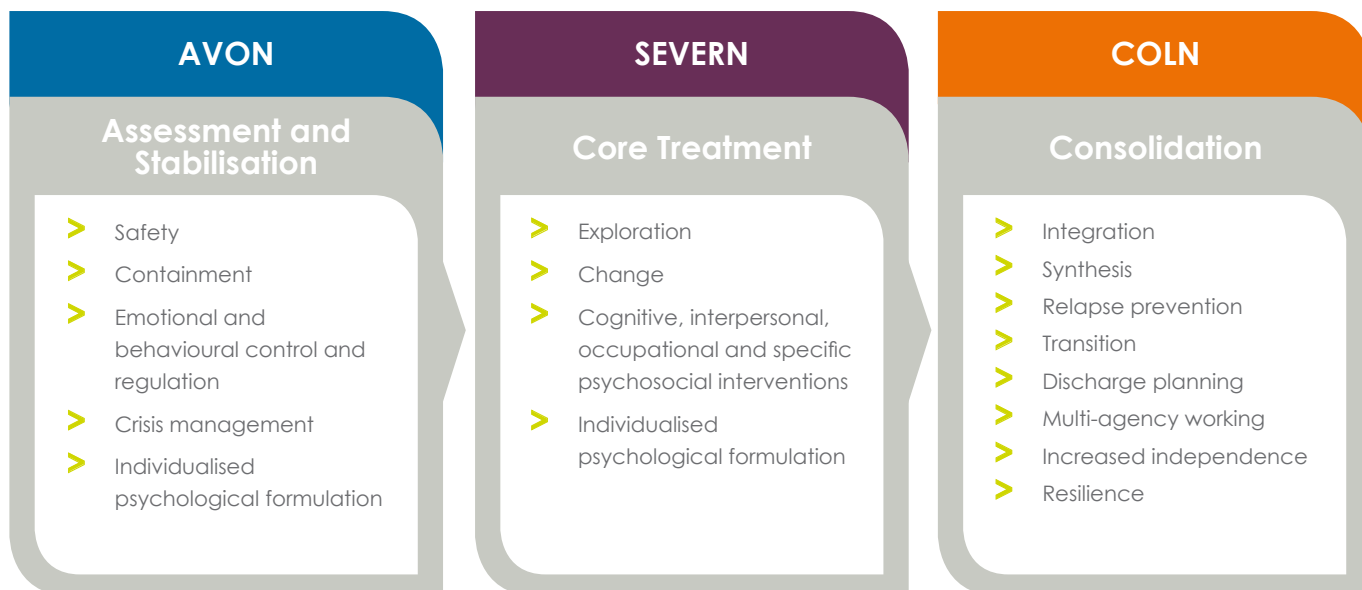
- > Dialectical Behaviour Therapy (DBT)
- > Cognitive Behaviour Therapy (CBT)
- > Compassion Focused Therapy (CFT)
- > Mentalisation Based Therapy (MBT)
- > Schema Therapy

Our aim is to address the core features of personality disorder: emotional regulation, interpersonal functioning, and self-identity and to prepare the women in our care for a transition to life back in the community.

### Our service user profile:

- > Women, aged 18+
- > Complex mental health needs, challenging behaviours and a primary or secondary diagnosis of personality disorder
- > May be detained under 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

## Our Pathway



**Alders has changed my life...  
After 18 years of being in  
hospital I finally have a future!**

**Service user**



**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](mailto: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

**Cygnet Alders Clinic,  
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**[www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)**