

# Low Secure Mental Health Service for Women with Personality Disorder and other Complex Presentations

## Bewick Ward, Cygnet Hospital Beckton, London

Bewick Ward supports up to 15 women in a low secure environment, providing specialist assessment, treatment and intensive rehabilitation. Programmes of support are designed to help individuals progress along their care pathway in a safe environment back toward the community.

We support women with personality disorder and other complex mental health needs, including those who are considered a risk to others and/or who may have a history with the criminal justice system, as well as those who exhibit behaviours that challenge, including self-harm or aggression.

### Our treatment programme:

Each person's risk profile and treatment needs are identified through a comprehensive assessment, following which a bespoke programme is put in place to meet these needs. A range of Clinical and Patient-Related Outcome Measures are used to establish baselines and track progress.

Discharge planning from day one of admission provides a sense of boundary to the placement, while an ongoing focus throughout the multi-disciplinary team (MDT) on therapeutic rapport enables service users to work at their own pace through the significant attachment issues most experience.

The overall aim of our service is to help the women we work with to discover or recover the ability to manage their own risk and mental health, optimise their daily living skills and prepare for a successful reintegration to the community in the least restrictive environment possible.



Female



18+



15 beds



### Stabilisation and crisis management:

Comprehensive risk assessments and co-produced crisis plans allow therapeutic risk-taking, within a service ethos where lapses across a range of problem behaviours are seen as a natural part of the process of recovery and offer opportunities to better understand the difficulties to be overcome – a lapse doesn't need to become relapse.

### Our service user profile:

- > Women, aged 18+
- > Detained under the Mental Health Act
- > Requiring assessment and treatment in a secure environment
- > May be:
  - Presenting active or potential risk to others
  - Exhibiting dangerous and challenging behaviour
- > Likely to be diagnosed with:
  - Severe and enduring mental health problems
  - Personality disorder
  - Harmful substance and alcohol use
- > May require a specialist service able to work with:
  - Borderline/mild learning disability
  - Pregnant women

## Our strengths:

Among the particular strengths of the service are:

- > Careful attention to establishing therapeutic engagement and psychological formulation, so that the MDT and service user form a genuine connection and come to a shared view of the difficulties that have brought them to this point
- > Co-production of the treatment package, ensuring that therapeutic interventions are tailor-made to meet individuals' unique needs and give service users a sense of ownership from the outset of treatment
- > An ongoing focus on team cohesion and consistency, so the emotional labour of therapeutic engagement by all members of the team is contained
- > We provide a care pathway for pregnant women with challenging behaviours and mental health needs

## Therapy and activity programmes:

A wide range of evidence-based psychological therapies and occupational therapy programmes are available within individual or group settings, including:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT)
- > Rational-Emotive Behaviour Therapy (REBT)
- > Schema Focused Therapy (SFT)/ Dual Focus Schema Therapy
- > Cognitive Analytical Therapy (CAT)
- > Brief Systemic Interventions with families and carers
- > Well woman activities - to develop positive self-esteem and self-expression
- > Management of emotions and interpersonal relationships - emotion regulation and sensory integration work
- > Activities of daily living - learning or restoring personal and domestic skills for daily living
- > Parity to physical health - including smoking cessation
- > Recovery College with focus on education, community skills and reintegration
- > Supported employment - developing work skill and confidence to work

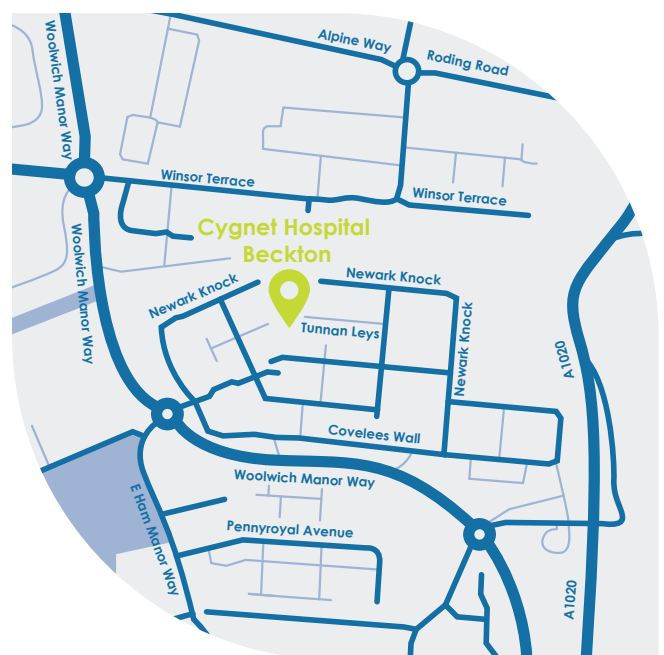
A significant contributor to the cohesion of the team and the strong therapeutic milieu is the extent to which all members of the team, in particular nurses and support workers, participate in delivery of the therapeutic programme and clinical supervision arrangements.

## Our multi-disciplinary team:

- > Ward manager
- > Clinical and consultant psychiatrist
- > Ward doctor
- > Forensic psychologist
- > Assistant psychologist
- > Occupational therapist
- > Occupational therapy technicians
- > Social therapists
- > Registered mental health nurses
- > Support workers
- > Social worker

For more information or to make a referral please call 0808 164 4450 or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

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