

# Child and Adolescent Mental Health Services

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- CAMHS PICU
- CAMHS Acute
- CAMHS Low Secure



# Welcome

**Cygnnet 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 team 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

**Cygnnet Health Care** offers a range of specialist Child and Adolescent Mental Health Services (CAMHS) focused on supporting young people aged between 12 and 18 in Tier 4 Acute, psychiatric intensive care and low secure environments. The aim of our CAMHS services is to help young people stabilise and return home as soon as possible.

Our services support young people aged up to 18 who are experiencing a variety of acute and complex mental health problems, in a welcoming and nurturing environment.

Young people stay with us for, on average, six to eight weeks for our acute services, eight to twelve weeks for our PICU services and twelve months for low secure. Our services are supported by a full and diverse Multi-Disciplinary Team (MDT), including a specialist consultant psychiatrist, clinical psychologists, BACP registered therapists, nurses, healthcare assistants, social workers and others.

Referrals are accepted from all over the UK, many of which are emergency admissions. We offer a rapid response system and aim to respond to referral requests within an hour of receiving appropriate clinical information.

## Our service user profile:



**Age Range:**  
**12-18**



**Gender:**  
**Female/  
Mixed**



**Mental Health  
Act Status:**  
**Detained**  
(must be detained  
for PICU/LSU)  
**Informal**

- Diagnosis of:
  - Psychosis
  - Self-harm and/or suicidal ideation
  - Depression or anxiety
  - Emerging personality disorder
  - Substance misuse – providing there is a primary diagnosis of a mental health problem
  - Emotional, social and behavioural difficulties
  - Borderline/mild learning disability as a secondary diagnosis
  - Autism spectrum disorders, with a mental health primary diagnosis
- May have a forensic history

## Our services at a glance:

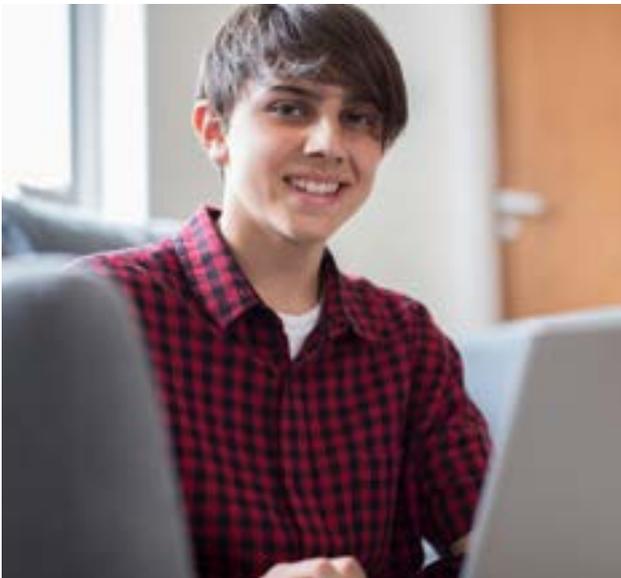
- High staffing ratios
- Self-harm treatment
- Cognitive Behaviour Therapy (CBT)
- Anger management
- Anxiety management
- Daily living skills
- Community and social involvement
- On-site Ofsted registered schools

## Our multi-disciplinary teams:

- Consultant psychiatrist
- Clinical psychologist
- BACP registered therapists
- Nurses
- Healthcare assistants
- Social workers

## Our outcome measurement tools:

- CGAS (Children's Global Assessment Scale)
- HoNOSCA (Health of the Nation Outcome Scales and for Children and Adolescents)
- RCADS (Revised Children's Anxiety and Depression Scale)
- CA-GAP (Child and Adolescent Global Assessment of Progress)
- MFQ (Mood and Feelings Questionnaire)
- Emotional Resilience Framework
- SDQ (Strength and Difficulties Questionnaire)



# Our myPath Care Model

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When a young person is admitted into our services, our main aim is to help them to stabilise and achieve discharge to the least restrictive environment possible as soon as possible. Our services support young people who are experiencing a variety of acute and complex mental health problems, in a welcoming and nurturing environment. Therapeutic support is provided by a diverse and specialist multi-disciplinary team, who apply our care model, **myPath**.

**myPath** is our unique overarching care model that monitors service user engagement levels, manages their records, assesses their progress and formulates a personalised and dynamic care plan with measurable targets. Within our Child and Adolescent Mental Health Services, **myPath** is designed to make sure that young people have the chance to be fully involved in their treatment pathway from admission to discharge, whilst receiving access to high quality education through specialist facilities.

Our staff teams understand how to give individuals the appropriate support using tailored programmes of care. For each young person, a daily risk assessment is completed, which enables dynamic responses to individual presentation within any 24 hour period and encourages positive risk-taking through robust co-produced management plans and longer term risk management tools. Each young person has an individualised activity timetable built around essential skills of personal interest and a care plan that is designed with the young person and reviewed with them on a weekly basis. In addition to national outcome measurements, we also measure progress by using our specialist outcome tool, Child and Adolescent Global Assessment of Progress (CA-GAP), which collates all aspects of a young person's progress from admission to discharge and assists us with identifying areas of focus when care planning. **myPath** promotes the combination of mental wellbeing and stability with educational needs to support young people to return to full-time education, employment or training, wherever possible.



# Cygnets Hospital Bury, North West

Buller Street, Bury, North West, BL8 2BS

CAMHS PICU

CAMHS Acute

CAMHS Low Secure



12-18 years



Mixed Gender & Female



42 beds in 4 wards

**C**ygnet Hospital Bury offers CAMHS Tier 4 PICU, general acute and low secure services across four wards, which provide a defined treatment pathway from admission through to intervention and discharge, including rapid assessment and treatment. There is a diverse educational programme, teaching a range of subjects at the on-site school, Excel and Exceed Centre, which is registered with the Department for Education.

**Primrose Ward** is our CAMHS PICU ward for young people aged between 12 and 18. The service provides for young people primarily referred from CAMHS acute services who, in the context of a severe mental illness, exhibit a high level of risk that cannot be safely managed in a CAMHS general adolescent unit, and where the level of risk is not of a persistent nature that would require longer term care in a secure environment.

**Wizard House** is our 10 bed general CAMHS acute ward. This service is provided for young people with a range of mental disorders associated with significant impairment and/or significant risk to themselves or others, such that their needs cannot be safely and adequately

met by community Tier 3 CAMHS or specialist education facilities. This includes young people with mild learning disability or autism spectrum disorders who do not require Tier 4 CAMHS learning disability services.

Bury offers two low secure wards, **Mulberry** and **Buttercup**. These services support girls aged between 12 and 18 and offer a defined treatment pathway from admission, through intervention and discharge. Both wards can positively support females who may need a longer stay in an inpatient setting within a low secure environment. Both wards offer a care and treatment pathway for individuals who may have complex mental health issues and whose needs and risks are such they need to be supported in this environment. Buttercup Ward can also support individuals who may have associated disordered eating and who may require naso-gastric (NG) tube feeding.

The service focuses on working with young people to understand their mental health and their risks and support their recovery, enabling them to be successfully discharged to a less restrictive environment and to reduce the possibility of relapse and likelihood of requiring a secure service in the future.

## Our facilities:

- > En-suite bedrooms
- > Spacious communal areas
- > Outdoor sports areas
- > Training kitchen to support skills development
- > On-site Ofsted registered school
- > IT café



# Cygnets Hospital Sheffield, Yorkshire & Humber

83 East Bank Road, Sheffield, Yorkshire & Humber, S2 3PX

CAMHS PICU

CAMHS Acute

CAMHS Low Secure



12-18 years



Mixed Gender



40 beds in 3 wards

**Cygnets Hospital Sheffield offers CAMHS Tier 4 PICU, CAMHS acute and CAMHS low secure services over three wards. They provide individualised care for young people who are experiencing a mental health crisis, and whose needs mean they cannot be supported in community settings or they may require a longer stay in an inpatient setting. The services provide safe, therapeutic environments with a focus on helping the young person stabilise, so that hospital treatment is no longer required.**

**Unicorn Ward** is a CAMHS Tier 4 PICU service and provides support for young people, both male and female who have complex needs and require high intensity nursing care. The focus is on stabilisation with a view to enabling transition to a general acute ward or back into the care of community services. The service is able to provide robust care and support for young people displaying significant levels of challenging behaviour. Unicorn Ward has full MDT input, including a specialist doctor, psychologist, social worker, occupational therapist and educational support from full-time teachers and educational support staff. The service works with young people to prepare them for discharge back out of service and into their home area, whilst still in a robust and supportive PICU environment.

Unicorn Ward is the first CAMHS PICU service in the country to become CAMHeleon accredited. CAMHeleon celebrates and promotes best practice and the things that really make a positive difference to young inpatients, identifying small changes that have a big impact.



**Pegasus Ward** is a 13 bed general adolescent acute service, providing support for young people, both male and female, and is focused on helping them return home. The service is dedicated to helping young people maintain their school placements, if possible, and admissions can be either formal or informal.

**Griffin Ward** is a 15 bed low secure service that positively supports young people who may need a longer stay in an inpatient setting within a low secure environment. It offers a care and treatment pathway for individuals who may have complex mental health issues and whose needs and risk are such they need to be supported in this environment. The ward focuses on working with individuals to understand their mental health and their risks and support their recovery. This enables them to be successfully discharged to a less restrictive environment and to reduce the possibility of relapse.

Having a PICU, a general adolescent acute service and a low secure service on one site provides a clear therapeutic pathway through the services.

There is a diverse educational programme in place, so that young people can continue their education at the same time as receiving treatment. Education is provided by our on-site Phoenix School, which has a 'Good' rating with Ofsted.

## Our facilities:

- > En-suite bedrooms
- > Spacious communal areas
- > Outdoor sports areas
- > Training kitchen to support skills development
- > On-site Ofsted registered school
- > Gym



# Cygnnet Hospital Godden Green, South East

Godden Green, Sevenoaks, South East, TN15 0JR

## CAMHS Acute



12-18 years



Mixed Gender



23 beds in 2 wards

**C**ygnet Hospital Godden Green provides an acute CAMHS service over two wards for young people aged between 12 and 18 years old. The wards, Knole (15 beds) and Littleoaks (8 beds), give young people the chance to step down through their care pathway. Our service also includes an on-site Ofsted-registered school, the Knole Development Centre.

The aim of the service is to help young people stabilise and return home as soon as possible.

Most young people will first be admitted to **Knole Ward**, which can support up to 16 boys and girls. Following a programme of therapy groups and individual sessions, the aim is to

support individuals to move to Littleoaks, which is an even more homely environment. Up to eight young people can be supported in Littleoaks.

One therapy that is used extensively at Cygnnet Hospital Godden Green is "Walk and Talk", which aims to give young people who may find it difficult to take part in formal therapy or groups the opportunity to still access therapy in a less intimidating environment.

We also believe in "wrap-around" treatment. As well as the service user, the team also help families and carers too, giving them the support they need.



### Our facilities:

- En-suite bedrooms
- Spacious communal areas
- Outdoor sports areas
- Training kitchen to support skills development
- On-site Ofsted registered school
- Gym





# Case Study & Outcomes

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## Anna's Journey

**Anna\* is a 16 year old who was admitted to Primrose Ward PICU at Cygnet Hospital Bury from a general adolescent unit, where she had been admitted a few weeks previous. She was acutely unwell with symptoms of both mania and psychosis and was detained under the Mental Health Act.**

Given how unwell she was, Anna required regular staff support and reassurance as she experienced thoughts that were distressing and voices and visions in keeping with these thoughts. She also experienced large amounts of energy and could not sit still. Her sleep had been suffering, she was eating irregularly and she appeared physically drained. At times her distress would spill over into aggression towards staff and other service users in keeping with her suspicious beliefs. Support staff, nursing staff and other members of the MDT frequently reassured Anna that she was safe and supported her through therapeutic activities.

Anna had a passion for music and dance and from the outset it was clear that conversations about music or listening to music would be a major distraction from the very difficult experiences she was having. As she continued to make progress, we learnt more about Anna and adjusted the care plans accordingly.

The staff team regularly met up with Anna and her family to discuss her care and needs. Jointly they agreed the correct course after reviewing all the options and giving Anna, and her family, time and space to think the options through. Anna was able to attend weekly ward rounds and her CPA meetings and was able to chair her last CPA meeting before transfer.

Anna was inducted into the on-site 'Excel and Exceed Centre', which is an Ofsted 'good' rated independent school. As part of the induction process, contact was made with parents and her previous school provider to find out information regarding her educational background. At first, her attendance to school was low due to her psychotic episodes, however, as she began to stabilise, Anna accessed the school and engaged in the completion of Unit Award Scheme modules, studying art, careers and sociology. Upon transfer to another unit, staff at Excel and Exceed Centre liaised with the unit, providing educational reports and IEPs to ensure a smooth transition.

The occupational therapy department was able to offer Anna one to one sessions during her psychosis. Anna had difficulty with her ability to maintain sustained attention and following both verbal and written instructions. As part of occupational therapy we use meaningful activity as a tool to develop skills and improve wellbeing. Anna was initially unable to express her particular interests, but it was clear she enjoyed to sing and dance. Anna was regularly approached to develop a rapport with the therapy staff and engage in conversation. Anna eventually stated she would like to engage in a baking session

and worked with the OT to grade the activity to her skill level. As Anna's mental health improved she was able to engage in group sessions and build on her attention and concentration skills. As part of her functional skills assessment Anna was observed within the community to identify her confidence, as well as interpersonal, budgeting and road safety skills.

Anna struggled at times within the community with her impulsivity, but with graded leave this was managed and her skills developed well. Anna was able to build up her skill level in the community in order to access group leave to places such as Knowsley Safari Park, Inflata Nation theme park and Jump Xtreme.

As Anna continued to make good progress in her mental health, she was able to engage in more activities on and off the ward. It was great to see her make progress and she was able to transfer back to her originating unit and was discharged back home soon after. Anna was enabled to chair part of her CPA prior to transfer and the team was so pleased to see her empowered.



\*name has been changed to protect her identity

- **Admission HoNOSCA:** 30
- **Discharge HoNOSCA:** 18 (Improvement)
- **CGAS:** Admission 40 – Discharge 85 (Improvement)
- **Length of Stay:** 8 weeks
- **Goal Based Outcomes:** 3 goals set soon after admission (1 – “to go back to my old unit”; 2 – “to feel safe”; 3 – “to not hear voices”) - All 3 goals achieved on transfer.

## Family Feedback:

**“Thank you for giving my daughter back to us”**

**“You won’t know how much this means to us... we thought we had lost her forever”**



Service user satisfaction scores for care programmes and staffing exceed

80%

showing that service users value our service

Around

70%

of young people leaving our inpatient services are discharged home



# Map

## Our specialist services by region

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

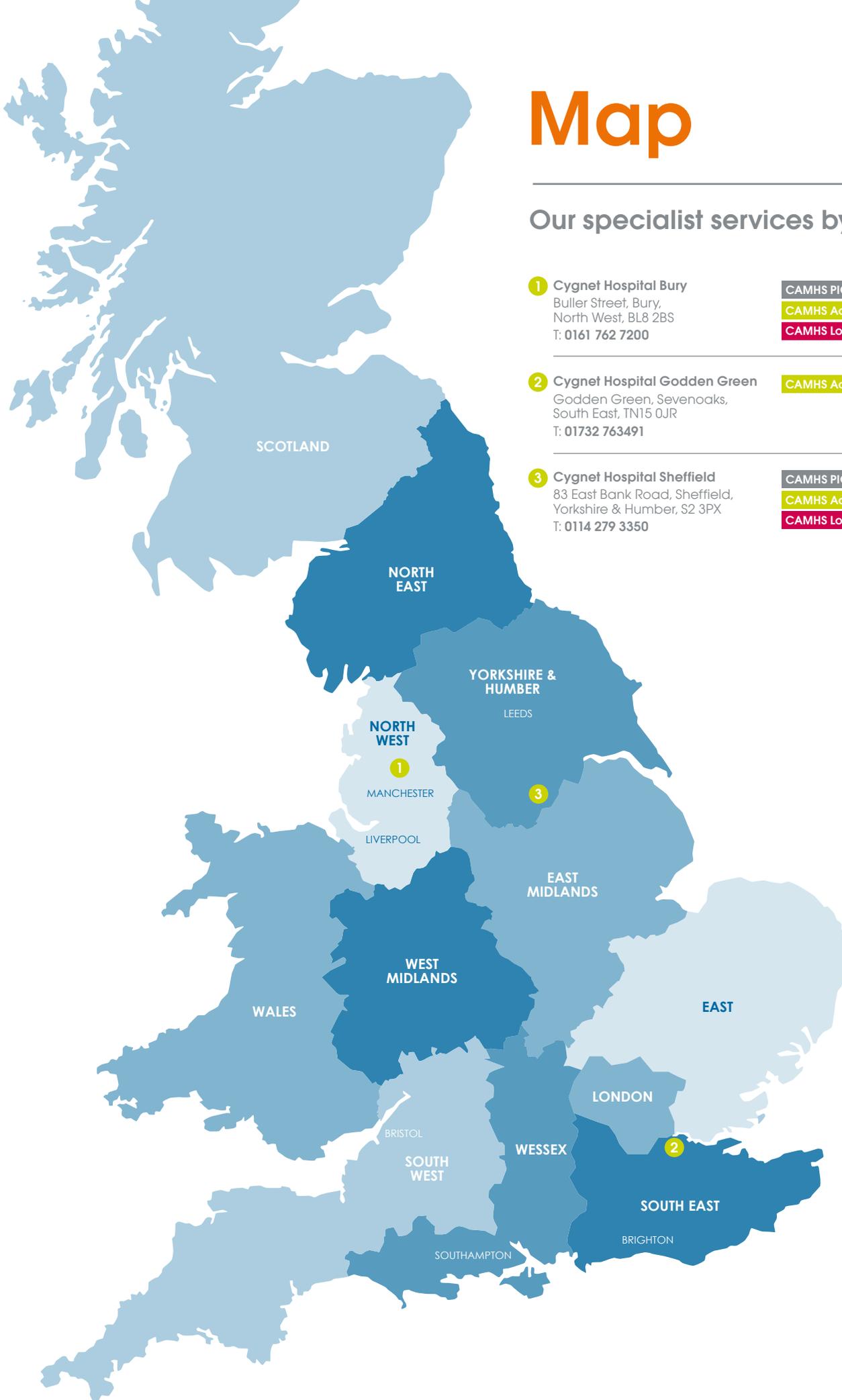
CAMHS PICU  
CAMHS Acute  
CAMHS Low Secure

- 2** **Cygnnet Hospital Godden Green**  
Godden Green, Sevenoaks,  
South East, TN15 0JR  
T: 01732 763491

CAMHS Acute

- 3** **Cygnnet Hospital Sheffield**  
83 East Bank Road, Sheffield,  
Yorkshire & Humber, S2 3PX  
T: 0114 279 3350

CAMHS PICU  
CAMHS Acute  
CAMHS Low Secure



# How to Make a Referral

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

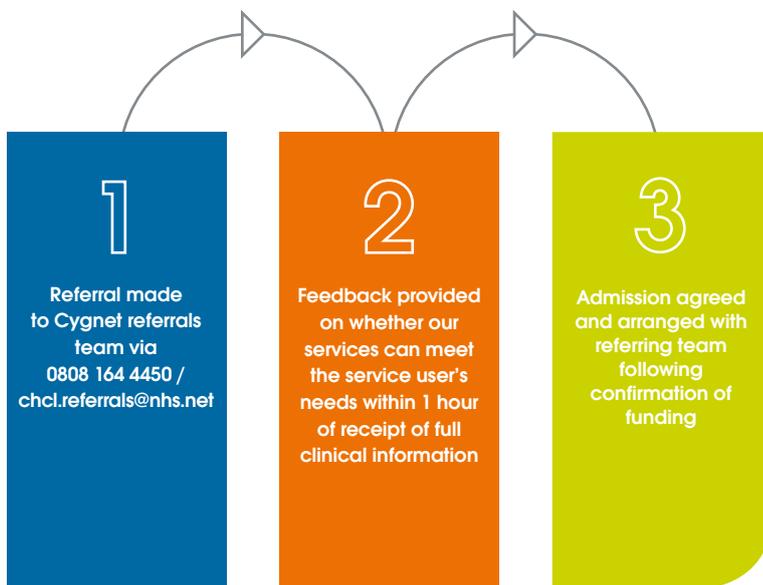
The Referral Line operates seven days a week:

Monday - Friday: 8:00 - 20:00

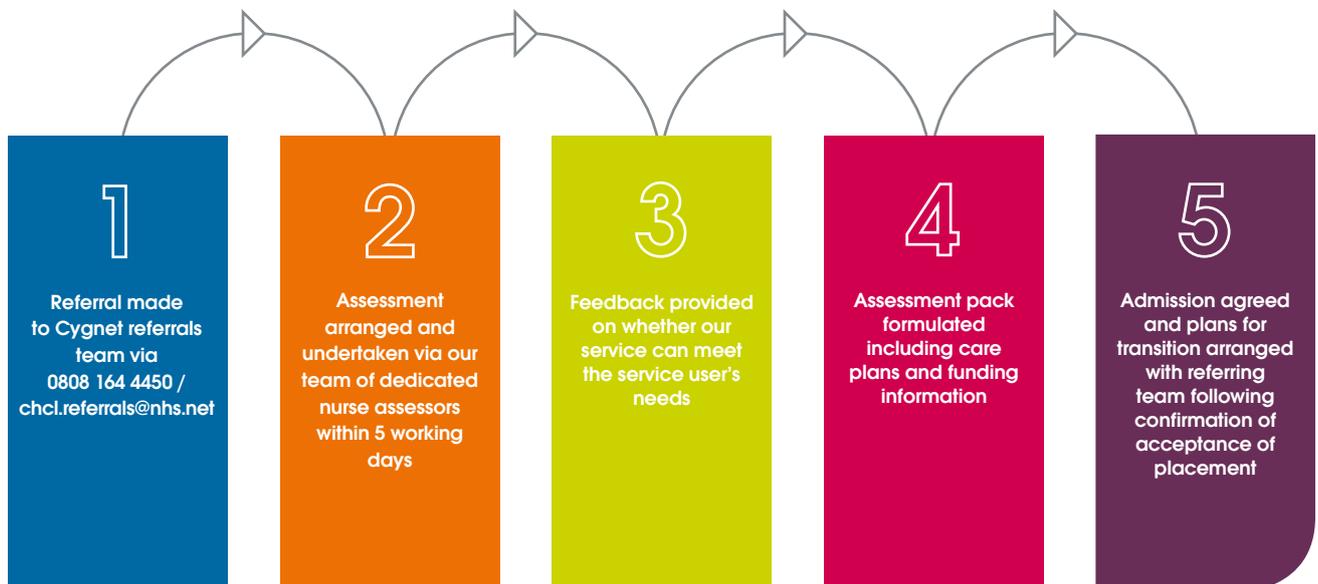
Saturday - Sunday and Bank Holidays: 9:00 - 17:00

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

## CAMHS PICU and Acute referral steps:



## CAMHS Low Secure referral steps:



 @cygnethealth

 /cygnethealthcare

 /company/cygnet-health-care

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[www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)

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