

# Mental Health Rehabilitation - Supporting Men with Complex Enduring Mental Health Needs

## Cygnet Lodge Brighouse, West Yorkshire



Male



18+



24 beds

Cygnet Lodge Brighouse is a high dependency inpatient rehabilitation service for men. The emphasis within the service is on preparing individuals for discharge or to support with longer term optimal functioning.

As part of the service, we also provide a three-bed apartment, Rastrick View. This helps support men to prepare effectively for discharge by further encouraging independence, while maintaining the inputs of the service and staff support where needed. It also provides the chance to evaluate what support a person may need on leaving the service, which can help prevent readmissions and support positive discharges.

Cygnet Lodge Brighouse can support up to 24 men in a relaxed, calm and homely environment. The focus is on helping individuals increase their independence wherever possible through work and education, as well as social and leisure facilities, offering a slower stream rehabilitation service where needed.

We encourage the men we support to set their own goals and work collaboratively to achieve success. We provide a variety of structured activities, which are led by a wide range of experienced, multi-disciplinary professionals.

We have a fully integrated substance misuse service at Cygnet Lodge Brighouse, facilitating 1:1 and group sessions and encouraging the men we support to attend SMART Recovery Meetings. We are also a SMART Recovery partner.

### Our service user profile:

- > Men aged 18+
- > Detained under the Mental Health Act (1983) or informal
- > May require a longer term placement for complex enduring mental health needs
- > Primary diagnosis of mental illness with:
  - Complex comorbidities
  - Substance, drug and alcohol abuse
  - Treatment resistance
  - Behaviours that challenge
- > Aiming for a return to a less restrictive environment
- > History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have a secondary diagnosis of mild learning disability, autism spectrum disorder or personality disorder
- > May have a forensic history and / or be stepping down from the care of the ministry of justice
- > May have a history of repeated acute admissions



### Our facilities:

- > En-suite individual bedrooms
- > Three bedroom apartment
- > Variety of activity rooms and an IT cafe
- > Dining room
- > Living room
- > Spacious enclosed garden with allotment area



### Our planned admissions referral process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)** or through your regional Business Relationship Manager
- 2 Assessment arranged and undertaken via our management team within 2 working days
- 3 Feedback provided on whether our service can meet the service user's needs within 2 working days
- 4 Assessment pack formulated including care plans and funding information within 3 working days
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

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## Supporting men with a dual diagnosis of mental illness and substance misuse:

We understand that having a dual diagnosis is the norm rather than the exception. The relationship between mental illness and substance misuse is now recognised as one of the biggest challenges to health services across the UK.

We recognise that:

- > Service users have unique needs and problems, including those associated with illicit drugs or alcohol
- > One size does not fit all, we will always ensure that the treatment path is responsive to need
- > Service users must have some level of ownership in terms of their treatment
- > A multi-disciplinary approach to treatment ensures all treatment needs are effectively met
- > Recovery is more achievable when effective support mechanisms are in place

At Cygnet Lodge Brighouse we employ our own in-house substance misuse practitioner and substance misuse assistant who are available on the ward for service user's when required.



**30-50%** of people with a mental illness also have problems with substance use

**Cygnet Lodge Brighouse**  
**60 Rastrick Common,**  
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