

Eating Disorder Services

- > Adult Disordered Eating
- > Personality Disorder / Disordered Eating 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, autism and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the individuals in our care.

Our expert and highly dedicated care team of 10,000 employees empower 2,864 individuals across 150 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 83% 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

Cygnet Health Care provides highly specialised eating disorder services for women aged over 18, including those with extremely low BMIs. We also specialise in treating individuals who have a dual diagnosis of personality disorder combined with disordered eating, along with other co-morbid mental health problems, behaviours that challenge and self-harm.

Care and support is provided by comprehensive multi-disciplinary teams in environments that are highly structured, while also cheerful and non-institutional. We aim to support service users in their recovery and personal transformation towards a successful discharge back home to community setting or supported living environment.

Our services offer a range of therapies, including psychodynamic, occupational, family, art drama and complementary therapies, as well as Dialectical Behaviour Therapy (DBT). We believe strongly in service user centred, individualised care, and involve each individual in shaping their own treatment.

Our service user profile:



Age Range:
18+



Gender:
Female



Mental Health Act Status:
Detained Informal

- > Primary diagnosis of eating disorder (Cygnet Hospital Ealing - Sunrise Ward)
- > Dual diagnosis of personality disorder and disordered eating (Cygnet Nield House - Clarion Ward)
- > May be detained under the Mental Health Act or informal
- > Extremely low BMI
- > May have co-morbid presentations including:
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex behaviours that challenge
 - Other associated complex needs
- > May have a history of trauma and/or abuse
- > May require nasogastric feeding

Our services at a glance:

- > Nasogastric feeding
- > High staffing ratios
- > Full medical monitoring
- > Full therapeutic programmes
- > Family therapy and carers assessments and support
- > Vocational activities

Our multi-disciplinary teams:

- > Specialist Consultant Psychiatrists and Speciality Doctors
- > Psychology
- > Occupational therapy
- > Nurses
- > Dietician
- > Healthcare Support Workers
- > Social Workers
- > Eating Disorder Clinical Nurse Specialist
- > DBT Therapists
- > Physiotherapy

Our outcome measurement tools:

Our comprehensive range of outcome tools and measures evaluate progress to ensure a holistic view of recovery. These include:

- > BMI
- > Eating Disorder Examination Questionnaire
- > Vancouver Obsessional Compulsive Inventory (VOCI)
- > Wender Utah Rating Scale (ADHD screening)
- > GAP
- > START
- > HoNOS
- > MOPPs
- > SCID V / SCID PD



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 individuals with eating disorders.

myPath is an overarching care model that serves to monitor service user engagement levels, manage their records, assess their progress and formulate a personalised and dynamic care plan with measurable targets. The model embraces a wide range of evidence-based tools, such as pharmaceutical inputs, daily living skills, progressive community-based outcomes and risk management plans. In doing the above, **myPath** ensures the delivery of high quality and inclusive care, which is continually evaluated through robust operational and clinical governance frameworks.

Our **myPath** is tried and trusted and delivers industry-leading results.



Cygnnet Hospital Ealing, West London

22 Corfton Road, Ealing, London W5 2HT

Adult Eating Disorder



18+



Female



14 beds

Sunrise Ward at Cygnnet Hospital Ealing provides a highly specialised eating disorder service for women, including those with extremely low BMIs.

Sunrise Ward focuses on supporting individuals to attain a healthy BMI and prepare for a return to home. We have two distinct areas to support individuals at varying points on their recovery journey, taking a person from admission through to rehabilitation and preparation for a return home.

The service is able to admit individuals with extremely low BMIs and the team are highly experienced in providing naso-gastric feeding, where this is deemed the most appropriate intervention.



Therapeutic Pathway

In order to fully address the complexity of the problems experienced by individuals on Sunrise Ward, treatment focuses on the following three elements:

- > Weight restoration and physical harm reduction through the institution of an appropriate meal plan
- > Cognitive reconstruction via individual and/or group therapy to improve ego strength, conflict resolution, personal identity, and self-acceptance at normal body weight
- > Psychosocial functional enablement via individual and/or group psychoeducative, creative, and experiential activities

Input into the therapeutic programme is offered by professionals from the following departments:

- > Dietetics
- > Occupational therapy
- > Psychology
- > Sessional therapists - including cognitive behavioural therapy, psychotherapy, psycho-drama, motivational enhancement therapy and compassion focused therapy
- > Alternative therapy - massage and yoga

Various approaches are offered on the therapeutic programme including psycho-dynamic, cognitive behavioural therapy, EMDR, trauma-focused therapy and psycho-education. We also offer a broad range of creative and physical therapies. Depending on the different stages of treatment and recovery, individuals are referred to various groups and activities on the therapeutic programme.

Treatment is structured in the following way:

Phase 1 (BMI under 15)

During this stage of the programme the aim is to improve physical health and start weight restoration, build a therapeutic alliance with the service user and work on motivational enhancement. As soon as possible after admission, service users start to attend appropriate groups and activities including supported meals and post meal support, psycho-education and appropriate physical activity.

On reaching a BMI of 14 and when weight restoration has started, service users are physically and medically more stable and able to participate in activities. They will then be referred to further groups and activities including motivational enhancement therapy, create and textiles, self-nurture, relaxation and self-soothe.

Phase 2 (BMI 15 - 18)

As service users recover and their weight increases, the physiological and psychological needs change and underlying issues are exposed.

With individual therapy sessions and key worker involvement, as well as starting to attend more groups on the programme, service users are helped to explore these issues in a safe environment.

Additional elements at this stage include: feelings diary, Cognitive Behavioural Therapy, Dialectical Behaviour Therapy skills, psycho-drama, expression and confidence, acceptance and commitment group, yoga and appropriate physical activity and body image therapy.

At this stage there are also trips and outings outside of the hospital, including visits to local coffee shops as part of the leisure trips that form part of the Social Eating programme, Lifestyle Intervention programme and the Independent Living Skills programme.

Rehabilitation Programme (BMI 18 & above)

As service users reach a BMI of 18 and work towards their target weight, they will be referred to occupational therapy to start a rehabilitation programme where they become more independent and take increased and graduated responsibility for their eating.

The rehabilitation programme is a very important stage of recovery for the service user to start to take back choices and responsibilities around eating, food choices and independence and learn to maintain weight of a target within a prescribed weight band.

Occupational therapy interventions during the rehabilitation process are aimed at improving a person's ability to function at home, work or study in the community.

During this part of the treatment process, service users need to build towards more independence and take increased and graduated responsibility for their eating, living skills and self-care.

On reaching a healthy weight, a service user will be helped to develop a maintenance meal plan best suited to them.

This is a very important stage in recovery as this gives the service user the opportunity to learn to maintain their weight whilst taking more control of balancing their eating as well as activities.

Home leave will also be part of an individual programme.



Cygnets Nield House, Cheshire

NEW

Barrows Green, Bradford Road, Crewe, Cheshire, North West CW1 4QW

Personality Disorder / Disordered Eating Dual Diagnosis



18+



Female



15 beds

Clarion Ward at Cygnets Nield House is a complex personality disorder service for women with a dual diagnosis of personality disorder and co-morbid disordered eating. Both aspects can be treated simultaneously, with the appropriate specialist therapeutic input provided.

The service offers a phased treatment pathway which aims to help the individual service user understand and plan their journey through treatment. Clarion Ward will focus on the need for treatment to be collaborative with service users taking account of individual needs, is evidence based, driven by multi-disciplinary understanding, support and intervention and conducive to progression through the service, increased postdischarge quality of life and functioning and reduced risk of relapse.



Our model of care



Our multi-disciplinary team (MDT):

- > Consultant Psychiatrist
- > Psychologist
- > Occupational Therapist
- > Dietitian
- > Registered Mental Health Nurses (RMN)
- > Registered General Nurses (RGN)
- > Healthcare Support Workers

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Assessment: Stabilisation, safety & containment

- > Formulation of initial care plans, goals and intervention plans (including discharge planning)
- > Supportive and containment based interventions including medication, feeding plans, dietetics input and psychological
- > Identification of sensory processing patterns
- > Assessment of role identity and motivation
- > Eating and Meal Preparation Skills Assessment
- > Leisure based activities

2

Intervention: Control, regulation, exploration & change

- > Support for steady weight restoration
- > Insight, management and control over eating and/or other maladaptive behaviours impacting on life
- > Development of healthy routine and interests
- > Active engagement in therapy programme (cognitive, interpersonal, occupational and specific psychological interventions – 1:1 and groups)

3

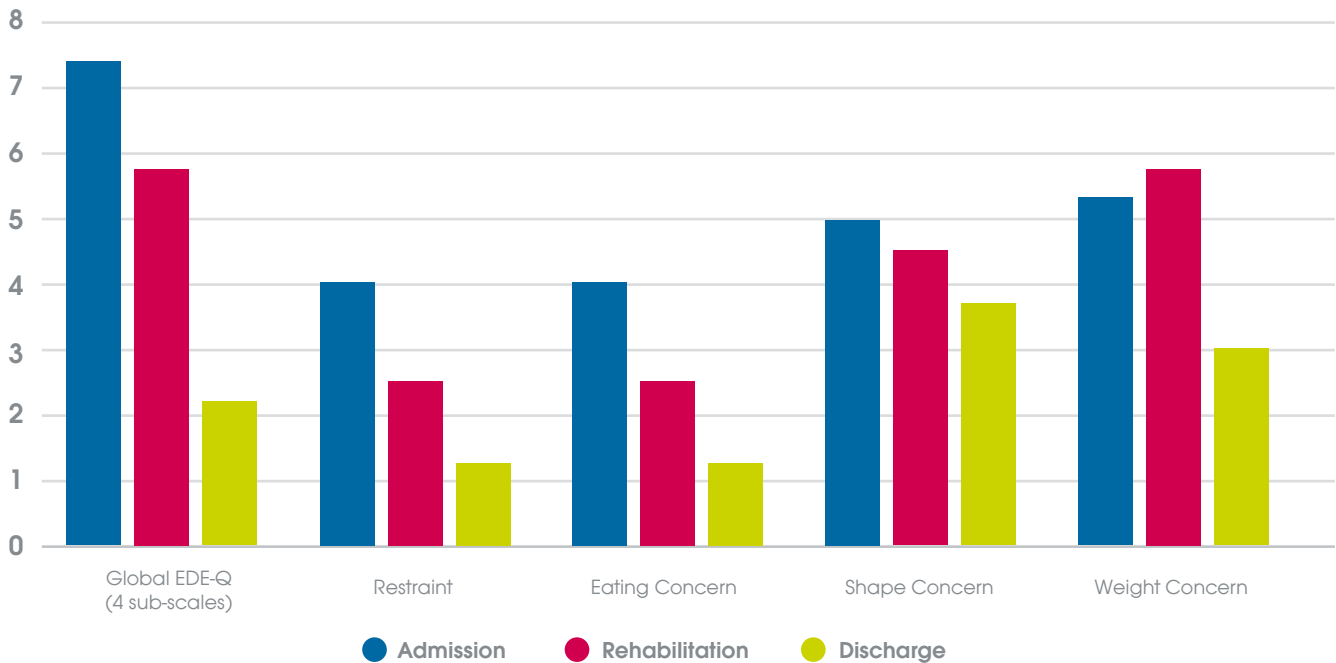
Relapse prevention/pre-discharge: Change & synthesis

- > Therapeutic input to actively focus on:
 - Coping skills and mechanisms
 - Crisis planning in collaboration with service user, family and local teams
 - Wellness and Recovery Actions plans
 - Developing healthy exercise patterns

Outcomes

All service users assessed with the EDE-Q on discharge showed improvement

Table of mean scores for subscales and global data



Service User Feedback

“ I owe Cygnet for being able to make it this far in recovery, and I know that all I have learnt from being here gives me a promising chance of making it this time. ”

“ Rehab is an excellent part of recovery, it gives you learning skills for when you are discharged. The planning you learn helps when you go on home leave. ”

“ Coming into hospital was probably one of the most difficult and scariest things I’ve had to do. Being at Cygnet has been a life changing experience. I would not be where I am today, without all the hard work, dedication, support and encouragement the staff at Cygnet gave me. I will always be grateful as because of Cygnet I have my life back and can go on to lead a normal life, with friends, family and work. ”

Map

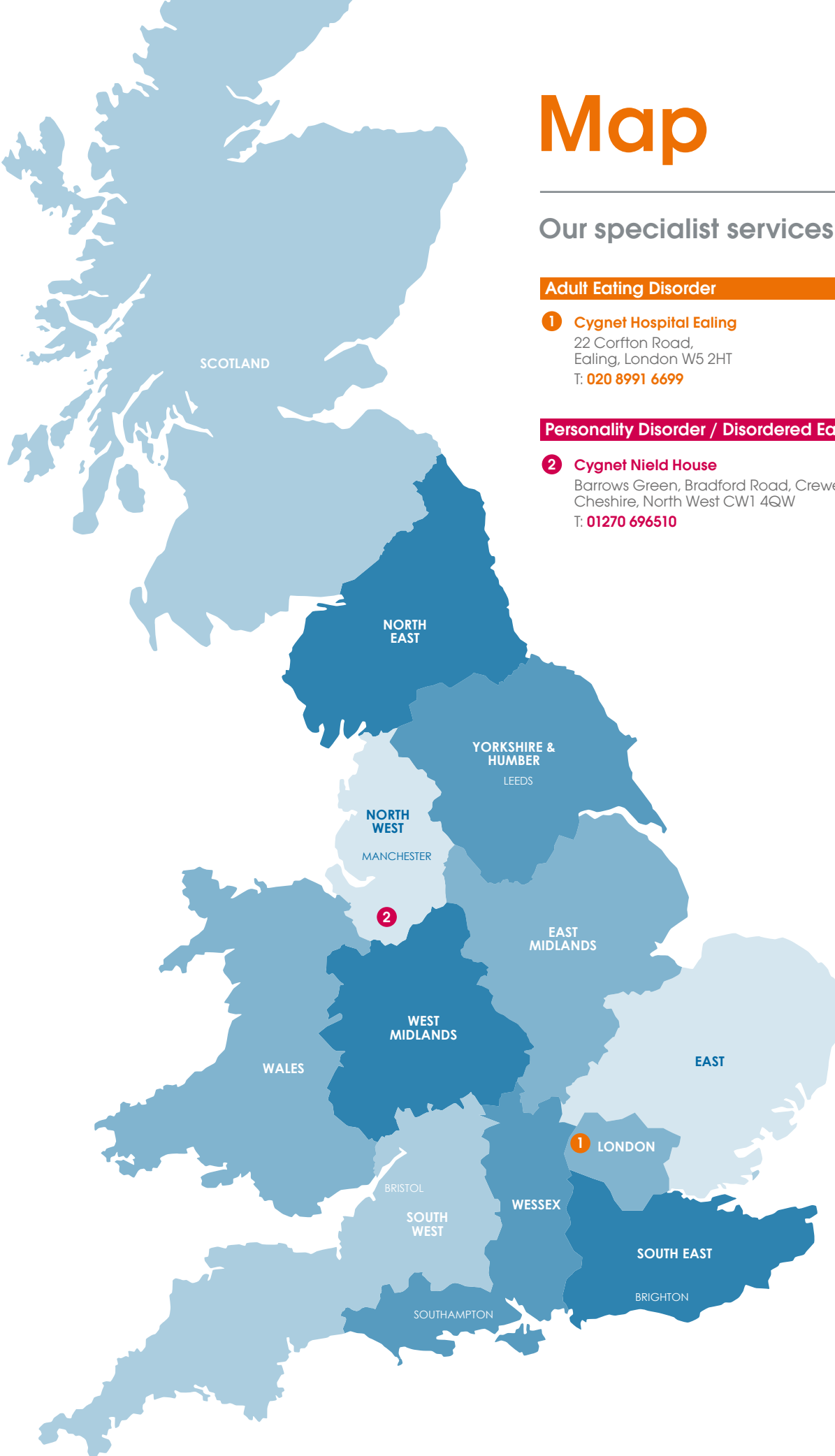
Our specialist services by region

Adult Eating Disorder

- 1 **Cygnets Hospital Ealing**
22 Corfton Road,
Ealing, London W5 2HT
T: 020 8991 6699

Personality Disorder / Disordered Eating Dual Diagnosis

- 2 **Cygnets Nield House**
Barrows Green, Bradford Road, Crewe,
Cheshire, North West CW1 4QW
T: 01270 696510




How to Make a Referral



We are able to take referrals 24 hours a day, 7 days a week. To make a referral please call **0808 164 4450** / email **chcl.referrals@nhs.net** or contact your regional Business Relationship Manager.



 **Cygnets Health Care**
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Westminster, London, SW1P 3JA

 **0207 123 5706**



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