

Low Secure Service for Men with Personality Disorder

Cygnet Hospital Clifton, Nottingham

**Beds available
Now taking referrals**



Cygnet Hospital Clifton is a 25 bed specialist low secure service for men with a personality disorder, who also present with complex mental health needs and challenging behaviours.

The treatment model we provide at Cygnet Hospital Clifton is delivered in the context of a cohesive multidisciplinary, psychologically informed team approach, with the service user at its centre. We aim to create opportunities for sustained positive behavioural change, by applying a consistent approach where the men in our care feel encouraged to develop positive interpersonal skills to reduce challenging behaviours.

The hospital is set out across **two wards**:

Ancaria Ward is the admissions/initial treatment ward, which focuses on rehabilitation, in preparation for moving on into the community or supported living. Ancaria Ward offers a defined pathway through to Acorn Ward.

Acorn Ward focusses on rehabilitation, to prepare for a move into the community or supported accommodation.

At Cygnet Hospital Clifton we aim to sequence interventions according to Professor Livesley's integrated treatment model. The therapeutic milieu aims to ensure consistency and optimal conditions for growth and change in a positive and effective environment.



Male



18+ years



25 beds across 2 wards

Our service user profile

- > Men, aged 18+ years
- > Primary diagnosis of personality disorder
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma



Scan the QR code or click here to watch a short video on Cygnet Hospital Clifton

Safety and Containment
Crisis management

Control and Regulation
Emotional arousal

Exploration and Change
Self and interpersonal problems

Integration and Synthesis
Construction of a more adaptive sense of self
Treating core pathology

Prison Transfer Programme

We also offer a specialised three month prison transfer programme, for stabilisation and assessment of prisoners whose mental health needs cannot be met in the prison environment.

- > Referrals and assessment: We provide a rapid response to referrals, assessment within the prison environment, quick decision on suitability for transfer within five working days and liaison with MOJ over transfer warrants
- > Comprehensive inpatient assessment: Twelve week assessment programme including full diagnostic and risk formulations, IQ and neurological assessments, stabilisation, treatment plan



Psychology at Cygnet Hospital Clifton

The psychology department assess, treat and manage individuals with complex personality disorder and other mental health needs, who may have also experienced significant trauma. We provide a person centred approach to treatment and are passionate about working with individuals with personality disorder. The team offer:

- > **Psychological assessment**; using psychometric assessments, clinical interviews and historical information
- > **Formulation**; shared and collaborative
- > **Intervention**; formulation driven and evidence based
- > **Evaluation**; we focus on the development and maintenance of a validating and empathetic positive therapeutic relationship throughout

Interventions are offered across individual and group sessions and comprise of a range of evidence based therapies, informed by:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT)
- > Schema Focused Therapy
- > **Compassion Focused Therapy**
Additional interventions include:
- > Psychoeducation relating to diagnoses
- > Substance misuse treatment
- > Trauma informed treatment
- > Offence specific interventions that focus on offending behaviours such as violence, sexual offending and arson

Service user survey results

Each service user at Cygnet Hospital Clifton is given the opportunity to complete an individual satisfaction survey.



*Results taken from 2021 service user surveys.

Discharge Destinations



74% of the individuals discharged from Cygnet Hospital Clifton from 2018 to 2021 showed an improvement in their mental health and were able to move closer to home or step down along their care pathway into the community

*Data relates to discharges in 2021.

Global Assessment of Progress (GAP)

The Global Assessment of Progress (GAP) is our specialist outcome tool used within Cygnet Hospital Clifton. The tool allows us to measure an individual's progress throughout their placement, plot the positive developments, setbacks and changes in wellbeing but also identify the warning signs of any possible deterioration, whilst informing care planning and being transparent about future risks.



Individuals in our care had an average GAP score increase of 29% on discharge

*Data and graphs relate to discharges in 2021.

Daily Living Skills Observation Scale (DLSOS)

DLSOS tracks functionality and the ability to successfully live an independent life in the community.



*Data and graphs relate to discharges in 2021.

“ Just a quick thank you for being so pleasant, lovely, kind and respectful to me. It is a pleasure to work with you all and also the MDT team. I feel you are all very approachable and always made me feel reassured whilst residing here with my recent positive progress. You are all professionals but you are all also human beings and I respect you. Thank you from the bottom of my heart to all of you. ”

Service user

Daily Living Skillset

Average daily living skillset scores on admission and discharge. Service users are measured against 16 areas of function such as hygiene, budgeting and road safety.



HoNOS-secure

HoNOS-secure is a tool that tracks an individual's progress against the need for a **secure setting (Scales A-G)** and against a range of **health and social domains (Scales 1-12)**.

It is about care planning and interventions. The ratings are based on the results of a clinical assessment, and can be used as a broad check for the multi-disciplinary care plan and risk management plan. A security scale rated at A or above indicates that a risk management intervention is needed, and for scales 1 to 12 a rating of 2 or above indicates that a care or treatment intervention is needed.

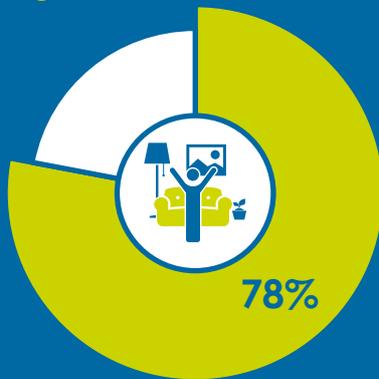
Security Scales (A-G)

- A. Risk of harm to adults or children
- B. Risk of self-harm
- C. Need for building security to prevent escape
- D. Need for a safely-staffed living environment
- E. Need for escort on leave
- F. Risk to individual from others
- G. Need for risk management procedures

Health and Social Domains (1-12)

- 1. Overactive, aggressive, disruptive or agitated behaviour
- 2. Non-accidental self-injury
- 3. Problem drinking or drug taking
- 4. Cognitive problems
- 5. Physical illness or disability problems
- 6. Problems with hallucinations and delusions
- 7. Problems with depressed mood
- 8. Other mental and behavioural problems
- 9. Problems with relationships
- 10. Problems with activities of daily living
- 11. Problems with living conditions
- 12. Problems with occupations and activities

In a 9 month period when tracking risk and recovery, 78% of admissions reduced their level of risk management interventions within a secure setting



In a 9 month period over a half of individuals saw positive results in their health and social domains



*HoNOS-secure version 2b, February 2007. Authors: Dr Philip Sugarman and Lorraine Walker, c/o St Andrew's Hospital, Billing Road, Northampton NN1 5DG. Adapted from HoNOS. Authors: John Wing et al, Royal College of Psychiatrists, London, & from HoNOS-MDO Authors: Dr Philip Sugarman and Hazel Everest, commissioned by the Department of Health.



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**
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

Where are we?

Cygnet Hospital Clifton
Clifton Lane, Clifton, Nottingham,
East Midlands NG11 8NB
Phone number
0115 945 7070 / 0115 945 7071



Please visit cygnethealth.co.uk for more info | Follow us on social media:   