

Tier 4 Personality Disorder Service for Women

New Dawn Ward,
Cygnet Hospital Ealing, London



New Dawn Ward at Cygnet Hospital Ealing is a 9 bed specialist Tier 4 service, providing treatment, care and support for women with a personality disorder who are ready to engage in therapy.



Female



18+ years



9 beds

Our service can support women who have a diagnosis of personality disorder and who need either:

- > A short-term crisis intervention utilising a Dialectical behaviour therapy (DBT) model (i.e. emergency referrals)
- > A longer term therapeutic treatment programme utilising the principles of DBT with skills coaching and individual therapy

New Dawn Ward offers a programme that is well-structured to give service users the opportunity to address and deal with their problems in a safe environment. Cygnet Hospital Ealing also provides a specialist Eating Disorder service on Sunrise Ward, so service users have access to a dietician if required.

Planning for discharge starts at admission and all treatment and interventions are geared towards preparing an individual for successfully and positively leaving the service.

Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act, or may be informal
- > Primary diagnoses of personality disorder, schizophrenia, schizoaffective disorder, bipolar affective disorder and depression
- > May present with co-morbid presentations including:
 - Self-harm
 - Self-neglect
 - History of substance use
 - Complex needs
 - Treatment resistance
- > May have a history of trauma and/or abuse

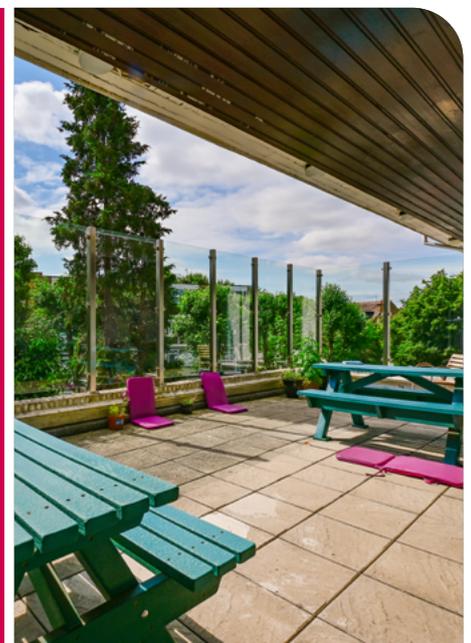


Scan the QR code or click here to watch a short video on New Dawn Ward



Our therapies and activities:

- > Dialectical Behaviour Therapy (DBT), including Daily Skills Training and Skills Homework Group
- > Daily activities offered by the occupational therapy team, including self-nurturing, cooking, creative and walking groups
- > Specialist groups including body image and healthy relationships (run for a set number of weeks)
- > Music and creative therapies
- > Service users suggest ward activities through a fortnightly community meeting
- > Carers group once a month
- > Family Therapy
- > Psycho-education talks on DBT every two weeks to help service users develop their skills and assess risk



Access to external Recovery College at CNWL



On-site occupational therapy kitchen



Multi-disciplinary team (MDT) including:

- Consultant psychiatrist
- Associate specialist
- Psychologist
- Assistant psychologist
- Ward manager
- Occupational therapist
- Assistant OT
- DBT trained nurses
- Social worker
- Social worker assistant
- Art therapist
- Physical trainer



Access to dietitian from Sunrise Ward



Access to volunteering work with local stables as well as the ability to help work with local charities too



Social activities such as shopping, access to local coffee shops as well as 'Come Dine With Me' every Friday



Psycho-education talks on DBT every two weeks to help service users develop their skills and assess risk



Service user survey results and reviews

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

98%

of service users think the ward staff are caring and supportive



97%

of service users have confidence and trust in the nursing staff



97%

of service users are aware of how to make a complaint if they have one



95%

of service users have always felt safe during there time in hospital



"I feel like a different person to the one that first walked through Cygnet's door. The biggest change has been my new found desire to live, excitement for the potential of my future that I never thought I would have."



"Thank you for not giving up on me when I felt like giving up on myself. Thank you for showing me that there is a good life out there for me that is worth fighting for."

"This was the first hospital that validated the pain of my trauma. It was the first hospital where staff seemed to understand my diagnosis and offered time, compassion, empathy and care without judgement and with real understanding."

"You have all helped me, even when I wasn't willing to accept it. You never gave up on me."

*Results taken from April 2020 - March 2021



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 Ealing
22 Coffton Road, Ealing, London W5 2HT

Phone number
020 8891 6699



CYG-836 | Date of Preparation: 29/09/21