

Improving lives together

Highly Specialised Personality Disorder Service

**Cygnnet Maple House,
Nottinghamshire**

NEW
Opening
September 2023



Cygnnet Maple House is our new 16 bed highly specialised service providing assessment, treatment and rehabilitation for women with personality disorder and complex needs. The service is due to open in September 2023.

Rehabilitation is provided in a therapeutic setting, with a level of security matched to individual needs. The aim of the treatment, rehabilitation and re-socialisation programme is to prepare the individuals in our care either for transfer to an environment of lesser security, or for a life in the community.

We have a substantive multi-disciplinary team (MDT) comprising of a hospital manager, clinical manager, consultant psychiatrist, specialty doctor, psychologist, assistant psychologist, occupational therapist, therapy co-ordinator and nursing and support workers. We work closely with the local community, including dieticians and primary care.

We promote physical health, wellbeing and meaningful occupation as part of our treatment programme, using strong community links to facilitate individualised wellbeing plans.



Female



18+ years



16 beds

Our service user profile:

- > Women, aged 18+ years
- > Complex mental health needs, challenging behaviours and a primary or secondary diagnosis of personality disorder
- > May be detained under the Mental Health Act
- > May have a history of substance misuse or dependency
- > May have experienced regular placement breakdowns
- > Sustained relational and social functioning problems
- > Forensic or non-forensic history
- > Capacity to engage
- > Referrals accepted from Tiers 1-4

Our approach

We adopt an integrated modular approach to treatment for women with a diagnosis of personality disorder, accounting for diagnostic differences, NICE guidelines and the work of Livesley (2004).

With a focus on interpersonal relationships, we use individual formulation to deliver a personalised and integrated combination of psychotherapeutic and pharmacological interventions. These can include:

- > Dialectical Behaviour Therapy (DBT)
- > Cognitive Behavioural Therapy (CBT)
- > Compassion Focused Therapy (CFT)
- > Eye Movement Desensitisation and Reprocessing (EMDR)
- > Schema Focused Therapy (SFT)

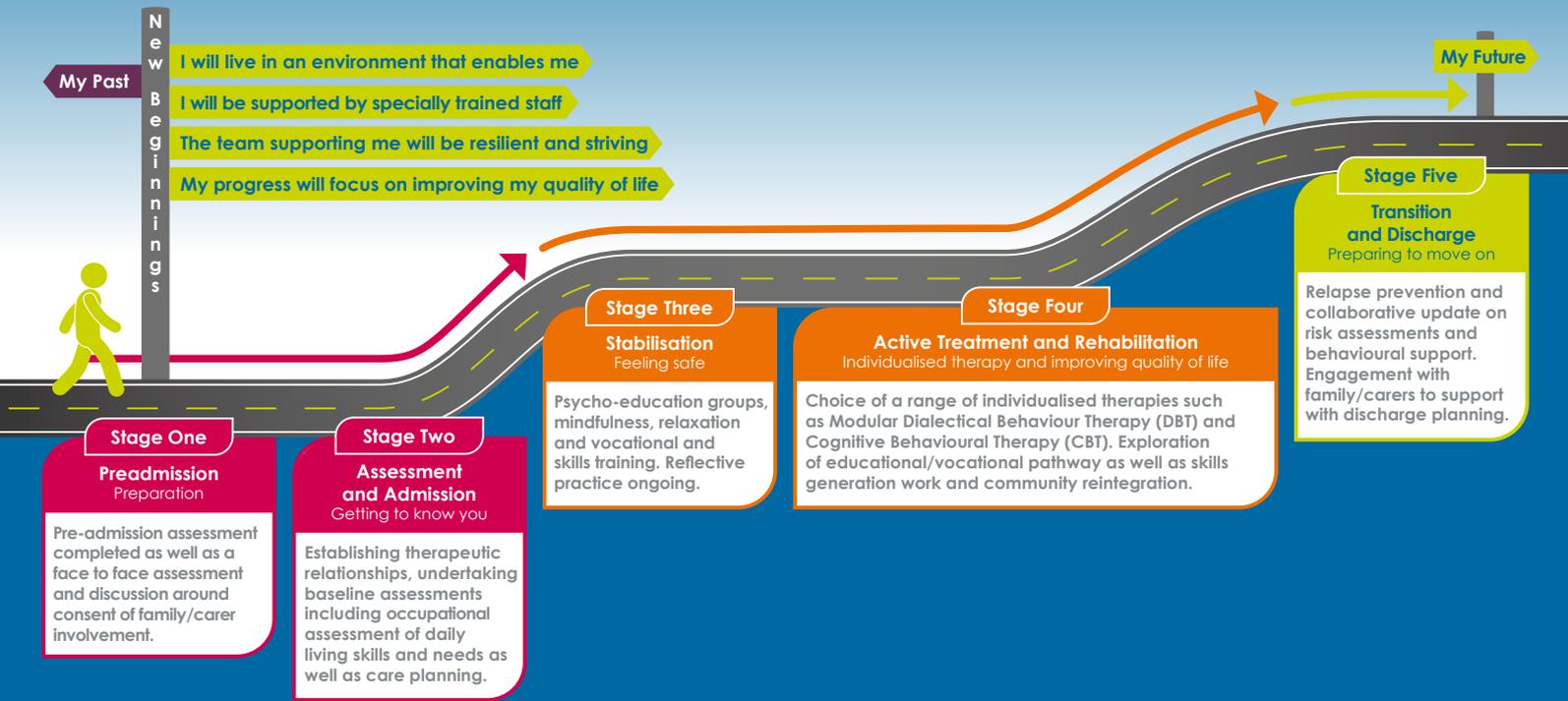
Our aim is to address the core features of personality disorder: emotional regulation, interpersonal functioning, and self-identity and to prepare the women in our care for a transition to life back in the community.

Our facilities:

- > En-suite bedrooms
- > Dining room
- > Therapy kitchen
- > Laundry room
- > Communal lounge/TV room
- > Extensive garden
- > Sensory room
- > Treatment room



Our Model of Care



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 Maple House
93 Kneeton Road, East Bridgford,
Nottinghamshire, NG13 8PJ



CYG-1268 | Date of Preparation: 25/04/23

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Integrity

Trust

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Care