

*Improving lives together*

# Highly Specialised Personality Disorder Service



**Roseacre Ward is a 16 bed personality disorder service for women, based at Cygnnet Hospital Maidstone, situated in the Kent Medical Campus. The aim of the service is to support women to manage their mental health, develop coping strategies, reinforce daily living skills and prepare for a return to independent living.**

Roseacre Ward is designed to a Tier 4 specification but commissioned by ICB's. We support women to engage in our Dialectical Behaviour Therapy (DBT) programme, and put skills in practice to tolerate distress, regulate emotions and improve relationships. Roseacre Ward provides a care pathway for service users who are preparing to step down to community living and uses a recovery-focused model.

Roseacre ward provides treatment for women with complex mental illnesses and those with secondary diagnosis of mild learning disability or autism. We can support women with a forensic history and those stepping down from secure services.

We deliver a high level of therapeutic care and support that is underpinned by knowledge and practice of evidence-based interventions. Our individualised and group treatment programmes have clearly defined goals and outcomes for our service users. The comprehensive multi-disciplinary team includes a consultant psychiatrist, a specialty doctor, clinical psychotherapist, occupational therapist and nursing and support work team.



Female



18+ years



16 beds

## Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act or informal
- > Primary diagnosis of personality disorder, schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have secondary diagnoses including mild learning disability or autism
- > May present with co-morbid presentations including:
  - Self-harm
  - Self-neglect
  - History of substance misuse
  - Complex needs
  - Treatment resistance
- > May have a history of trauma and/or abuse
- > May have experienced previous placement breakdowns

## Our facilities:

- > En-suite bedrooms
- > Outside space including ward garden and communal roof terrace
- > Therapy kitchen
- > Family room
- > Quiet room
- > Multi-faith room
- > IT Room and Art Room
- > Gym and external exercise area
- > Extensive therapy space including Recovery College classroom
- > Service user shop



Scan the QR code or [click here](#)  
to watch a short video on Roseacre Ward



Proud to be  
**Triangle  
of Care**  
accredited



**Service user  
shop onsite**



**Roseacre Ward provides  
a care pathway** for service  
users who are preparing to step  
down to community living and uses  
a recovery focused model

### Multidisciplinary Team (MDT) including:

- Consultant psychiatrist
- Specialty doctor
- Psychotherapist
- Occupational therapist
- Social worker
- DBT therapists
- EMDR trained staff
- Nursing and support work team
- Fitness instructor
- Dietitian
- Physical health lead

The service is underpinned  
by **Dialectical Behaviour Therapy  
(DBT)**, including 1:1 sessions and  
group skills training



**Outside space  
and communal  
roof terrace**



**Onsite gym  
and external  
exercise area**



**Encouraging  
expression through  
creativity**



**Access to ADOS-  
trained staff**  
for women who may  
require assessment  
and diagnosis



**82% of the women we  
supported in the last 12  
months were able to  
step down along their  
care pathway**



\*based on discharges from Aug 24 - Sep 25

## Our therapeutic approaches:

- > The service is underpinned by Dialectical Behaviour Therapy (DBT), including 1:1 sessions and group skills training. DBT is a proactive behavioural therapy, requiring active engagement, designed to support individuals to manage distress, regulate emotion and develop adaptive coping skills.
- > Care planning is supported by a model of Positive Behaviour Support (PBS) and each service user will have a personalised, co-produced Positive Behaviour Support plan in place to inform their care and treatment pathway.
- > The service is also supported by our tried and tested myPath model. To ensure we cater for each individual's journey and achieve long-term results, we have created a unique approach to care for people with personality disorder. myPath ensures the delivery of high quality and inclusive care which is continually evaluated through robust operational and clinical governance frameworks.
- > On Roseacre Ward we believe that the professionals have knowledge, experience and expertise, although this is not enough to create a thriving and effective service. We hold an emphasis on co-production, which is a way of working where the valuable knowledge, experience and expertise of people that use services is encouraged in developing and enhancing the service and care.

## Recovery College:

Cygnnet Health Care's Recovery Colleges offer educational courses designed to provide increased understanding of mental health and support people through their recovery, promoting hope, opportunity and aspirations for the future. The Recovery College at Cygnnet Hospital Maidstone works with each individual on their own personal recovery journey, taking an educational approach to recovery, and with co-production at its heart. Service users will be empowered to become experts in their own wellbeing and recovery.

The Recovery College can also facilitate AQA qualifications to further broaden the vocational opportunities available for the people we support.

## Make a referral

- 1 Referral made to your **regional business relationship manager** or 0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2 Assessment arranged and undertaken via our assessment 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?

**Cygnnet Hospital Maidstone**  
Gidds Pond Way, off Newnham  
Court Way, Weaving,  
Maidstone ME14 5FT

**Phone number**  
01622 580 330



CYG-733 | Date of Preparation: 08/10/25

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