

Improving lives together

High Support Inpatient Rehabilitation (Level 2) Service for Men with Complex Enduring Mental Health Needs

Cygnnet Lodge Brighouse,
West Yorkshire

Good

Now accepting referrals



Cygnnet Lodge Brighouse is a high support inpatient rehabilitation (Level 2) service for men. The emphasis within the service is on preparing individuals for discharge or to support with longer term optimal functioning.

Cygnnet Lodge Brighouse can support up to 21 men in a relaxed, calm and homely environment. The focus is on helping individuals increase their independence wherever possible through work and education, as well as social and leisure facilities, offering a slower stream rehabilitation service where needed.

As part of the service, we provide a three-bed apartment, **Rastrick View**. This helps support men to prepare effectively for discharge by further encouraging independence, while maintaining the inputs of the service and staff support where needed. It also provides the chance to evaluate what support a person may need on leaving the service, which can help prevent readmissions and support positive discharges.



Male



18+ years



21 beds including a 3 bed step-down apartment

Our service user profile:

- > Men aged 18+ years
- > Detained under the Mental Health Act (1983) or informal
- > May require a longer term placement for complex enduring mental health needs
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Substance, drug and alcohol abuse
 - Treatment resistance
 - Behaviours that challenge
- > Aiming for a return to a less restrictive environment
- > History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have a secondary diagnosis of mild learning disability, autism spectrum disorder or personality disorder
- > May have a forensic history and / or be stepping down from the care of the ministry of justice
- > May have a history of repeated acute admissions

Supporting men with a diagnosis of mental illness and associated substance misuse

At Cygnnet Lodge Brighouse, we understand that having a history of substance misuse is common and requires assessment and intervention. To support this we have a fully integrated substance misuse service, facilitating 1:1 and group sessions and encouraging the men we support to attend SMART Recovery Meetings. We are also a SMART Recovery partner.



We recognise that:

- > Each individual has unique needs and problems, including those associated with illicit drugs or alcohol
- > One size does not fit all, we will always ensure that the treatment path is responsive to need
- > Service users must have some level of ownership in terms of their treatment
- > A multi-disciplinary approach to treatment ensures all treatment needs are effectively met
- > Recovery is more achievable when effective support mechanisms are in place

We employ our own in-house substance misuse practitioner who provides individual and group support to service users with needs associated with substance misuse.

★ ★ ★ ★ ★
 Rated as 'Good'
 by the CQC

We are a **SMART Recovery Partner** which enables progress to continue into onward community placements



Provide a variety of structured activities, which are led by a wide range of experienced, multi-disciplinary professionals



Weekly community meetings and monthly People's Council

"My son has learned so much at Cygnet and he has worked hard, but this could not have been achieved without the support of the team behind him. I am delighted to have got my son back, something I didn't think possible just a year ago." **Family member**



AIMS Rehab accreditation

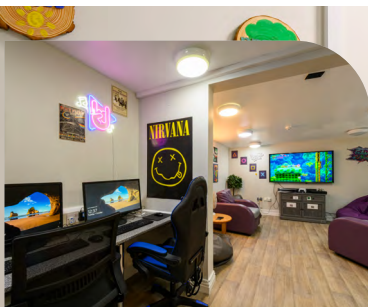
We encourage the men we support to set their own goals and work **collaboratively to achieve success**



Our staff team have an **average of 5 years' service**



Our nursing team have a combined **196 years' service** with the organisation



Our facilities:

- > En-suite bedrooms
- > Three bedroom apartment
- > Variety of activity rooms and an IT café
- > Multi-faith room
- > Family visiting room
- > Spacious enclosed garden with allotment area



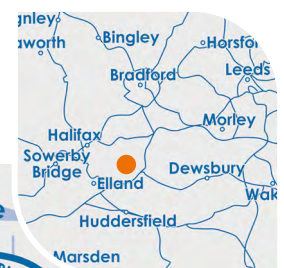
"I really enjoyed the MDT motivation and goal setting group this morning and am really glad I came to it. Thank you to the staff who work hard to support me with learning new skills and helping me in the community."
Service user

Make a referral

- 1 Referral made to your **regional Business Relationship Manager** or 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 Lodge Brighouse
 60 Rastrick Common, Brighouse,
 West Yorkshire HD6 3EL
Phone number
 01484 405 900



CYG-645 | Date of Preparation: 16/10/24

Please visit cygnetgroup.com for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care