

Improving lives together

# Personality Disorder Complex Care Service for Women

Upping Ward,  
Cygnnet Hospital Beckton, London

Now  
taking  
referrals



Female



18+ years



15 beds

Upping Ward is our Intensive Support Service for women with a diagnosis of personality disorder and complex mental health needs. The service pathway provides a robust programme of care for women with challenging, high risk behaviour who experience difficulties engaging with therapeutic programmes. We aim to meet the needs of these women, who may have had previous inappropriate placements, in a less restrictive setting.

The care pathway is able to support and treat women presenting with complex needs, including a personality disorder. The enabling environment and staffing skills provide a robust and safe setting. The care pathway uses an integrated programme structure to enable focus on positive pre-engagement work through a wide range of approaches, including trauma informed care. The primary aim of the service is to prepare service users with the required skills to move to a Tier 4 pathway or step-down service, or discharge to community service or independent living as appropriate.

## Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act or informal
- > Primary diagnosis of personality disorder
- > Likely to be diagnostically complex
- > May admit people initially requiring additional care, each case is assessed on an individual basis
- > May be disengaged from treatment

## Service specification:

- > Range of therapeutic interventions tailored to individual needs

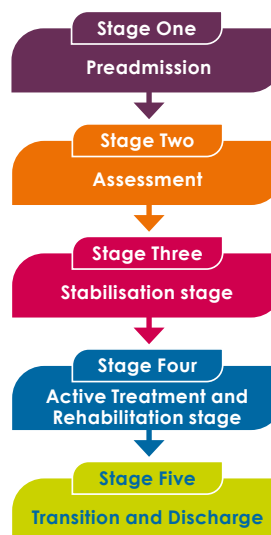
## Funding source:

- > Typically local Integrated Care Board (ICB)

## Our Psychologically Informed care model

Our psychological model is underpinned by a systemic framework, applying an eclectic approach that combines interventions from different therapeutic models and delivers them in an integrated way. This model is driven by a comprehensive complex formulation and an individually tailored psychological treatment plan. The model is underpinned by the relevant theoretical approach to meet the variable and complex needs of the service user. We also offer low intensity open groups to aid motivation and integration, alongside formal closed treatment groups.

The care model embraces a wide range of interventions including CBT and mindfulness. Alongside CBT as our main approach we also offer psychodynamic approach as well as DBT informed approach (N.B. this is not the full DBT programme. These are delivered within our 5 stage model of care alongside alternative therapies such as art and music therapy; offered to respond to affective, behavioural, cognitive, physiological and spiritual needs. The programme is flexible, facilitating progression through engagement and assessment, to transition and discharge.



## Our therapeutic approaches and assessments:

- > Cognitive Behavioural Therapy (CBT)
- > Occupational therapy assessment and interventions
- > Psychological formulations
- > Music therapy
- > Art therapy
- > Mindfulness
- > Sensory assessments
- > Wellness Recovery Action Plan (WRAP)
- > Selected Dialectical Behaviour Therapy (DBT) informed approach

## Our facilities:

- > Communal living room as well as dining room
- > Outdoor space
- > Therapy kitchen
- > Quiet room
- > Internal gym
- > Sensory room
- > Art therapy room

Off ward activity room for service users to meet individuals from other wards. **Groups Activities** take place such as **planting, painting, meeting animals and music group**



Access to on-site **Recovery College** with a pathway to attending local external community college



**News & Views Group** where service users go and buy magazines and newspapers for the day and go through this together

On-site vocational activities - assisting with cooking and gardening work



Community activities such as bowling, swimming and shopping

Off-site local 'sports for confidence' weekly group set up for service users including activities such as volleyball, aerobics and tennis



## Our multi-disciplinary team (MDT):

- > Psychiatrist
- > Psychologist
- > Ward doctor
- > Hospital manager
- > Ward manager
- > Occupational therapist
- > Social worker
- > Ward administrator
- > Registered mental health nurse
- > Physical health nurse
- > Activities coordinator

“Words cannot express how grateful i am for all the support you have given me. I came to Cygnet in a very dark place, now i am leaving in a completely different head space. You made me realise that i could be happy again. I have received consistent and non judgmental care that has allowed me to grow as person.

Cygnet has given me my life back and now i am ready to begin the next exciting chapter of my life.”

Previous Service User



For more information or to make a referral please call 0808 164 4450 or email [chcl.referrals@nhs.net](mailto: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 Beckton**  
23 Tunnan Leys, Beckton,  
London E6 6ZB

**Phone**  
020 7511 2299



CYG-832 | Date of Preparation: 16/05/24

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