

Improving lives together

Low Secure Mental Health Service for Women with Personality Disorder

Alvaston Ward,
Cygnet Hospital Derby,

Good



Accepting Referrals

Alvaston Ward is a 16 bed specialist low secure service for women with a primary diagnosis of emotionally unstable personality disorder or mental illness.

The primary pre-cursor to an admission to Alvaston Ward is that the individual is ready to engage in a multi-disciplinary therapeutic programme. Service users may have a history of involvement in the criminal justice system or may present with significantly challenging behaviour, severe self-neglect and vulnerability.

Psychological Therapy

Our team of forensic, clinical and assistant psychologists offer a variety of therapeutic interventions and personalised packages of therapy to individuals in our care.

The team provide a range of therapies delivered in group and individual settings, including Schema Therapy, psychodynamic psychotherapy, Cognitive Behavioural therapy (CBT), trauma work, substance misuse and offending behaviour interventions. In addition the team also provide Dialectical Behaviour Therapy (DBT), this programme is adapted to the needs of the individual who may have educational or learning difficulty issues, such as dyslexia, which may act as barriers to the standard DBT programme.



Female



18+ years



16 beds



Our service user profile:

- > Female, aged 18+ years
- > Primary diagnosis of mental illness or personality disorder
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma

Prison Transfer Programme

We also offer a specialised three month prison transfer programme, for stabilisation and assessment of prisoners whose mental health needs cannot be met in the prison environment.

- > Referrals and assessment: We provide a rapid response to referrals, assessment within the prison environment, quick decision on suitability for transfer within five working days and liaison with MOJ over transfer warrants
- > Comprehensive inpatient assessment: Twelve week assessment programme including full diagnostic and risk formulations, IQ and neurological assessments, stabilisation, treatment plan



Our facilities:

- > En-suite bedrooms
- > External secure courtyard
- > Fully equipped gym
- > Art room at the Recovery College
- > IT suite
- > Therapy kitchen
- > Sensory room
- > Multi-faith room
- > Variety of activity & games rooms
- > Garden with outdoor seating
- > Lounge & dining rooms



"Thank you for all the support and the support she has had throughout this journey. Cygnet has allowed my daughter to become well and supported her to have a safe discharge. The transformation she has shown is down to the staff and we can't thank you enough."

- Family member



"I feel I have been able to progress well currently due to the staff team who support me."

- Service user



"This is the best hospital I have ever been to, it really has helped me, I'm pleased that I came here"

- Service user



"Thank you for looking after my mother, she seems so happy in her eyes, you have been able to make sure she is able to leave hospital and stay out."

- Family member

i 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 Derby
 100 City Gate, London Road,
 Derby, Derbyshire, East Midlands DE24 8WZ
Phone number
 01332 365 434



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