

Improving lives together

# Highly Specialised Personality Disorder Service for Women

**Knightstone Ward,  
Cygnet Hospital Kewstoke**

Good



Accepting Referrals

Knightstone Ward at Cygnet Hospital Kewstoke is our 15 bed highly specialised service providing assessment, treatment and rehabilitation for women with personality disorder and complex needs. We focus on developing emotional resilience, building self-esteem, self-reliance and self-care.

Our aim is to improve well-being, coping skills, accountability and independence towards a positive discharge to a community placement. We understand the impact of trauma and the need to help maintain a safe, bounded trauma informed environment.



Female



18+ years



15 beds

## Our service user profile:

- > Female, aged 18+ years
- > Primary diagnosis of PD, may also have complex mental health needs including PTSD or challenging behaviours
- > Subject to a section of the Mental Health Act
- > May or may not be detained under the Mental Health Act
- > May have associated diagnosis of ASD
- > May have experienced regular placement breakdowns
- > Sustained relational and social functioning problems
- > May have a forensic or non-forensic history
- > Capacity to engage

## The service provides the Knightstone Diamond Framework

This comprehensive and integrative strategy has been specifically designed to enhance treatment pathways for individuals with personality disorders, with remarkable outcomes for our patients.

Scan to discover more



## The service at a glance

Our Service offers the full DBT programme which teaches skills to help those who struggle with emotional difficulties and all staff are trained to coach with the utilisation of learnt skills. The goal is to help empower our service users to take accountability and responsibility of their own health and mental health fostering co-production, least restrictive practice and positive risk taking leading to positive outcomes.

The service is rooted in evidence, trauma and psychologically informed care. We have trained the wider multidisciplinary team to be DBT therapists this includes our doctors, psychologist, occupational therapists, nurses and clinical managers. Service users who have completed one or two cycles of DBT can be offered other psychological modalities. These will be discussed, assessed and tailored towards their needs. For example further trauma therapy to support difficulties with flashbacks, counselling and EMDR.

We provide rehabilitation in a supportive, therapeutic setting tailored to each person's needs. Our programme focuses on building curiosity, independence, confidence, and meaningful goals to help people prepare for life in the community or transition to a less secure setting.

The vision for the service users is that this would be their last time in hospital. We want to make our environment enabling, least restrictive and safer in addition to fostering co-production, safety, independence, accountability and positivity leading to a smooth and positive re-integration into the community.



**Coastal location**  
with access to the  
beach from the hospital



**Wales 3 Q's**  
accredited



**ADOS trained**  
staff member



**Visiting**  
animal therapy



**Working towards**  
Enabling  
Environments  
accreditation

**Therapeutic**  
earnings  
opportunities  
available



**Expert by Experience**  
on-site



**People's Council**  
involvement



**Recovery**  
College

**Recovery College**  
offers a diverse  
range of courses

**Supporting**  
carers with  
DBT skills training



**Safewards**  
accreditation



## Therapeutic approaches and assessments:

1. Psychodynamic Therapy
2. Dialectical Behaviour Therapy (DBT)
3. Informed Structured Clinical Management (SCM)
4. Cognitive Behavioural Therapy (CBT)
5. Psychological formulations
6. Psycho-educational groups
7. Drug and alcohol groups
8. Voices and noises groups
9. Wellness Recovery Action Plan (WRAP)
10. START assessments
11. Smoking cessation group
12. Sensory informed groups
13. Psychometric assessments including the WAIS
14. Positive Behaviour Support (PBS) plans
15. Counselling
16. Positive risk taking approach
17. Behavioural family therapy
18. Carers DBT skills sessions
19. Mindfulness
20. Dance and movement therapy
21. Music therapy
22. Comprehensive community links to support vocational / educational, self-care and leisure opportunities
23. A range of ADL functional assessments offered
24. Able to offer sensory integration assessments



## Our facilities:

- > On site accommodation for visiting carers
- > Terrace
- > Self soothe room
- > Gym
- > Quiet lounge
- > Communal lounge
- > En-suite bedrooms
- > Laundry rooms

## 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 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?

**Cygnnet Hospital Kewstoke**  
Beach Road, Kewstoke,  
Weston-super-Mare,  
South West BS22 9UZ  
**Phone number**  
01934 428989



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Integrity

Trust

Empower

Respect

Care