## Improving lives together

# Highly Specialised Personality Disorder Service for Women

Knightstone Ward, Cygnet Hospital Ke<u>wstoke</u>

## Good

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, boundaried trauma informed environment.

#### 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.







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

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.





Accepting

Referrals



#### Therapeutic approaches and assessments:

- 1. Psychodynamic Therapy
- 2. Dialectical Behaviour Therapy (DBT)
- Informed Structured Clinical Management (SCM)
- Cognitive Behavioural Therapy (CBT)
- **5.** Psychological formulations
- 6. Psycho-educational groups
- 7. Drug and alcohol groups
- 8. Voices and noises groups
- Wellness Recovery Action Plan (WRAP)
- **10.** START assessments
- 11. Smoking cessation group
- **12.** Sensory informed groups
- 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
- Comprehensive community links to support vocational / educational, self-care and leisure opportunities
- 23. A range of ADL functional assessments offered
- 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

Referral made to your regional Business Relationship Manager or 0808 164 4450 / chcl.referrals@nhs.net

Assessment arranged and undertaken via our management team

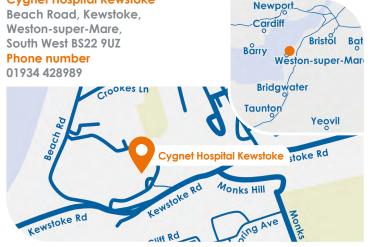


Assessment pack formulated including care plans and funding information

Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

### Where are we?

#### **Cygnet Hospital Kewstoke**



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Integrity

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Trust

Empower

Respect

Care