





# Your guide to Alvaston Ward Cygnet Hospital Derby

**Personality Disorder** 



# **Alvaston Ward**

**East Midlands** 

Registered address: Cygnet Hospital Derby

100 City Gate,

London Road,

Derby,

Derbyshire,

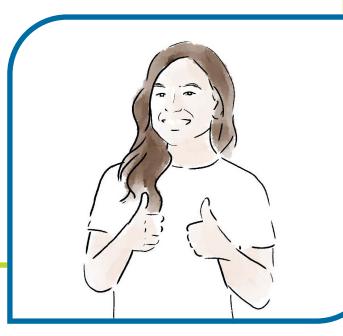
East Midlands

**DE24 8WZ** 

Alvaston Ward is part of Cygnet Hospital Derby. This is owned by Cygnet. Cygnet Hospital Derby is in the East Midlands.

The people we care for in Alvaston Ward are:

- Female
- 18+





Up to 16 people can stay on Alvaston Ward. We aim to make your stay here as calm and safe as possible. Staff will be supportive and friendly.

### People we support

You must be 18 years old and above

You require
assessment and
treatment in a
secure environment

You have been admitted under the Mental Health Act, this includes Ministry of Justice restrictions



You may have a history of trauma

You have been diagnosed with a personality disorder

You may have been diagnosed with a mental illness

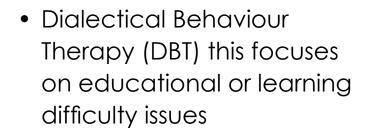
### Therapies and Activities



Our staff are trained to help you develop and learn. We focus on a person centred approach to your treatment, this means we will focus your care on your needs, wants and values.



- individual and group psychology
- schema therapy
- psychodynamic psychotherapy
- Cognitive Behavioural Therapy (CBT)
- trauma work
- substance misuse
- offending behaviour interventions





## **Prison Transfer Programme**

We also offer a 3 month prison transfer programme to help stablise and assess prisoners whose mental health needs cannot be met in the prison environment.



### **Our facilities**

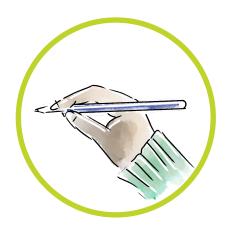
We will try to make your stay with us as pleasant as possible. Some of the facilities available to you are:

- en-suite bedrooms
- external secure courtyard
- fully equipped gym
- it suite
- therapy kitchen
- sensory room
- multi-faith room
- activity and games rooms
- lounge & dining rooms
- garden with outdoor seating
- art room at the recovery college









If you have any questions about this booklet you can ask a member of staff.

You can write notes here:

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Address Cygnet

4 Millbank, 3rd Floor,

Westminster,

London,

SW1P3JA

Telephone 0207 123 5706

Website www.cygnetgroup.com

CYG\_ER\_219 | Date of Preparation: 10/02/24

