



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

You require assessment and treatment in a secure environment



You have been diagnosed with a personality disorder

You may have a history of trauma

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
- Dialectical Behaviour Therapy (DBT) this focuses on educational or learning difficulty issues



Prison Transfer Programme

We also offer a 3 month prison transfer programme to help stabilise 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



Address

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