



Your guide to **Cygnets Hospital Clifton**

Personality Disorder

Cygnnet Hospital Clifton

East Midlands

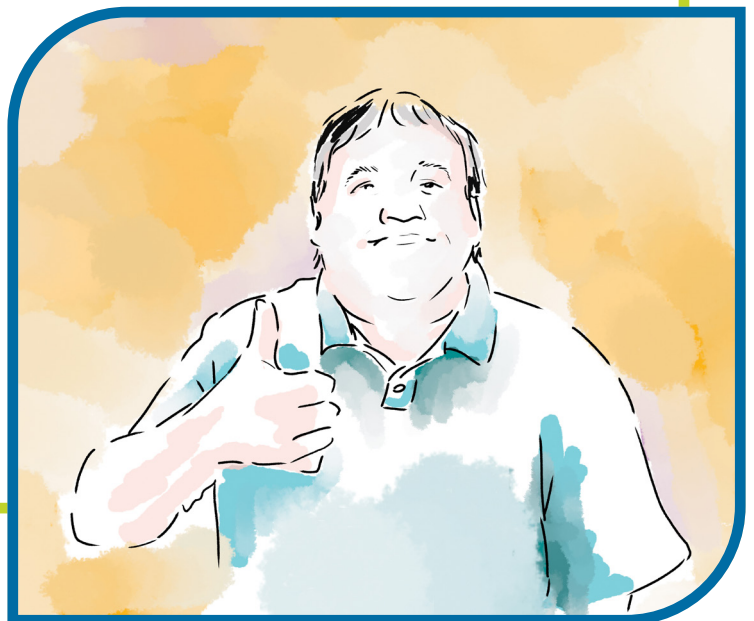
Registered address:

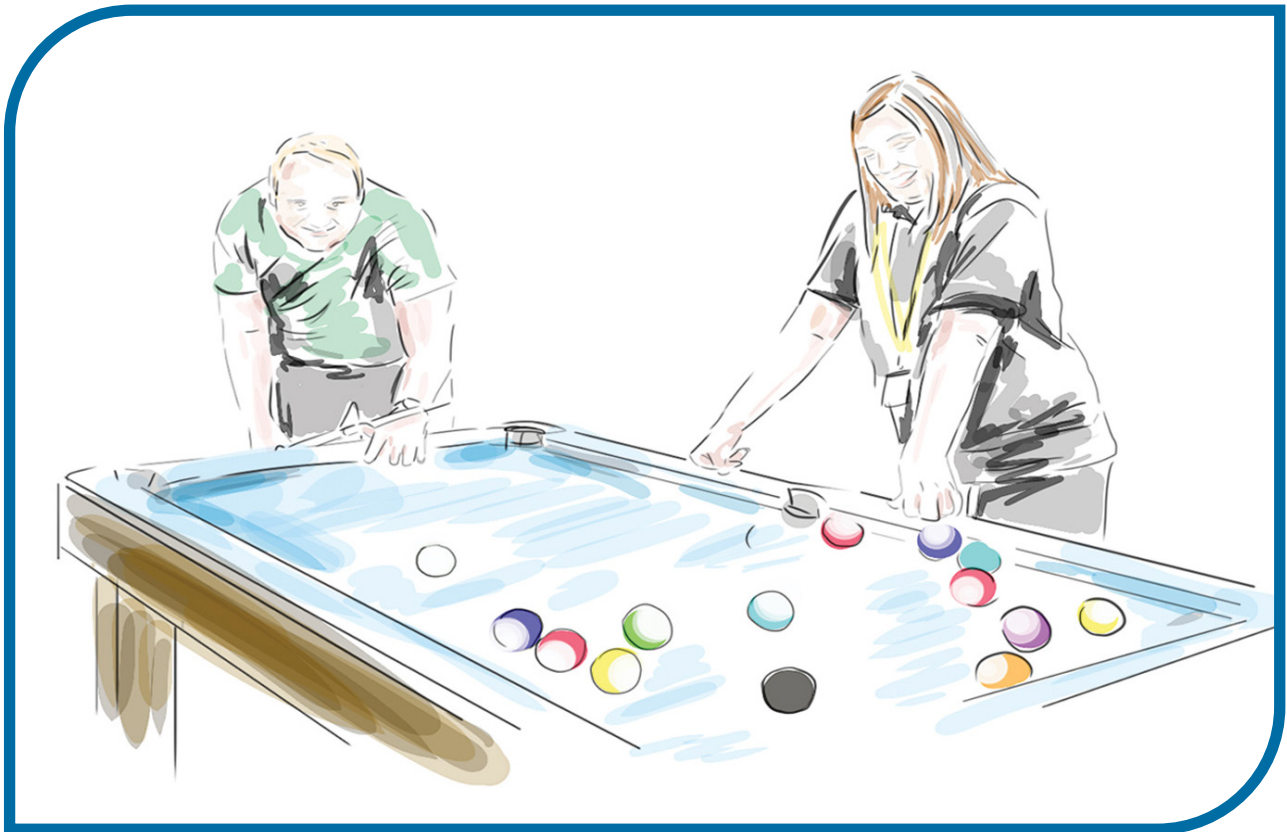
Clifton Lane,
Clifton,
Nottingham,
East Midlands
NG11 8NB

Cygnnet Hospital Clifton is owned by Cygnnet.
Cygnnet Hospital Clifton is in the East Midlands.

The people
we care for
here are:

- Male
- 18+





Up to 25 people can stay in 2 wards across Cygnet Hospital Clifton. These wards are called:

- Ancarla Ward
- Acorn Ward

We aim to make your stay here as positive and effective as possible. Staff will be supportive and friendly.

People we support

You must be 18 years old and above

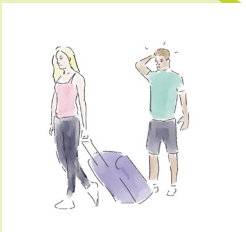
You have been admitted under the Mental Health Act, this includes Ministry of Justice restrictions

You require assessment and treatment in a secure environment



You may have a history of trauma

You have been diagnosed with a personality disorder



Model of Care

Preparing before your stay

1



We prepare for your stay by looking at your care history and talking to your carers, friends and family.

Getting to know you

2



This phase focuses on getting to know you. We will introduce you to the team of people here to help you.

Feeling safe

3



You will be involved in activities and learning skills suited to you.

Therapy and quality of life

4



You will be taking part in activities, using the skills you have learnt. You will be taught how to manage risks with coping strategies.

Preparing to move on

5



We will work on skills you need in the community. You will be part of a moving on group which will support you for this change.

Psychology at Cygnet Hospital Clifton



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.

You will be involved in individual and group therapy sessions.

We focus on:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Schema Focused Therapy
- Compassion Focused Therapy

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.



Discharge Destinations

74% of the individuals discharged from Cygnet Hospital Clifton from 2018 to 2021 showed an improvement in their mental health and were able to move closer to home or step down along their care pathway into the community.



74% moved into the community or closer to home

26% moved to a similar setting or into a secure setting

Risk and Recovery



78% of admissions reduced their level of risk management interventions within a secure setting, this was over a 9 month period.

Address

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Information
Standard