

Improving lives together

# Low Secure Mental Health Service for Women

**Oaktree Ward,  
Cygnnet Hospital Woking, Surrey**

Accepting  
Referrals

Oaktree Ward is a low secure service for women who require assessment and treatment for mental illness, including those who may require intensive rehabilitation. We provide care for individuals who may have complex needs, co-morbidity and those who may experience behaviours that challenge.

The team on Oaktree ward use a recovery-focused model, aiming to reduce the time that service users spend on the ward. Minimising length of stay is a key focus and our secure wards benefit from being part of our integrated pathways of care, which aim to smooth transitions. Cygnnet Hospital Woking also features PICU and Acute services for women, with step-down rehabilitation services also available in the region.

## Prison Transfer Programme

We also offer a specialised three month prison transfer programme, for assessment of prisoners whose mental health needs cannot be met in the prison environment

- > **Referrals and assessment:** We provide a rapid response to referrals, assessment within the prison environment, quick decision on suitability for transfer within five working days and liaison with MOJ over transfer warrants.
- > **Comprehensive inpatient assessment:** Twelve week assessment programme including full diagnostic and risk formulations, IQ and neurological assessments, treatment plan and prison pathways if necessary.



Female



18+ years



11 beds

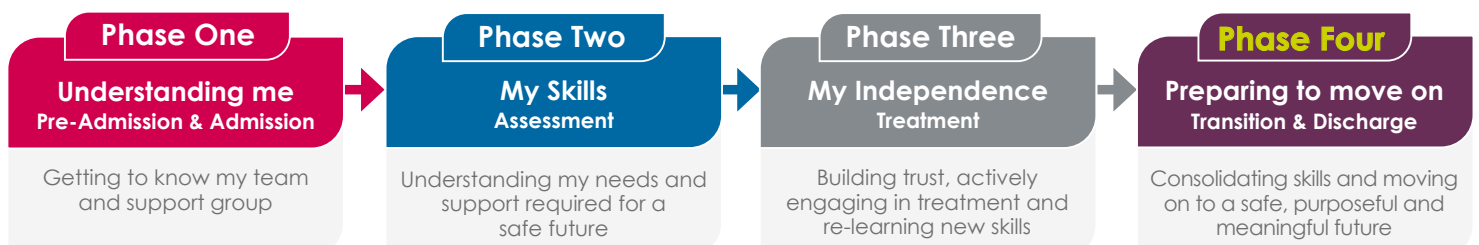
## Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > Presenting active or potential risk to others
- > Have a diagnosis of:
  - Severe and enduring mental health problems
  - Psychotic disorder
  - Schizoaffective disorder
  - Schizophrenia
  - Personality disorder
- > May be exhibiting behaviours that challenge
- > May have dual diagnosis with substance misuse

Our Psychology Department undertakes specialist psychological assessments, including personality, risk and neuropsychological assessments. They also provide individual, group and family interventions. A range of evidencebased therapeutic approaches are offered, including:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT)
- > Eye Movement Desensitization and Reprocessing (EMDR)
- > Acceptance and Commitment Therapy (ACT)
- > Motivational interviewing
- > Solution focused approaches and family work.

## Secure Model of Care



In the last 12 months,  
**100%** of women discharged  
were able to step down  
along their  
care pathway.



\* Data from a 12 month  
period ending July 25

Our average  
length of  
stay is  
**12 months**



Service users can take part in a range of  
activities including:

- > Swimming sessions
- > Walking groups

- > Cycling groups



Access to a  
local GP  
who visits weekly



Access to a  
music studio



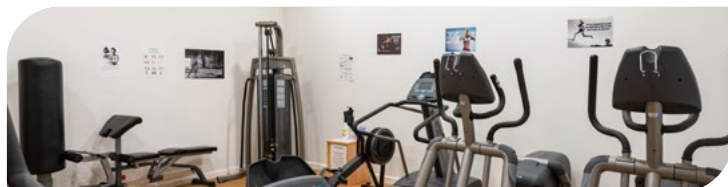
The hospital benefits from access to a Buddhist  
Temple nearby, as well as a chaplain who visits weekly



On-site  
art gallery  
showcasing  
service user  
artwork



Service users can benefit  
from access to a fully  
equipped gym and  
gym instructor



"Thank you for all you done for me. All the  
support workers who made a difference in  
my life have been there when I was down".  
- Service user

Multidisciplinary team (MDT) consisting of:

- > Clinical Psychologist
- > Assistant Psychologist
- > Consultant Psychiatrist
- > Occupational Therapist
- > Practice Nurse
- > Ward Manager
- > Specialty Doctor
- > Mental Health Nurse
- > Support Workers
- > Social Worker

"As a family we cannot thank the hospital  
team enough for helping her recovery  
journey, thank you" - family member



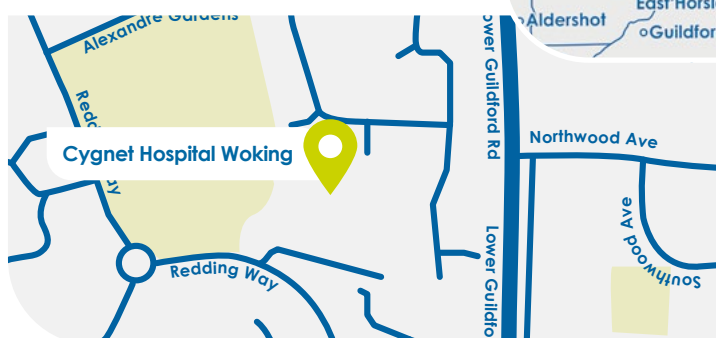
## Make a referral

- 1 Referral made to your **regional NHS Partnerships Manager**  
or 0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2 Assessment arranged and undertaken via the  
Vincent Court team
- 3 Feedback provided on whether our service can meet  
the individual's needs
- 4 Assessment pack formulated including individualised  
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 Woking  
Redding Way, Knaphill,  
Woking, Surrey GU21 2QS

Phone number  
01483 795100



CYG-1092 | Date of Preparation: 25/07/24

Please visit [cygnnetgroup.com](https://cygnnetgroup.com) for more info | Follow us on social media:

Integrity

Trust

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Respect

Care