

Improving lives together

# Low Secure Mental Health Service for Men

Saunders Ward,  
Cygnet Hospital Stevenage,  
Hertfordshire

Good



Accepting Referrals



Saunders Ward supports men in a low secure setting. The service aims to enable individuals to reintegrate into the community and is part of the male care pathway at Cygnet Hospital Stevenage, which includes our medium secure service on Peplau Ward.

Our low secure services provide intensive rehabilitation designed to support individuals to move along their care pathway in a safe environment. There is a dynamic programme of therapy and activity, to support the transition between inpatient services and the community.

We aim to help the men we support to learn how to manage their mental health and reinforce their daily living skills - preparing them for life in a community setting, or in the least restrictive environment possible.

All wards at Cygnet Hospital Stevenage work collaboratively to provide a seamless secure care pathway. Working closely with NHS case managers and commissioners, we are able to provide solutions for service users requiring step-down service options across our national network of rehabilitation and specialist services.

We offer a specific pathway designed for individuals in prison, who require a therapeutic environment to manage their mental health.

## Referrals and Transitions

We prioritise timely responses, conducting assessments within the prison and providing a prompt decision on the most appropriate pathway.

## Comprehensive Care Planning

Our assessment program is built around the individual. We utilise cognitive and neurological insights alongside therapeutic input to create a holistic understanding of their strengths and needs.



Male



18+ years



15 beds

## Our service user profile:

- > Men, 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
  - Schizo affective disorder
  - Schizophrenia
- > May be exhibiting dangerous and challenging behaviour
- > May have dual diagnosis with substance misuse

## Therapy Programme

Therapies are offered on both an individual or group format with the aim to support the men to feel safe, make sense of their difficulties, and engage in more safe and prosocial behaviours in response to feelings of distress. The therapies available include:

- > Cognitive Behavioural Therapy (CBT)
- > Compassion Focused Therapy (CFT)
- > Cognitive Analytic Therapy (CAT)
- > Radically Open Dialectical Behaviour Therapy (RO-DBT)
- > Dialectical Behaviour Therapy (DBT) informed skills training
- > Specialist trauma therapies available, include:
  - Cognitive Processing Therapy (CPT)
  - Prolonged Exposure Therapy for PTSD (PET)
  - Eye Movement Desensitization & Reprocessing (EMDR)
- > Specialist offence focused therapies available, include:
  - Substance Misuse Programme
  - Offence chain analysis and Good Lives Model work regarding violent and/or sexual offences
  - Fire-setting Intervention Programme for Mentally Disordered offenders (FIP-MO)

### Multidisciplinary (MDT) team consisting of:

- > Psychologist
- > Assistant psychologist
- > Specialty doctor
- > Occupational therapist
- > Occupational therapy assistant
- > Responsible clinician
- > Social worker
- > Clinical team leaders
- > Ward manager

### Multi-gym and outdoor football pitch



Activity / art room where individuals can create, pottery and art



Regular inter-ward competitions and events

### Hospital recording studio

A brand new state of the art, sound insulated space to record and mix music and explore musical tastes



### DBT informed skills groups

- mindfulness, interpersonal effectiveness, distress tolerance and emotional regulation

In 2025,

# 100%

of those discharged were able to step down along their care pathway, with two thirds returning to community living\*



Vocational programme enabling service user to develop a range of job specific skills with a variety of roles



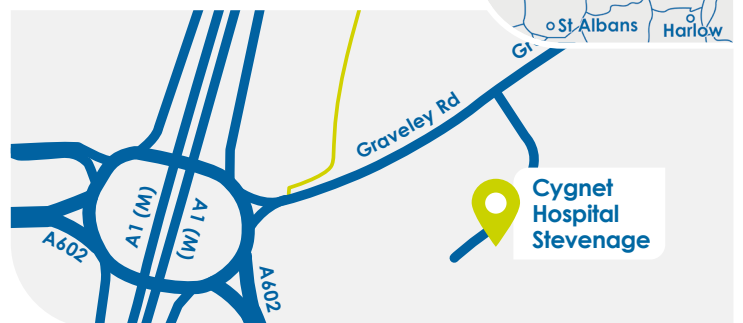
## Make a referral

- 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 our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including 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?

Cygnets Hospital Stevenage  
Graveley Road, Stevenage,  
Hertfordshire SG1 4YS

Phone number  
01438 342 942



CYG-1357 | Date of Preparation: 30/06/26

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

Integrity

Trust

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