

Improving lives together

# Specialist High Support Inpatient Rehabilitation (Level 2) Service for Men

Wyvern Ward,  
Cygnet Hospital Derby, Derbyshire

Good

Wyvern Ward at Cygnet Hospital Derby, supports men in a high support inpatient rehabilitation (level 2) environment who have severe and enduring mental illness and/or personality disorder who may have been detained under the Mental Health Act. Men often come to us following multiple placement breakdowns, failed treatment programmes or stepping down from secure settings.

The focus on Wyvern Ward is increasing individual's life skills to prepare them effectively for life outside a hospital environment. It provides a supportive environment and can be effective for those who may need a longer period of rehabilitation.

Accredited with the  
RCPsych Quality Network  
for Mental Health  
Rehabilitation Services



## Our service at a glance

On the main ward, we can support up to 16 men, including those with a history of absconding. This is due to the enhanced levels of security we can put in place, both physically and relational, and can be seen as an alternative to low secure provision.

Wyvern Court is a 3-bed apartment extension to the Wyvern Ward. This supports the care pathway at Cygnet Hospital Derby by enabling service users to experience a form of supported accommodation before they are discharged, which can help reduce re-admission rates.

Wyvern Court helps to encourage independence prior to discharge to allow consolidation of the treatment programme. The service can help men to share facilities, compromise and to learn effective budgeting and other life and interpersonal skills in a realistic environment whilst still maintaining high levels of multi-disciplinary team (MDT) input. The service we provide on Wyvern Court can be a motivating factor for others within Wyvern Ward itself, as there is more independence and it is a step closer to the community. It is also suitable for those with physical disabilities.



Now accepting referrals



Male



18+ years



16 beds  
+ 3 bed  
step-down  
apartment

### Our service user profile:

- > Men aged 18+ years
- > Detained under the Mental Health Act (1983) or informal
- > Primary diagnosis of mental illness or personality disorder with:
  - Complex comorbidities
  - Substance, drug and alcohol abuse
  - Treatment resistance
  - Behaviours that challenge
- > Aiming for a return to community or community-based care
- > History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have secondary diagnoses of mild learning disability or autism spectrum disorder
- > May have a forensic history and/or be stepping down from secure services
- > May have a history of repeated acute admissions

Activities are not just available during the week on Wyvern, we have weekend therapists who organise recreational activities. These can include walking, going to the cinema, going out for meals and playing football - real life activities that are meaningful and enjoyable. We also offer dedicated vocational hours for subjects such as e-learning, sourcing college and work placements, and completing CVs.

### Why choose Wyvern Ward?

- > A range of **specialist therapies** offered including:
  - Dialectical Behavioural Therapy
  - Drama Psychotherapy
  - Psychodynamic Psychotherapy
  - Eye Movement Desensitisation and Reprocessing (EMDR)
- > Supporting men with a history of absconding
- > Enhanced levels of security, can be seen as an alternative to low secure provision



Rated 'Good' with the CQC

3 Daily Living (ADL) kitchens to support skill development



People's council meeting held monthly



Social Hub co-produced with service users



Individuals are supported with menu planning, budgeting, shopping and cooking for themselves



"I am writing this compliment form to say thank you to X for helping me a tremendous amount by looking after me and caring for me without her support I am not sure I would be where I am mentally and feeling so much better without her."

Service User

Substance misuse workshops



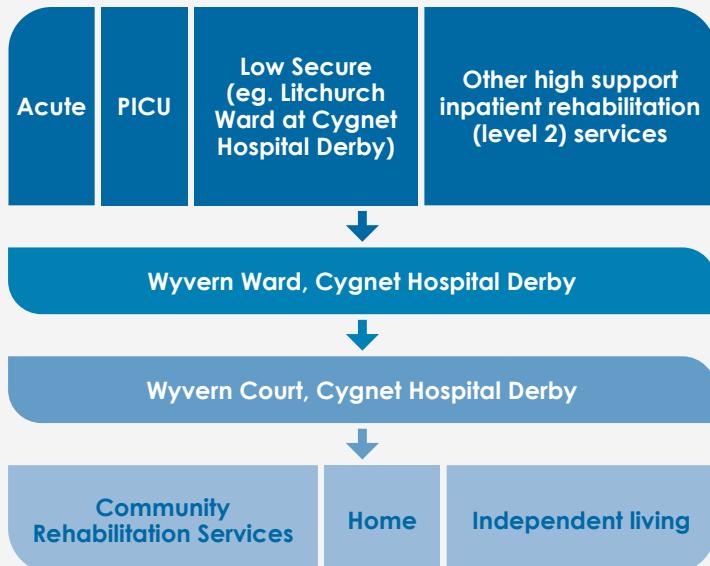
Educational Coordinator providing regular learning and vocational support including, reading & writing, GCSE's and diplomas



Regular events for family, friends and carers



## Care Pathway



### Our team:

- > Hospital Manager/Ward Manager
- > Medical Director
- > Clinical Manager
- > Responsible Clinician
- > Clinical Team Leader
- > Forensic Psychologist
- > Drama Therapist
- > Social Worker/Educational Co-ordinator
- > Assistant Psychologist
- > Occupational Therapist & Assistant
- > Weekend Activity Co-ordinator
- > Registered Nurses (RMN)
- > Independent Mental Health Advocate
- > Support Workers
- > Medical Secretary
- > Ward Clerk
- > Substance Misuse Lead
- > Music tutor



## Make a referral

- 1 Referral made to your regional business relationship manager or 0808 164 4450 / 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?

**Wyvern Ward, Cygnet Hospital Derby**  
100 City Gate, London Road,  
Derby, East Midlands DE24 8WZ

**Phone number**  
01332 365 434



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Respect

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