

Improving lives together

Tier 4 Personality Disorder Service for Women



New Dawn Ward at Cygnnet Hospital Ealing is a 9 bed specialist Tier 4 service, providing treatment, care and support for women with a personality disorder who are ready to engage in therapy.



Female



18+ years



9 beds

Our service can support women who have a diagnosis of personality disorder and who need either:

- > A short-term crisis intervention utilising a Dialectical behaviour therapy (DBT) model (i.e. emergency referrals)
- > A longer term therapeutic treatment programme utilising the principles of DBT with skills coaching and individual therapy

New Dawn Ward offers a well-structured recovery programme underpinned by the Enabling Environments ethos. We give the women in our care a safe space to address and work through trauma. Cygnnet Hospital Ealing also provides a specialist Eating Disorder service on Sunrise Ward, so service users have access to a dietician if required.

Planning for discharge starts at admission and all treatment and interventions are geared towards preparing an individual for successfully and positively leaving the service.



Scan the QR code or click here to watch a short video on New Dawn Ward

Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act, or may be informal
- > Primary diagnoses of personality disorder, schizophrenia, schizoaffective disorder, bipolar affective disorder and depression
- > May present with co-morbid presentations including:
 - Self-harm
 - Self-neglect
 - History of substance use
 - Complex needs
 - Treatment resistance
- > May have a history of trauma and/or abuse

Our therapies and activities:

- > Dialectical Behaviour Therapy (DBT), including Daily Skills Training and Skills Homework Group
- > Daily activities offered by the occupational therapy team, including self-nurturing, cooking, creative and walking groups
- > Specialist groups including body image and healthy relationships (run for a set number of weeks)
- > Music and creative therapies
- > Service users suggest ward activities through a fortnightly community meeting
- > Carers group once a month
- > Family Therapy
- > Psycho-education talks on DBT every two weeks to help service users develop their skills and assess risk

Our Model of Care

Phase One

Understanding me

Pre-Admission & Admission
Getting to know my team and support group

Phase Two

My Skills

Assessment

Understanding my needs and support required for a safe future

Phase Three

My Independence

Treatment

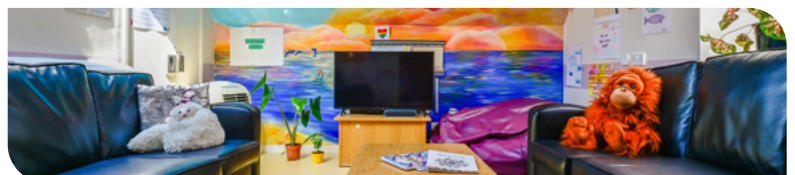
Building trust, actively engaging in treatment and re-learning new skills

Phase Four

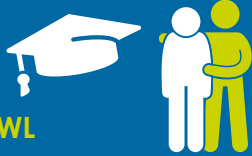
Preparing to move on

Transition & Discharge

Consolidating skills and moving on to a safe, purposeful and meaningful future



Access to external
Recovery
College at CNWL



Access to volunteering
work with local stables as
well as the ability to help
work with local charities too



Access to dietitian
from Sunrise Ward



On-site occupational
therapy kitchen



Social activities such as
shopping, access to local
coffee shops as well as
'Come Dine With Me'
every Friday



Psycho-education
talks on DBT every two
weeks to help service
users develop their
skills and assess risk



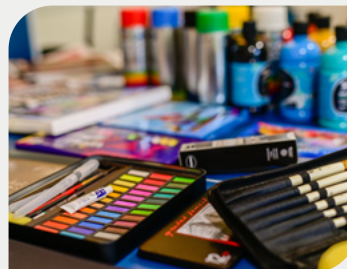
100%

of those
discharged in
2024 were able
to step down
along their
care pathway



Multi-disciplinary team (MDT) including:

- Consultant psychiatrist
- Associate specialist
- Psychologist
- Assistant psychologist
- Ward manager
- Occupational therapist
- Assistant OT
- DBT trained nurses
- Social worker
- Social worker assistant
- Art therapist
- Physical trainer



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?

Cygnets Hospital Ealing

22 Corfton Road, Ealing, London W5 2HT

Phone number

020 8891 6699



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



Integrity

Trust

Empower

Respect

Care