Improving lives together

Tier 4 Personality Disorder Service for Women

New Dawn Ward, Cygnet Hospital Beckton, London



New Dawn Ward at Cygnet Hospital Beckton is an specialist Tier 4 Personality Disorder service. Women can be admitted to New Dawn if they have a diagnosis of Emotionally Unstable Personality Disorder (EUPD), exhibit self-harming behaviour and are able to accept the need for help. People we support can be informal or detained under the Mental Health Act.

The service is structured so that there are two distinct areas in the ward aligned with the care pathway; pre-engagement and engagement. Following admission, a 12 week assessment period is undertaken to establish needs and determine the appropriate treatment pathway. Upon completion of the 12 weeks' assessment, a clear pathway will be formulated with the service user and discussed in their first CPA (Care Programme Approach) meeting.

New Dawn Ward structure is underpinned by the principles of the Enabling Environment which offers structured opportunities to give individuals the meaningful interventions to address and deal with their presentations in a safe environment. All treatment and interventions are geared towards preparing an individual for a positive discharge. The discharge planning process ensures that the service user is able to access ongoing support and advice from the local Community Mental Health Team as required.

Female | 18+ years | 18 beds

Our service user profile:

- Women, aged 18+ years
- Detained under the Mental Health Act, or may be informal
- Primary diagnosis of emotionally unstable personality disorder or borderline personality disorder
- Little diagnostic complexity
- Low acuity
- Ready to engage in treatment

Service specification:

- Primarily Dialectical Behaviour Therapy

Funding source:

- NHS England (NHSE)

Therapy programme

Dialectical Behaviour Therapy (DBT) is the main programme of therapy used on New Dawn Ward. The care pathway, in line with our personality disorder model of care, is structured in phases which include a comprehensive assessment and formulation within 4-12 weeks of admission. In order to measure psychological outcomes, a symptom checklist - Revised (SCL-r90) is completed for each person on admission, and then every three months to monitor changes in symptoms and associated distress. Psychological interventions also include psychology groups such as Art Therapy, Music Therapy, Mindfulness, DBT refresher groups, Trauma Groups, DBT Skills Groups & Homework Support groups.

DBT Informed pathway

Features two cycles of skills training, weekly 1:1 therapy, ad hoc skills coaching and 1:1 crisis management therapy. Individuals we support are motivated and show commitment to DBT will undertake the full programme.

Adapted DBT pathway

We recognise that standard DBT is not suitable for everyone. We also provide an adapted programme, based within the DBT framework but tailored to the needs of individuals particularly where the service user may have an area of cognitive difficulty that impacts their ability to engage and process.

The adapted program uses methods like conversational learning, experiential learning, and visual aids to address challenges with attention, concentration, or motivation.

This is then supported with further individualised practice on a 1:1 basis.

Our DBT programme has its own set of specific outcome measures, completed on admission to the programme, at 6 months and at 12 months:

- State – Trait Anger Expression Inventory 2 (STAXI)
- Five Factor Mindfulness Scale
- Rotter's Locus of Control Scale
- Rosenberg Self Esteem Scale
- Difficulties in Emotion Regulation Scale (DERS)

Alternative therapeutic interventions

We also provide alternative NICE Guideline recommended therapies, including Cognitive Behavioural Therapy (CBT).

Service users suggest ward activities through a fortnightly community meeting

Occupational therapy is provided on an individualised and group basis, including self-nurturing, cooking, creative and walking groups



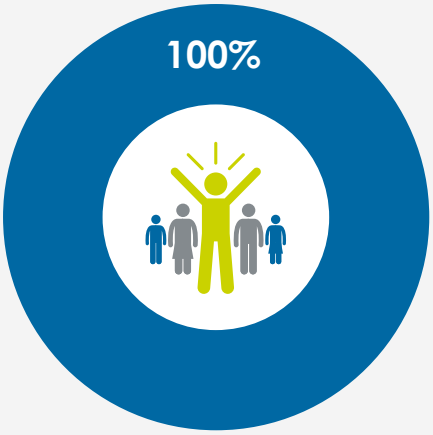


New Dawn Ward has a mindfulness practice group that runs weekly to help embed mindfulness in to the daily lives of service users

Specialist groups including body image and healthy relationships (run for a set number of weeks)



Discharge Destinations



Moved into the community or closer to home

100%

of the individuals discharged from New Dawn Ward in the last year were able to move **closer to home or step down along their care pathway**

*data from a 12 month period ending July 2025

"Thank you for cheering me on, telling me how much potential I have and to never give up."

Service User

Proud to be members of the Triangle of Care



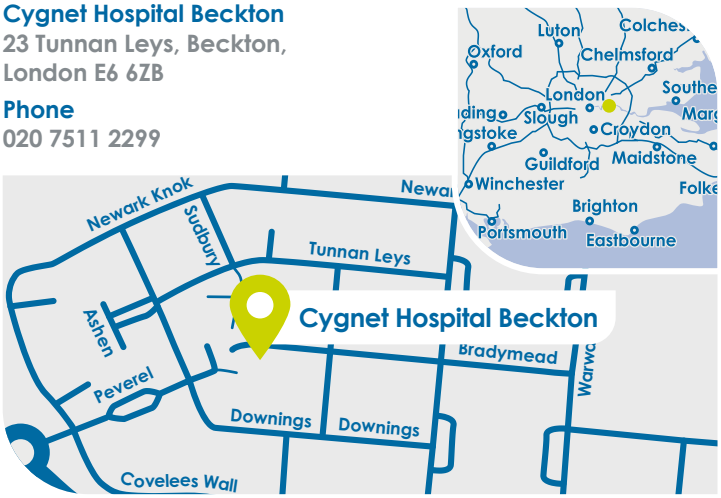
Make a referral

1. Referral made to your regional NHS Partnerships 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?

Cygnet Hospital Beckton
23 Tunnan Leys, Beckton,
London E6 6ZB

Phone
020 7511 2299



CYG-846 | Date of Preparation: 02/09/25

Please visit cygnetgroup.com for more info | Follow us on social media:

Integrity | Trust | Empower | Respect | Care