

Improving lives together

# Low Secure Mental Health Service for Women with Personality Disorder

Alvaston Ward,  
Cygnet Hospital Derby,

Good



Accepting Referrals



**Alvaston Ward is a 16 bed specialist low secure service for women with a primary diagnosis of emotionally unstable personality disorder or mental illness.**

The primary pre-cursor to an admission to Alvaston Ward is that the individual is ready to engage in a multi-disciplinary therapeutic programme. Service users may have a history of involvement in the criminal justice system or may present with significantly challenging behaviour, severe self-neglect and vulnerability.

Our team of forensic, clinical and assistant psychologists offer a variety of therapeutic interventions and personalised packages of therapy to individuals in our care.

The team provide a range of therapies delivered in group and individual settings, including Schema Therapy, psychodynamic psychotherapy, Cognitive Behavioural therapy (CBT), trauma work, substance misuse and offending behaviour interventions. In addition the team also provide Dialectical Behaviour Therapy (DBT), this programme is adapted to the needs of the individual who may have educational or learning difficulty issues, such as dyslexia, which may act as barriers to the standard DBT programme.

Alvaston Ward is accredited by the Royal College of Psychiatrists Quality Network for Forensic Mental Health Services.



Female



18+ years



16 beds



## Our service user profile:

- > Female, aged 18+ years
- > Primary diagnosis of mental illness or personality disorder
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma

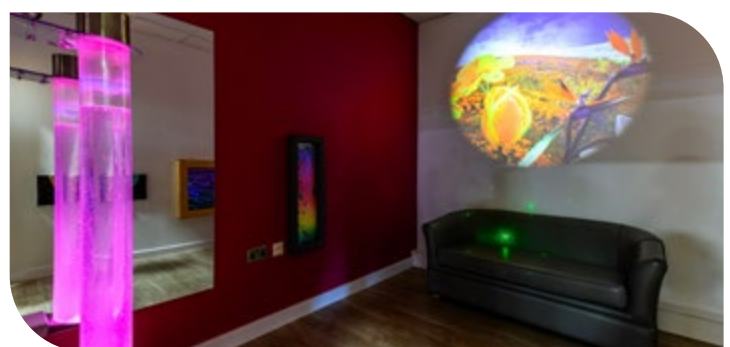
We offer a specific pathway designed for individuals in prison, who require a therapeutic environment to manage their mental health.

> 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.



**FORENSIC**  
QUALITY NETWORK  
FOR FORENSIC  
MENTAL HEALTH SERVICES



**Social Hub**  
coproduced with  
service users



**Regular events**  
for family  
and carers



"I feel I have been able to progress well currently due to the staff team who support me."

- Service user

"Thank you for all the support and the support she has had throughout this journey. Cygnet has allowed my daughter to become well and supported her to have a safe discharge. The transformation she has shown is down to the staff and we can't thank you enough."

- Family member



### Our facilities:

- > En-suite bedrooms
- > External secure courtyard
- > Fully equipped gym
- > Art room at the Recovery College
- > IT suite
- > Therapy kitchen
- > Sensory room
- > Multi-faith room
- > Variety of activity & games rooms
- > Garden with outdoor seating
- > Lounge & dining rooms



"This is the best hospital I have ever been to, it really has helped me, I'm pleased that I came here" - Service user

"Thank you for looking after my mother, she seems so happy in her eyes, you have been able to make sure she is able to leave hospital and stay out." - Family member



## Make a referral

- 1 Referral made to your **regional Business Relationship 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?

**Cygnet Hospital Derby**  
100 City Gate, London Road,  
Derby, Derbyshire, East Midlands DE24 8WZ  
**Phone number**  
01332 365 434



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