

Improving lives together

Low Secure Service for Men with Personality Disorder

Cygnet Hospital Clifton,
Nottingham



Cygnet Hospital Clifton is a 25 bed specialist low secure service for men with a personality disorder, who may also present with complex mental health needs.

The treatment model we provide at Cygnet Hospital Clifton is delivered in the context of a psychologically-informed team approach, with the individual at its centre.

We offer tailored multidisciplinary team (MDT) input including psychiatry, nursing, occupational therapy and social work to meet each individuals needs.

Our medical interventions are informed by National Institute for Health and Care Excellence (NICE) guidelines.

The hospital is set out across **two wards**;

Ancaria Ward is the admissions / initial treatment ward, which focuses on rehabilitation, in preparation for moving on into the community or supported living. Ancaria Ward offers a defined pathway through to Acorn Ward.

Acorn Ward focusses on rehabilitation, to prepare for a move into the community or supported accommodation.



Male



18+ years



25 beds across 2 wards

Our service user profile

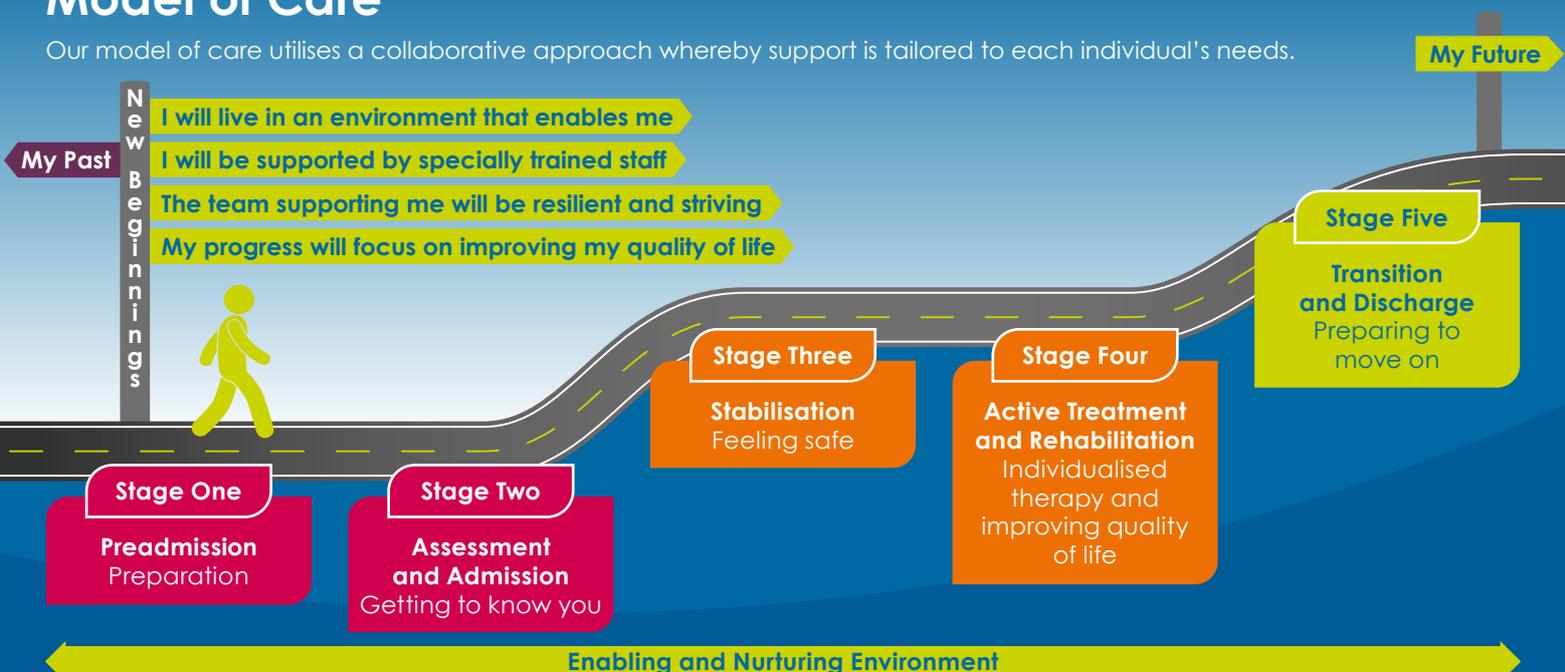
- > Men, aged 18+ years
- > Primary diagnosis of personality disorder
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma



Scan the QR code or click here to watch a short video on Cygnet Hospital Clifton

Model of Care

Our model of care utilises a collaborative approach whereby support is tailored to each individual's needs.





Average length of stay at
Cygnet Hospital Clifton is
13 months*



Regular cultural and
seasonal celebrations



EE
ENABLING
ENVIRONMENTS

Embracing The Royal College
of Psychiatrists' **'Enabling
Environment'** ethos

New social hub
co-produced with
service users



Strong links with external professionals
and community teams

*data from a 12 month period ending October 2024.



Psychology at Cygnet Hospital Clifton

The psychology department assess, treat and manage individuals with complex personality disorder and other mental health needs, who may have also experienced significant trauma. Our approach is person-centred and we can offer:

- > **Psychological assessment;** using psychometric assessments, clinical interviews and historical information
- > **Formulation;** shared and collaborative
- > **Intervention;** formulation driven and evidence based
- > **Evaluation;** we focus on the development and maintenance of a validating and empathetic positive therapeutic relationship throughout treatment

Interventions are offered across individual and group sessions and comprise of a range of evidence-based therapies, informed by:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT)
- > Cognitive Analytical Therapy (CAT)
- > Compassion Focused Therapy (CFT)

Additional interventions include:

- > Psychoeducation relating to diagnoses
- > Substance misuse treatment
- > Trauma informed treatment
- > Offence specific interventions that focus on offending behaviours such as violence, sexual offending and arson

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 Clifton
Clifton Lane, Clifton, Nottingham,
East Midlands NG11 8NB

Phone number
0115 945 7070



CYG-648 | Date of Preparation: 08/12/25

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

Integrity

Trust

Empower

Respect

Care