

Improving lives together

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

Cygnnet Storthfield House, Derbyshire

Good

Beds available  
Now taking referrals



Cygnnet Storthfield House is a 22 bed specialist high support inpatient rehabilitation (level 2) service for men in Derbyshire. The service is dedicated to providing a high quality environment for promoting long-term recovery.

From the moment an individual arrives, the team work with them to maximise positive outcomes and recovery, while focusing on discharge plans to enable the individual to move on to the least restrictive environment for them. For some individuals this could be independent living, for some who need additional support, we provide a step-down service, 15 The Sycamores. This 4 bed step-down gives the men we support an opportunity to continue on their journey, whilst still being supported by the multi-disciplinary team (MDT) at Cygnnet Storthfield House.

By combining a collaborative, multi-disciplinary approach, we deliver high-quality care using our unique 4 stage model of care for our mental health high support inpatient rehabilitation (level 2) services.



Male



18+ years



22 beds

## Our service user profile:

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

## Our service at a glance

The service has 22 beds in total of which 9 are located on the ground floor suitable for individuals with some mobility issues. Located in South Normanton, two miles away from the busy Alfreton town centre, service users have access to all of the local amenities to ensure full integration into community life. The facilities available in the area include a gym, library and leisure centres, plus the usual shops, cafés, supermarkets and great public transport links. There is a church in the local area and other places of worship are available in the nearby town of Mansfield and city of Nottingham, which our service users are supported to access.

At Cygnnet Storthfield House, our services offer more than just specialist treatments. We value service users as individuals, help enhance their interests and abilities, engage with personal hobbies, past times and vocational goals.

Our dedicated clinical team provides a full multi-disciplinary programme which includes input from: nursing, occupational therapy, psychology and psychiatry; offering service users the support and opportunities they require in order to stabilise their condition and re-integrate back into the community as independently as personally possible.

Our interventions are adapted according to individual service user needs in order to maximise their engagement and ensure that progress is being made. Vocational support is provided to assist our service users to prepare for vocational activities. This may include therapeutic jobs at site, voluntary work and paid employment. Furthermore, our service users are supported to generate their own CV's, apply for jobs, practice and attend interviews; alongside developing other skills necessary within in a work environment.

Here at Cygnnet Storthfield House, we are committed to working in collaboration with service users first and foremost, family and carers and external professionals in order to support service users to achieve their goals. Our aim is to support service users to stop requiring revolving door cycle admissions and be discharged into a community based setting which is the least restrictive in meeting their individual needs.



★ ★ ★ ★ ★  
 Rated 'Good' by the CQC



Weekly mindfulness session ran by the psychologist



Activities of daily living (ADL) kitchen to support skill development



Onsite vegetable patch allowing individuals the opportunity to grow their own fruit and vegetables



People's Council meetings are held monthly to discuss improvements identified within the service



Consistently 100% of individuals achieve 25 hours of activities each week

Truly holistic approach to assessing, planning and delivering care and treatment



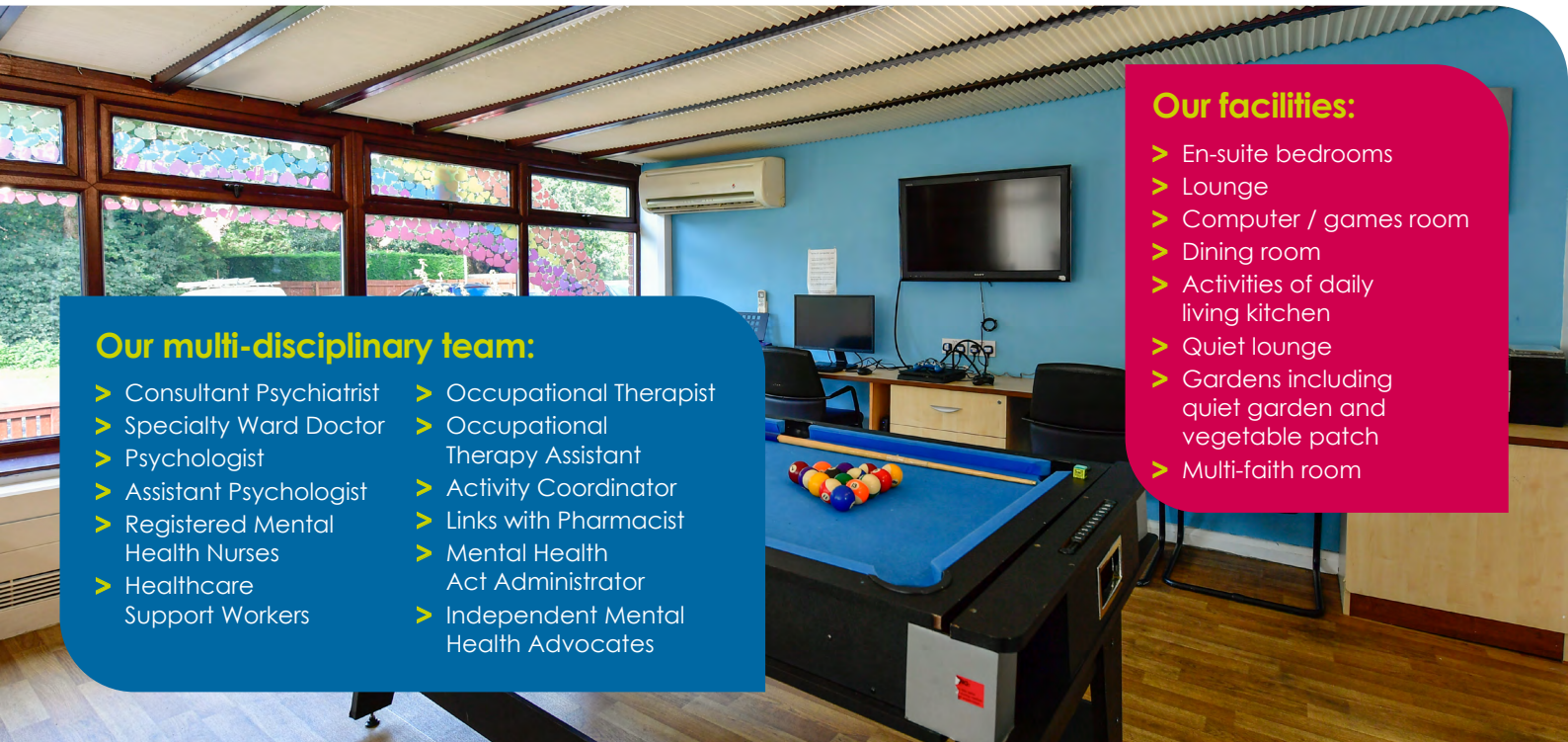
9 ground floor bedrooms suitable for individuals with mobility issues



English and Maths tutor visit the service each week



Service User of the Month Award - voted for by service users



### Our multi-disciplinary team:

- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologist
- > Assistant Psychologist
- > Registered Mental Health Nurses
- > Healthcare Support Workers
- > Occupational Therapist
- > Occupational Therapy Assistant
- > Activity Coordinator
- > Links with Pharmacist
- > Mental Health Act Administrator
- > Independent Mental Health Advocates

### Our facilities:

- > En-suite bedrooms
- > Lounge
- > Computer / games room
- > Dining room
- > Activities of daily living kitchen
- > Quiet lounge
- > Gardens including quiet garden and vegetable patch
- > Multi-faith room

**i** For more information or to make a referral please call 0808 164 4450 or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

### Our referral process:

- 1 Referral made to Cygnet referrals team via 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 Storthfield House**  
 Storth Lane, South Normanton,  
 Alfreton, Derbyshire DE55 3AA

**Phone number**  
 01773 515 600



CYG-804 | Date of Preparation: 26/02/24

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