

# Low Secure Mental Health Service for Women

Oaktree Ward,  
Cygnet Hospital Woking, Surrey

Accepting Referrals



Oaktree Ward is our female low secure service, where women can receive assessment and treatment for mental illness; we can also work with women who need more intensive rehabilitation. We provide care for individuals who may have complex needs, co-morbidity and those who may experience behaviours that challenge.

Our teams across our secure services support a focus on recovery, reducing the time individuals have to spend on the ward. Minimising length of stay is a key focus and our secure wards benefit from being part of our integrated pathways of care, which aim to smooth transitions and shorten lengths of stay. These pathways include our on-site female PICU, Acorn Ward and our acute service for women, Picasso Ward, and our neighbouring male mental health rehabilitation service, Cygnet Lodge Woking.



Female



18+ years



11 beds

## Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > Presenting active or potential risk to others
- > Have a diagnosis of:
  - Severe and enduring mental health problems
  - Schizoaffective disorder
  - Psychotic disorder
  - Schizophrenia
  - Personality disorder
- > May be exhibiting behaviours that challenge
- > May have dual diagnosis with substance misuse

## Prison Transfer Programme

- > We also offer a specialised three month prison transfer programme, for assessment of prisoners whose mental health needs cannot be met in the prison environment
- > **Referrals and assessment:** We provide a rapid response to referrals, assessment within the prison environment, quick decision on suitability for transfer within five working days and liaison with MOJ over transfer warrants
- > **Comprehensive inpatient assessment:** Twelve week assessment programme including full diagnostic and risk formulations, IQ and neurological assessments, treatment plan and prison pathways if necessary

## Treatment

Oaktree Ward provides three core treatment phases:

- > Assessment in safe and supportive environment
- > Treatment and engagement
- > Recovery and rehabilitation

The final pre-discharge stage focuses on recovery and rehabilitation work and includes daily living skills, offence related work and further psychological interventions. In this phase service users make significant use of community placements and services.

We use a model of treatment based on the principles of the recovery model of care including psychological therapies, occupational therapy, social therapy, physical healthcare and medication. Risk assessment tools are used and a clinical formulation is developed to inform the management plans for each patient.

Our Psychology Department undertakes specialist psychological assessments, including personality, risk and neuropsychological assessments. They also provide individual, group and family interventions. A range of evidencebased therapeutic approaches are offered, including:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT),
- > Eye Movement Desensitization and Reprocessing (EMDR)
- > Acceptance and commitment,
- > Motivational interviewing,
- > Solution focused approaches and family work.

### Multidisciplinary team (MDT) consisting of:

- > Clinical Psychologist
- > Assistant Psychologist
- > Consultant Psychiatrist
- > Occupational Therapist
- > Practice Nurse
- > Ward Manager
- > Specialty Doctor
- > Mental Health Nurse
- > Support Workers
- > Social Worker

### Service users can take part in a range of activities including:

- > Swimming sessions
- > Walking groups
- > Cycling groups



Access to a local GP who visits weekly



Access to a music studio



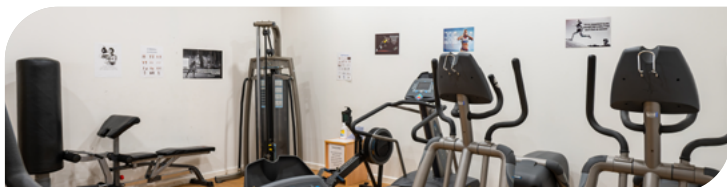
Service users can benefit from access to a fully equipped gym and gym instructor



En-suite bedrooms



The hospital benefits from access to a Buddhist Temple nearby, as well as a chaplain who visits weekly



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

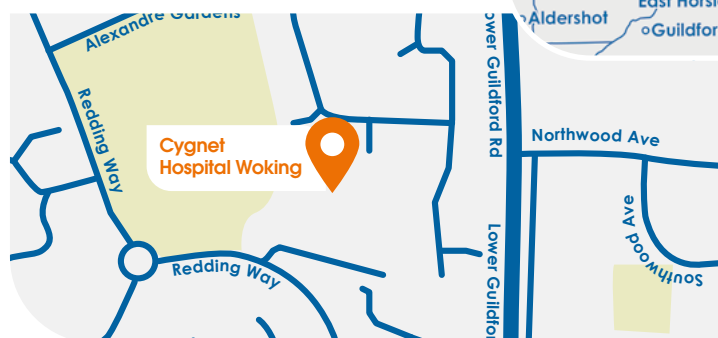
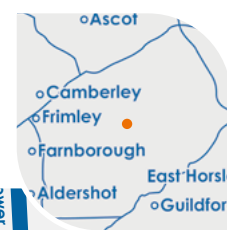
#### Our referral process:

- 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 Hospital Woking  
Redding Way, Knaphill, Woking, Surrey GU21 2QS

Phone number  
01483 795100



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