

Low Secure Mental Health Service for Men

Meridian Unit at
Cygnet Hospital Blackheath, London

Good

Beds
available
Now taking
referrals



Meridian Unit at Cygnet Hospital Blackheath is a low secure mental health service which can support up to 16 men. The unit aims to balance the needs of therapy and security whilst helping prepare service users to lead full and independent lives in the community.

Discharge is discussed from the very beginning; service users are asked what they want to achieve from being at Meridian Unit and everyone works together to develop a plan that can help achieve these key goals.

Our pathway is enhanced by access to our nearby community-focused mental health rehabilitation facility, Cygnet Lodge Lewisham, which enables us to provide an integrated care pathway to reduce lengths of stay and enhance the outcome for service users.

Service users can be supported in attending educational courses, and work in local voluntary employment. In this respect the location of the hospital is ideal, being in urban London's Zone 2, near Greenwich and Deptford. It is also close to local parks and colleges.



Male



18+ years



16 beds

The Psychological therapies team at Cygnet Hospital Blackheath provide a comprehensive range of assessments and interventions that simultaneously address mental health issues and facilitate management of risk. **Our pathway has three components:**

- 1 Assessment and Stabilisation
- 2 Exploration and Change
- 3 Recovery and Maintenance

Our service user profile

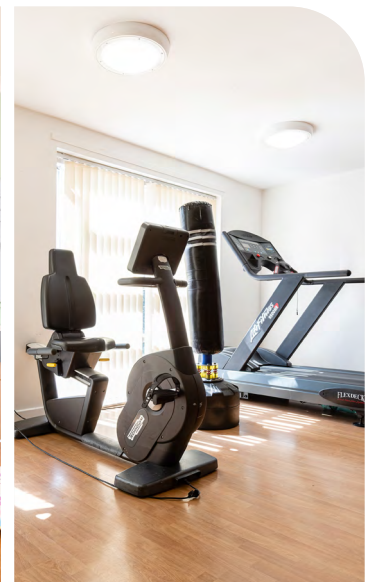
- > Men, aged 18+ years
- > Primary diagnosis of mental illness
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma

Interventions focused on the individual's mental health and on risk / offence are offered, including:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT) Based Coping Skills
- > Offence Chain Analysis
- > Good Lives Model
- > Substance Use Treatment Programme (SUTP)
- > Life Minus Violence – Enhanced (LMV-E)
- > Life Minus Violence – Harmful Sexual Behaviour (LMV-HSB)

I can walk, talk and have a good rapport with staff who helped me not to be anxious.

Service user



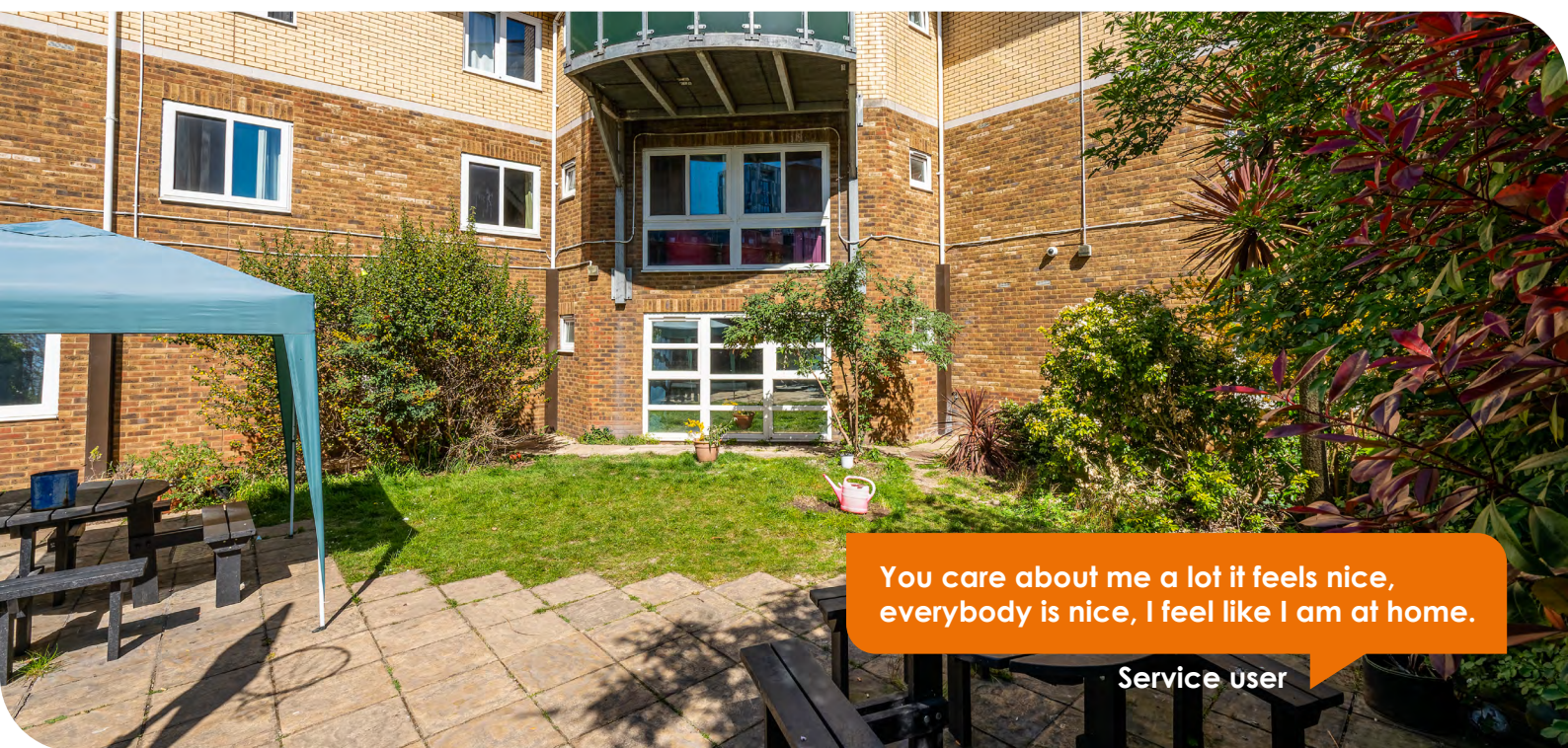
Global Assessment of Progress (GAP)

The Global Assessment of Progress (GAP) is our specialist outcome tool used within Meridian Unit at Cygnet Hospital Blackheath. The tool allows us to measure an individual's progress throughout their placement, plot the positive developments, setbacks and changes in wellbeing but also identify the warning signs of any possible deterioration, whilst informing care planning and being transparent about future risks.



Individuals in our care had an average GAP score increase of 31% on discharge

*Data and graphs relate to discharges in May 2021 - Nov 2022.



For more information or to make a referral please call 0808 164 4450 or email chcl.referrals@nhs.net

Our referral process:

- 1 Referral made to Cygnet referrals team via 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 Blackheath
80-82 Blackheath Hill,
London SE10 8AD

Phone number
020 8694 2111



CYG-658 | Date of Preparation: 02/11/22

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