

Highly Specialised Personality Disorder Service for Women

Acer Lower
Cygnet Acer Clinic, Chesterfield

Good



Acer Lower is Cygnet Acer Clinic's 14 bed highly specialised service providing assessment, treatment and rehabilitation for women with personality disorder and complex needs.



Female



18+ years



14 beds



Scan the QR code or [click here](#) to watch a short video on Cygnet Acer Clinic

Our service user profile:

- > Female, aged 18+ years
- > Complex mental health needs, challenging behaviours and a primary or secondary diagnosis of personality disorder
- > Subject to a section of the Mental Health Act
- > May have a history of substance misuse or dependency
- > May have experienced regular placement breakdowns
- > Sustained relational and social functioning problems
- > Forensic or non-forensic history
- > Capacity to engage
- > Referrals accepted from Tiers 1-4

Rehabilitation is provided in a therapeutic setting, with a level of security matched to individual needs. The aim of the treatment, rehabilitation and re-socialisation programme is to prepare the individuals in our care either for transfer to an environment of lesser security, or for a life in the community.

Our dedicated clinical teams provide a multi-disciplinary approach to rehabilitation. This includes an occupational therapist, consultant psychiatrist, hospital manager, clinical manager, psychologist, assistant psychologist, occupational therapist, responsible clinician, specialty doctor, ward manager, OT support and team leaders.

Rehabilitation process:

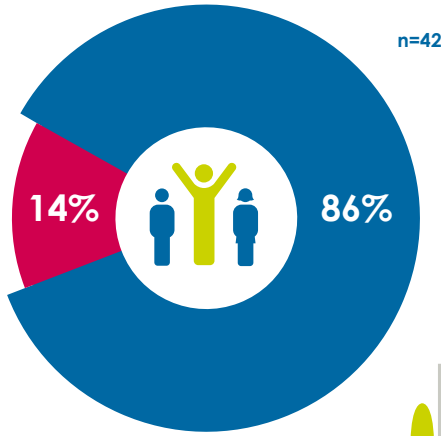
- > START assessments
- > Integrated approach combining different models of therapy (Cognitive Behavioural Therapy/Dialectical Behavioural Therapy)
- > Pre-engagement group
- > Personality Disorder psychoeducation
- > Mindfulness
- > Systems Training for Emotional Predictability and Problem Solving (STEPPS)
- > Wellness Recovery Action Plan (WRAP) and 'My Safety Plan'
- > Comprehensive community links to support vocational/educational, self-care and leisure opportunities

"Thank you to everybody for helping me on my amazing journey, though my ups and downs. Everyone has played a part in helping me get better for which I am extremely grateful for. I am going to miss everyone in their own way. I have enjoyed having a laugh and a joke which has always made me smile. I would like to say thank you and I will remember this for the rest of my life and everyone at Acer." **Former Service User**

"Well done Team Acer, you have been amazing. The work you have done with our client will help her in her next stage of her journey. You should feel very proud."

Commissioner

Discharge Destinations & Average Length of Stay



86% moved downstream into the community or closer to home



14% moved upstream into a more secure setting

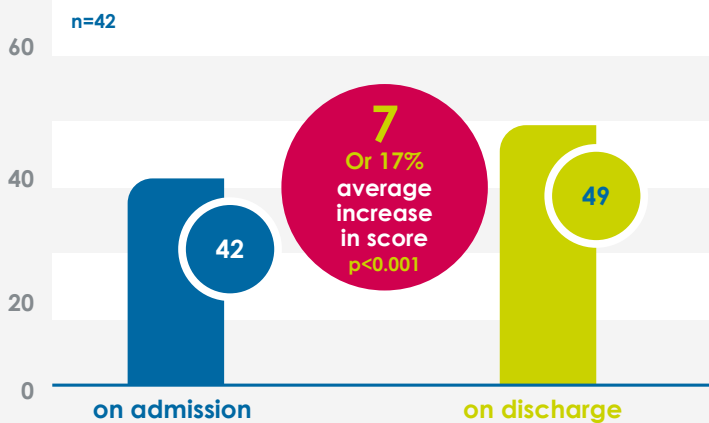
Average length of stay
14 months



86% of the individuals discharged from Cygnet Acer Clinic in 2019 and 2020 showed an improvement in their mental health and were able to move closer to home or step down along their care pathway into the community

Global Assessment of Progress (GAP)

The Global Assessment of Progress (GAP) is our specialist outcome tool used within Cygnet Acer Clinic. 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 17% on discharge

*Data and graphs relate to 12 months of data

Daily Living Skills Observation Scale (DLSOS)

DLSOS tracks functionality and the ability to successfully live an independent life in the community.



Individuals in our care had an average DLSOS score increase of 30% on discharge

*Data and graphs relate to 12 months of data



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 Acer Clinic
Worksop Rd, Mastin Moor,
Chesterfield, Derbyshire S43 3DN

Phone number
01246 386 090



CYG-763 | Date of Preparation: 13/07/21

Please visit cygnethealth.co.uk for more info | Follow us on social media: