



Your guide to **Cygnet Maple House**

Personality Disorder

Cygnets Maple House

Nottinghamshire

Registered address: Cygnets Maple House
93 Kneeton Road,
East Bridgford,
Nottinghamshire,
NG13 8PJ

Cygnets Maple House is In Nottinghamshire.
Nottinghamshire is in the East Midlands.

The people we care
for in Cygnets Maple
House are:

- Female
- 18+





Up to 16 people can stay in Cygnet Maple House. We aim to make your stay here as calm and safe as possible. Staff will be supportive and friendly.

People we support

You must be
18 years old
and above

may have
complex mental
health needs

may have a
criminal criminal
record

may have
challenging
behaviours

may have a
history of trauma

may have a history
of substance abuse

have been
diagnosed with
a personality
disorder

may find
relationships difficult

may have been
admitted under the
Mental Health Act



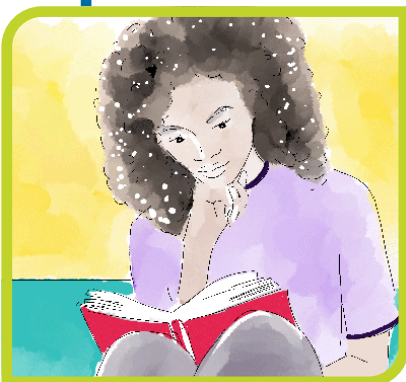
Therapies at Cygnet Maple House



Our staff are trained to help you develop and learn. We focus on a person centred approach to your treatment, this means we will focus your care on your needs, wants and values. Some of the approaches we use are:



- Dialectical Behaviour Therapy (DBT)
- Cognitive Behavioural Therapy (CBT)
- Compassion Focused Therapy (CFT)
- Schema Focused Therapy
- Eye Movement Desensitisation and Reprocessing (EMDR)



Our Model of Care

This Model of Care shows how we will support you during different stages of your recovery.

Phase 1

Pre-admission

Preparing for your arrival to Cygnet Maple House

Phase 2

Understanding me

Getting to know your team and support group.

Phase 3

Stabilisation

Helping you to feel safe and settled.

Phase 4

Active Treatment

Engaging in treatment and rehabilitation, improving quality of life.

Phase 5

Preparing to move on

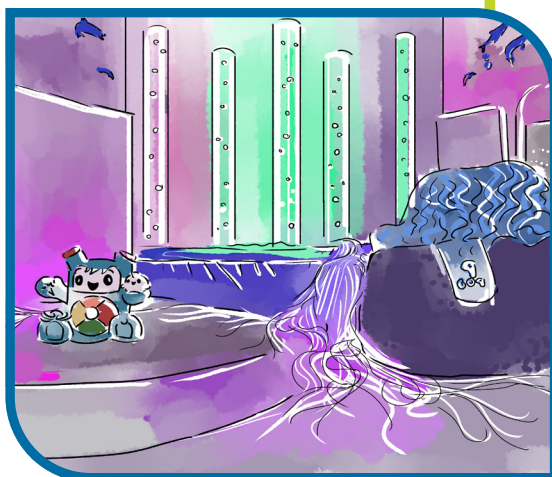
Moving on to a safe and meaningful future.

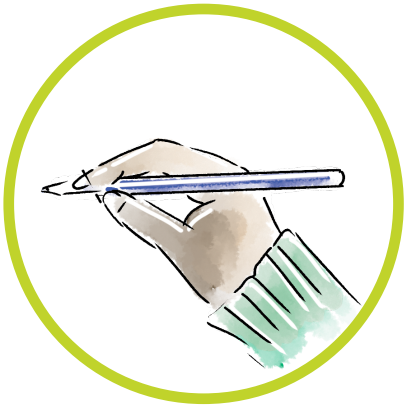


Our facilities

We will try to make your stay with us as pleasant as possible. Some of the facilities available to you are:

- en-suite bedrooms
- dining room
- therapy kitchen
- laundry room
- communal lounge/TV room
- extensive garden
- sensory room
- treatment room





If you have any questions about this booklet you can ask a member of staff.

You can write notes here:

Address

Cygnat

4 Millbank, 3rd Floor,

Westminster,

London,

SW1P 3JA

Telephone

0207 123 5706

Website

www.cygnatgroup.com

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