

# Low Secure Mental Health Service for Women with Personality Disorder

Alvaston Ward,  
Cygnet Hospital Derby,  
Derbyshire

Good



Accepting Referrals



Alvaston Ward is a 15 bed specialist low secure service for women with a primary diagnosis of emotionally unstable personality disorder and for those with a mental illness that may or may not be present with emotionally unstable personality disorder.

The primary pre-cursor to an admission to Alvaston Ward is that the individual is ready to engage in a therapeutic programme. Service users may have a history of involvement in the criminal justice system or may present with significantly challenging behaviour, severe self-neglect and vulnerability.

The multi-disciplinary team proactively use Dialectical Behaviour Therapy (DBT) and informed Dialectical Behaviour Therapy and Schema Therapy. The DBT programme is adapted to the needs of the service users and is tailored for individuals who may have educational or learning difficulty issues, such as dyslexia, which may act as barriers to the standard DBT programme.

## Psychological Therapy

Our team of forensic, clinical and assistant psychologists offer a variety of therapeutic interventions and personalised packages of therapy to the service users.

The team provide a range of therapies delivered in group and individual settings, including DBT, Schema Therapy, psychodynamic psychotherapy, CBT, trauma work, substance misuse and offending behaviour interventions.



Female



18+ 18+ years



15 beds



## Our service user profile:

- > Female, aged 18+ years
- > Primary diagnosis of mental illness or personality disorder
- > 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

## Prison Transfer Programme

We also offer a specialised three month prison transfer programme, for stabilisation and 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, stabilisation, treatment plan



## Our facilities:

- > En-suite bedrooms
- > External secure courtyard
- > Fully equipped gym
- > Art room at the Recovery College
- > IT suite
- > Therapy kitchen
- > Sensory room
- > Multi-faith room
- > Variety of activity & games rooms
- > Garden with outdoor seating
- > Lounge & dining rooms

# Service user survey results

Each service user at Alvaston Ward is given the opportunity to complete an individual satisfaction survey.

**100%** of individuals have always felt safe during their time in hospital



**100%** of service users think staff are caring and supportive



**100%** of individuals think there are enough staff to support them



**100%** of service users are aware of how to make a complaint if they have one



**100%** of service users feel the care and treatment they are receiving is helping them progress towards discharge

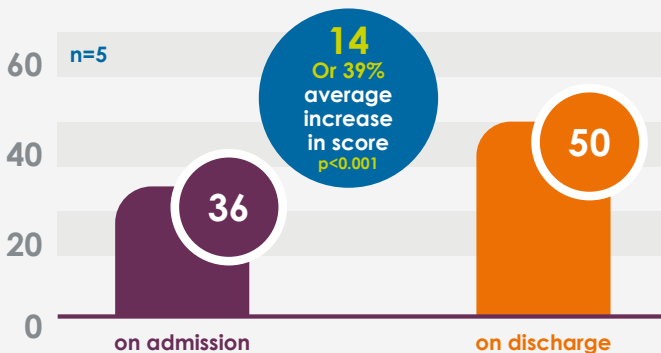


**"Cygnet Hospital Derby has been a life changing experience. It has offered me so much which has allowed me to develop skills, insight, confidence and much more. I just wish there were more hospitals like this one. I now feel empowered and ready to live my life."** Service user, Alvaston Ward

\*Results taken from 2022 service user surveys.

## Global Assessment of Progress (GAP)

The Global Assessment of Progress (GAP) is our specialist outcome tool used on Alvaston Ward. 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.

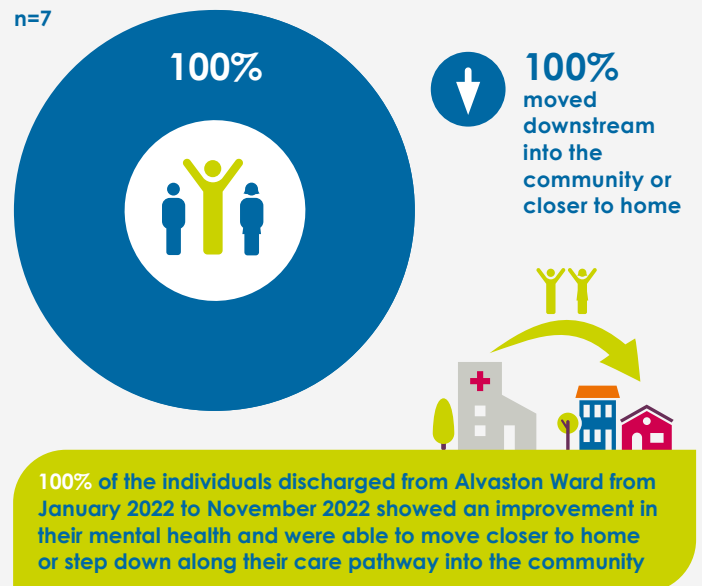


Individuals in our care had an average GAP score increase of 39% on discharge

\*Data and graphs relate to data from Jan 2022 - Nov 22.

## Discharge Destinations

n=7



**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 Hospital Derby**  
 100 City Gate, London Road,  
 Derby, Derbyshire, East Midlands DE24 8WZ  
**Phone number**  
 01332 365 434



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