

Improving lives together

Personality Disorder Intensive Support Service for Women

Upping Ward,
Cygnnet Hospital Beckton, London

Now
taking
referrals

Upping Ward is our Intensive Support Service for women with a diagnosis of personality disorder and complex mental health needs. The service pathway provides a robust programme of care for women with challenging, high risk behaviour who experience difficulties engaging with therapeutic programmes. We aim to meet the needs of these women, who may have had previous inappropriate placements, in a less restrictive setting.

The care pathway is able to support and treat women presenting with complex needs, including significant self-harm and emotionally unstable personality disorder (EUPD). The enabling environment and staffing skills provide a robust and safe setting. The care pathway uses an integrated programme structure to enable focus on positive pre-engagement work through a wide range of approaches. The primary aim of the service is to prepare service users with the required skills to move to a Tier 4 pathway or step-down service, or discharge to community service or independent living as appropriate.



Female



18+ years



15 beds

Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act
- > Primary diagnosis of personality disorder
- > Presenting with complex high risk needs including:
 - Significant self-harm
 - Emotionally unstable personality disorder (EUPD)
- > Demonstrating difficulties with engagement or motivation with therapeutic programmes
- > May have a history of repeated hospital admissions or previous placement breakdown



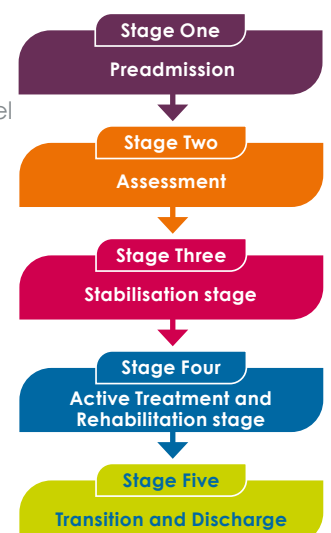
Our therapeutic approaches and assessments:

- > Cognitive Behavioural Therapy (CBT)
- > Occupational therapy assessment and interventions
- > Psychological formulations
- > Music therapy
- > Art therapy
- > Mindfulness
- > Sensory assessments
- > Complementary therapies including reiki and aromatherapy
- > Wellness Recovery Action Plan (WRAP)

Our Psychologically Informed care model

Our psychological model is underpinned by a systemic framework, applying an eclectic approach that combines interventions from different therapeutic models and delivers them in an integrated way. This model is driven by a comprehensive complex formulation and an individually tailored psychological treatment plan. The model is underpinned by the relevant theoretical approach to meet the variable and complex needs of the service user.

The care model embraces a wide range of interventions including CBT and mindfulness. These are delivered within our 5 stage model of care alongside alternative therapies such as art and music therapy; offered to respond to affective, behavioural, cognitive, physiological and spiritual needs. The programme is flexible, facilitating progression through engagement and assessment, to transition and discharge.



Our facilities:

- > Communal living room as well as dining room
- > Outdoor space
- > Therapy kitchen
- > Quiet room
- > Internal gym
- > Sensory room
- > Art therapy room

Off ward activity room for service users to meet individuals from other wards. Groups Activities take place such as planting, painting, meeting animals and music group



Access to on-site Recovery College with a pathway to attending local external community college



On-site vocational activities - assisting with cooking and gardening work



Community activities such as bowling, swimming and shopping

Off-site local 'sports for confidence' weekly group set up for service users including activities such as volleyball, aerobics and tennis



Our multi-disciplinary team (MDT):

- > Psychiatrist
- > Psychologist
- > Ward doctor
- > Hospital manager
- > Ward manager
- > Occupational therapist
- > Social worker
- > Ward administrator
- > Registered mental health nurse
- > Physical health nurse
- > Activities coordinator

Service user surveys results

Each service user at Cygnet Hospital Beckton is given the opportunity to complete an individual satisfaction survey.

100%

of service users have confidence and trust in the nursing staff



100%

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



100%

of service users think the ward staff are caring and supportive



100%

of service users feel enough care is taken of any physical health problems that they may have, e.g. diabetes, asthma, or heart disease



*Results taken from April 2020 - March 2021



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 Beckton
23 Tunnan Leys, Beckton,
London E6 6ZB

Phone
020 7511 2299



CYG-832 | Date of Preparation: 29/08/23

Please visit cygnetgroup.com for more info | Follow us on social media:

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Respect

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