

Improving lives together

Low Secure Mental Health Service for Women

Tiffany Ward,
Cygnets Hospital Stevenage,
Hertfordshire

Good



Accepting
Referrals



Tiffany Ward supports women in a low secure environment, providing specialist assessment, treatment and, if needed, intensive rehabilitation from a comprehensive, person-centred and trauma-informed approach. Programmes of support are designed to help individuals progress along their care pathway in a safe environment that supports diversity.

Our low secure services provide intensive rehabilitation designed to empower individuals to move along their care pathway in a supportive and safe environment. There is a dynamic, progressive, and evidence-based programme of therapy and activity, designed to provide individualised support for the transition between inpatient services and the community.

The aim of our secure services is to help individuals learn how to manage their mental health and reinforce their daily living skills, to prepare them for life in a community setting, or in the least restrictive environment possible.

All wards at Cygnets Hospital Stevenage work closely together to provide a seamless secure care pathway for men and women. Working closely with NHS case managers and commissioners, we are able to provide solutions for service users requiring step-down service options across our national network of rehabilitation and specialist services.



Female



18+ years



15 beds

Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > Presenting active or potential risk to others
- > Have a diagnosis of:
 - Severe and enduring mental health problems
 - Psychotic disorder
 - Schizoaffective disorder
 - Schizophrenia
 - Personality disorder
- > May be exhibiting dangerous and challenging behaviour
- > May have dual diagnosis with substance misuse

Prison Transfer Programme

We offer a specialised three month prison transfer programme, for 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, cognitive and neurological assessments, treatment plan and prison pathways if necessary

Therapy Programme

We offer a range of therapies, curated to encourage co-authored and co-produced treatment plans to support individual needs and preferences. Therapies are offered on both an individual or group format with the aim to provide an environment for the women to feel safe, make sense of their difficulties, and engage in more safe and prosocial behaviours in response to feelings of distress. The therapies available include:

- > Cognitive Behavioural Therapy (CBT)
- > CBT for Psychosis
- > Mentalisation Based Therapy (MBT)
- > Dialectical Behaviour Therapy (DBT) informed skills training

> Specialist trauma and offence-focused therapies available, including;

- Family Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Substance Misuse Programme
- Offence chain analysis and Good Lives Model work regarding violent and/or sexual offences
- Fire-setting Intervention Programme for Mentally Disordered offenders (FIP-MO)

In addition to direct therapy, Tiffany Ward also emphasizes a culture of choice, empowerment, diversity, care and compassion, with efforts to recognise individual strengths to promote active participation in their recovery. The MDT focusses on trauma-informed care and recognises how adverse childhood experience and trauma may have compromise a service user's sense of safety and, actively works to provide the best therapeutic climate for change. Positive behavioural support (PBS) plans are co-authored with service users to ensure that the support offered is person-centred, consistent, proactive and responsive.



Multidisciplinary (MDT) team consisting of:

- > Psychologist
- > Assistant psychologist
- > Specialty doctor
- > Occupational therapist
- > OT assistant
- > Responsible clinician
- > Social worker
- > Clinical team leaders
- > Ward manager

Activity/art room



Experienced psychology team

working from an evidence based and trauma informed focus to meet best practice standards.



DBT informed skills groups

- mindfulness, interpersonal effectiveness, distress tolerance and emotional regulation



Hospital recording studio. A brand new state of the art, sound insulated space to record and mix music and explore musical tastes



Full time tutor offering bespoke classes and qualifications through our accredited Recovery College



Fully equipped gym



En-suite bedrooms



On ward sensory room

A dedicated quiet and safe space for the service users, designed by service users, to maximise therapeutic effect



Vocational programme enabling service to develop a range of job specific skills with a variety of roles



Two female consultants

with a huge breadth and depth of experience working with women in secure settings



Fitness instructor visits 3 times a week and service users also have use of local facilities such as swimming



Service user survey results

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

100%

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



100%

of service users feel the staff are caring and supportive



100%

of individuals feel the care and treatment they are receiving is helping them progress towards discharge



100%

of service users have always felt safe during their time in hospital



*Results taken from 2022 service user surveys.



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

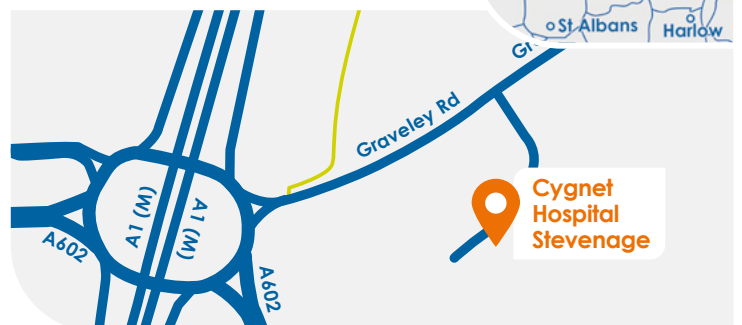
Our referral process:

- 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 Stevenage
Graveley Road, Stevenage,
Hertfordshire SG1 4YS

Phone number
01438 342 942



CYG-901 | Date of Preparation: 18/09/23

Please visit [cygnetgroup.com](https://www.cygnetgroup.com) for more info | Follow us on social media:



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