



*Improving lives together*

# Eating Disorder Services

> **Adult Eating Disorder**



# Welcome

Cygnets was established in 1988. Since then we have developed a wide range of health care services for young people and adults with mental health needs, acquired brain injuries, eating disorders, autism and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the individuals in our care.



**Our expert and highly dedicated health care team of 7740 employees empower 2000 individuals across 83 services to consistently make a positive difference to their lives.**



Cygnets Health Care is part of the Cygnets Group which also provides social care services for adults in England, Scotland and Wales.



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- Our Model of Care
- Our myPath Care Model
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## Introduction

**C**ygnet Health Care provides highly specialised eating disorder services for women aged over 18, including those with extremely low BMIs. Care and support is provided by comprehensive multi-disciplinary teams in environments that are highly structured, while also cheerful and non-institutional.

We aim to support service users in their recovery and personal transformation towards a successful discharge back home to community setting or supported living environment.

Our services offer a range of therapies, including psychodynamic, occupational, family, art drama and complementary therapies, as well as Dialectical Behaviour Therapy (DBT). We believe strongly in service user centred, individualised care, and involve each individual in shaping their own treatment.

## Our service user profile:

- Primary diagnosis of eating disorder
- May be detained under the Mental Health Act or informal
- Dual diagnosis of Autism Spectrum Disorder (ASD)
- Extremely low BMI
- May have co-morbid presentations including:
  - Self-harm
  - Self-neglect
  - History of substance misuse
  - Complex behaviours that challenge
  - Other associated complex needs
- May have a history of trauma and/or abuse
- May require nasogastric feeding
- Able to accept men where appropriate



18+ years



Female



Mental Health Act Status:  
Detained or Informal



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## Our services at a glance:

- > Nasogastric feeding
- > High staffing ratios
- > Full medical monitoring
- > Full therapeutic programmes
- > Family therapy and carers assessments and support
- > Vocational activities

## Our multi-disciplinary teams:

- > Hospital manager
- > Clinical manager
- > Ward manager
- > Consultant psychiatrist
- > Specialty ward doctor
- > Psychologist
- > Psychology assistant
- > Occupational therapist
- > Occupational therapy assistant
- > Social worker
- > Nurses (RGN & RMN)
- > Dietitian
- > Music facilitator
- > Art therapist
- > Support workers

## Our outcome measurement tools:

Our comprehensive range of outcome tools and measures evaluate progress to ensure a holistic view of recovery. These include:

- > BMI
- > Eating Disorder Examination Questionnaire
- > Vancouver Obsessional Compulsive Inventory (VOCI)
- > Wender Utah Rating Scale (ADHD screening)
- > GAP
- > START
- > HoNOS
- > MOPPs
- > SCID V / SCID PD



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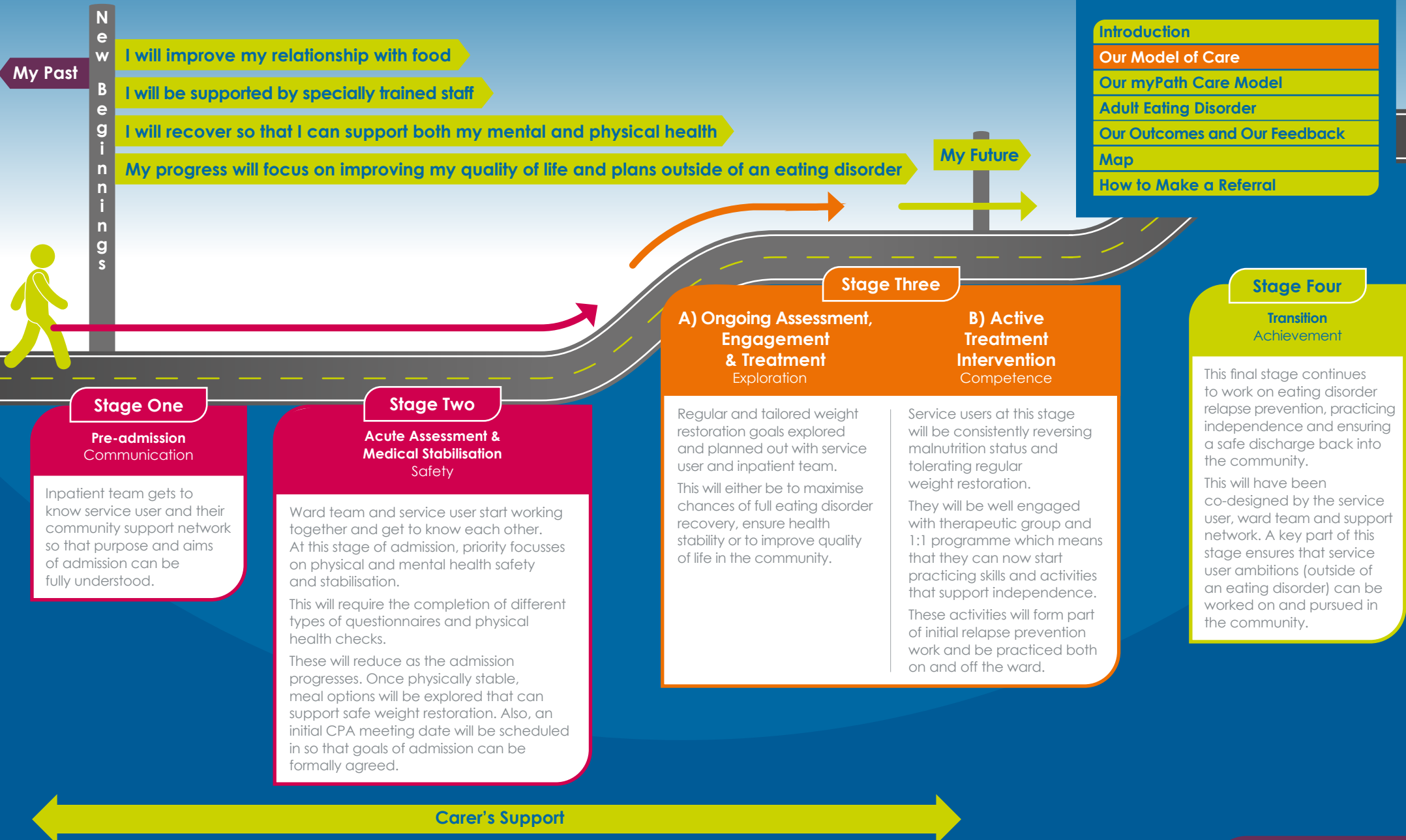


# Model of Care for our Eating Disorder Services



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# Model of Care for our Eating Disorder Services Adapting the Pathway for Individuals with Autism



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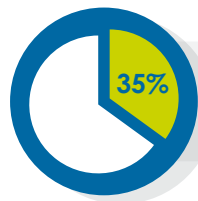
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Research suggests that over one third of people experiencing an eating disorder, may also have autism or high levels of autistic traits.<sup>1</sup>



Autism alongside an eating disorder can manifest as cognitive inflexibility, sensory-based food avoidance and difficulty in enacting change.

To ensure we meet the needs of everyone that we support, we have collaboratively adapted our Model of Care alongside Experts by Experience.

The examples below are just some of the ways we can tailor our care.

## Stage One

### Pre-admission Communication

- > Establish communication preferences, sensory barriers and daily routine so that we can make adjustments on the ward
- > Complete AQ-10\* Assessment
- > Check if autism passport is in place and up to date
- > Share photos, videos and personalised welcome packs
- > Check latest CTR plan
- > Involve family in plans for admission

## Stage Two

### Acute Assessment & Medical Stabilisation Safety

- > Utilise additional resources around meal planning, such as communication preference stickers
- > Create communication and well-being passport
- > Utilise ideal eating environment worksheet
- > Encourage engagement with sensory well-being workshops and facilitate on 1:1 basis where required
- > Assess for hypermobility of joints

## Stage Three

### A) Ongoing Assessment, Engagement & Treatment Exploration

- > Focus on formulation considering interactions between ED / autism to support individualised care plans
- > Develop sensory box
- > Complete a sensory needs and environment adaptation assessment
- > Provide a sensory well-being workbook
- > Explore availability of ADOS\*\* assessment where required

### B) Active Treatment Intervention Competence

- > Adapt psychology therapy approach
- > Group support for carers of individuals with autism
- > Include sensory workshop into therapy programme
- > Evaluate sensory box
- > Review communication plan

## Stage Four

### Transition Achievement

- > Facilitate practising meal plans in different settings to feel prepared for discharge
- > Complete review worksheets for community-based eating
- > Ensure family involvement with transition plans

1. Peacepathway.org

\* AQ-10 or Autism Spectrum Quotient is a quick, simple screening tool to assess whether an individual needs a more formal autism assessment.

\*\*ADOS or Autism Diagnostic Observation Schedule this is a semi-structured, standardised assessment to determine whether an individual has autism. This is based on the current pattern of symptoms that they experience.







# Our myPath Care Model

To ensure we cater for each person's journey and achieve long-term results, we have created a unique approach to care for individuals with eating disorders.

**myPath** is an overarching care model that serves to monitor service user engagement levels, manage their records, assess their progress and formulate a personalised and dynamic care plan with measurable targets. The model embraces a wide range of evidence-based tools, such as pharmaceutical inputs, daily living skills, progressive community-based outcomes and risk management plans. In doing the above, **myPath** ensures the delivery of high quality and inclusive care, which is continually evaluated through robust operational and clinical governance frameworks.

Our **myPath** is tried and trusted and delivers industry-leading results.



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# Cygnet Hospital Ealing, West London

22 Corfton Road, Ealing, London W5 2HT

Adult Eating Disorder



18+ years



Female



14 beds

**S**unrise Ward at Cygnet Hospital Ealing provides a highly specialised eating disorder service for women, including those with extremely low BMIs and co-morbid Emotionally Unstable Personality Disorder (EUPD). We focus on supporting individuals to attain a healthy BMI and prepare for a return to home.

We support individuals in a safe and homely environment. We engage with them to help diminish their distress and help them achieve a better quality of life. For most individuals this will involve the reduction of emotional behaviours associated with the eating disorder psychopathology and acquiring new skills necessary for surviving emotional crises, regulating emotions and improving interpersonal effectiveness.

With research suggesting that over one third of people experiencing an eating disorder also have autism, we have adapted our model of care to ensure that communicative, sensory and environmental needs are all integrated into the individuals recovery journey. The service is able to admit individuals with extremely low BMIs and the team are highly experienced in providing naso-gastric feeding, where this is deemed the most appropriate intervention and part of an agreed plan.



## Family based therapy

sessions run fortnightly to ensure families are able to play an active and positive role in their loved ones recovery



Pet therapy dogs visit the service regularly



**Community snack trips** – gradually enabling individuals to become used to eating in public places at cafés



**Graduated supervision of meals**, enabling the individual to gain independence with preparing and eating meals



Rated 'Good' by the CQC



## Therapies provided include:

- > Enhanced Cognitive Behaviour Therapy (CBT-E)
- > Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- > Family therapy
- > Cognitive Remediation Therapy (CRT)
- > Cognitive Remediation and Emotional Skills Training (CREST)



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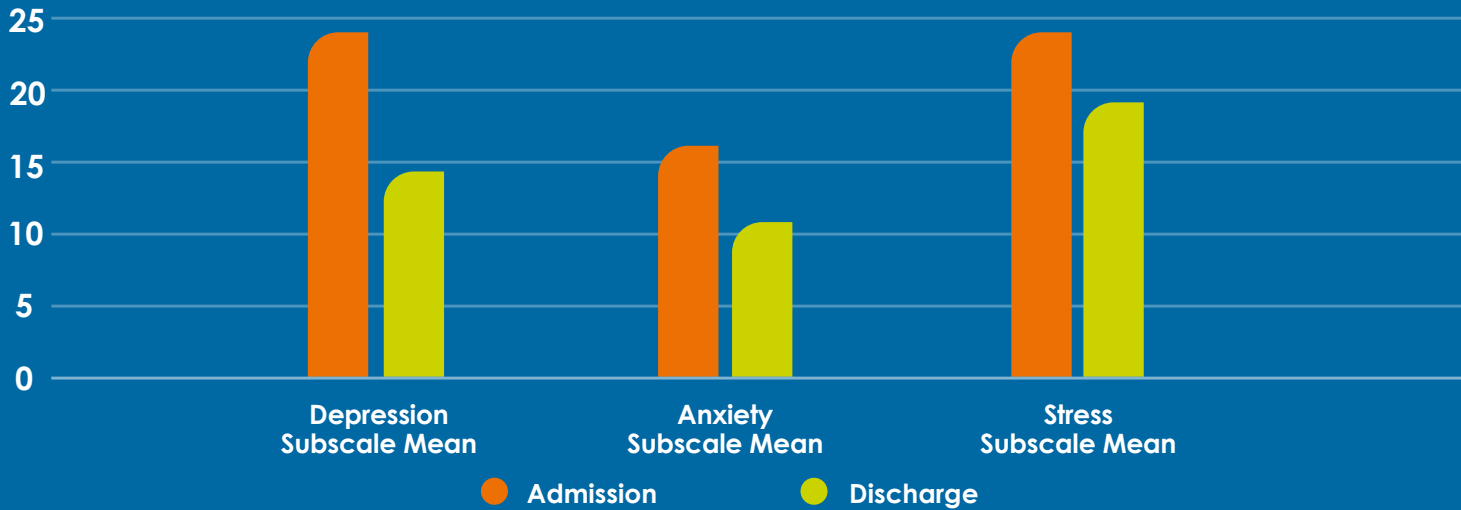




# Our Outcomes

All service users at Cygnet Hospital Ealing assessed with the EDE-Q on discharge showed improvement

Table of mean scores for subscales and global data



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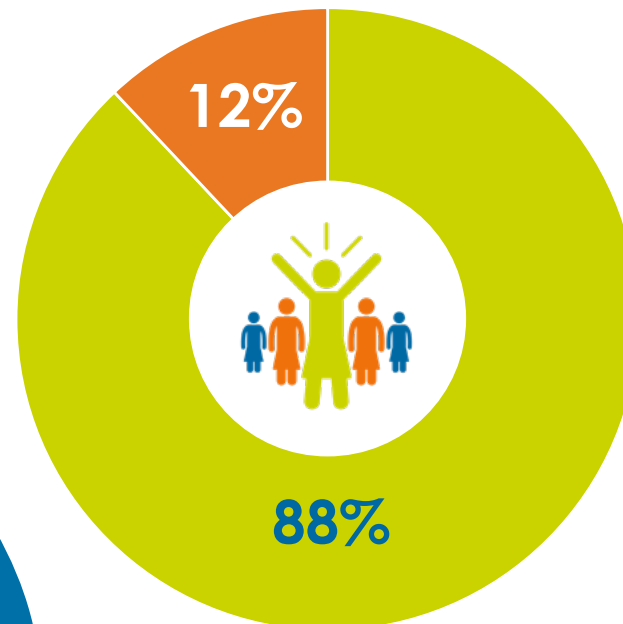
Average length of stay is

**4 months**

## Discharge Destinations

**88%**

of the individuals discharged from Sunrise Ward at Cygnet Hospital Ealing in 2023 were able to **move closer to home or step down along their care pathway into the community**



Moved into the community or closer to home



Moved to a higher level of security

# Our Feedback



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"I am very grateful to all of you, and appreciate everything you've done for me."

Service User

"I'm finding it extremely helpful, last week I considered not joining as was feeling rather despondent, but I am so glad I did! You explain things very clearly."

Carer

"I can't begin to express how amazing you have all been, I was in a very dark, difficult place. Thank you from the bottom of my heart."

Former Service User

"It is not often that I am lost for words, but I truly cannot find the right ones to express my gratitude for the chance to live again that you have given me."

Service User

"Thank you so much for everything you have done for me this admission. I felt so at ease with you, your knowledge and interest in autism and my experience of it really helped me to trust you so quickly which has really benefited the work that we have done together."

Service User

"Your hard work and input has been really appreciated and valued by us all."

Family Member

"This place is amazing! My daughter spent 7 months there. She was suffering from Anorexia and was extremely ill. The staff were fantastic, kind and sympathetic. After a while, when she started gaining weight, she was gradually allowed home for one night and then as she progressed she came home more and more. I can't thank ALL the staff enough for what they did to help my daughter, she couldn't have been in a better place for recovery. I can highly recommend Cygnet Hospital Ealing."

Parent







# Map | Our specialist services by region

## Adult Eating Disorder

- 1 **Cygnets Hospital Ealing**  
22 Corfton Road, Ealing, London W5 2HT  
T: 020 8991 6699



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# How to Make a Referral



**We are able to take referrals 7 days a week.**

To make a referral please;

**Call:**  
**0808 164 4450**

**Email:**  
**chcl.referrals@nhs.net**  
or contact your regional Business Relationship Manager.

## Planned admissions referral steps:

- 1 Referral made to Cygnet referrals team via **0808 164 4450** /[chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net) or via your regional Business Relationship Manager
- 2 Assessment arranged and undertaken via our assessment team
- 3 Feedback provided on whether our service can meet the individual 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



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[www.cygnetgroup.com](http://www.cygnetgroup.com)

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CYG-690 | Date of Preparation: 26/01/24

Integrity

Trust

Empower

Respect

Care