

Improving lives together



## High Support Inpatient Rehabilitation (Level 2) Service for Men with Complex Enduring Mental Health Needs

Cygnet Lodge Brighouse,  
West Yorkshire

Good

Now  
accepting  
referrals



Cygnet Lodge Brighouse is a high support inpatient rehabilitation (Level 2) service for men. The emphasis within the service is on preparing individuals for discharge or to support with longer term optimal functioning.

Cygnet Lodge Brighouse can support up to 21 men in a relaxed, calm and homely environment. The focus is on helping individuals increase their independence wherever possible through work and education, as well as social and leisure facilities, offering a slower stream rehabilitation service where needed.

As part of the service, we provide a three-bed apartment, **Rastrick View**. This helps support men to prepare effectively for discharge by further encouraging independence, while maintaining the inputs of the service and staff support where needed. It also provides the chance to evaluate what support a person may need on leaving the service, which can help prevent readmissions and support positive discharges.



Male



18+ years



21 beds  
including a 3 bed  
step-down apartment

### Our service user profile:

- > Men aged 18+ years
- > Detained under the Mental Health Act (1983) or informal
- > May require a longer term placement for complex enduring mental health needs
- > Primary diagnosis of mental illness with:
  - Complex comorbidities
  - Substance, drug and alcohol abuse
  - Treatment resistance
  - Behaviours that challenge
- > Aiming for a return to a less restrictive environment
- > History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have a secondary diagnosis of mild learning disability, autism spectrum disorder or personality disorder
- > May have a forensic history and / or be stepping down from the care of the ministry of justice
- > May have a history of repeated acute admissions

## Supporting men with a diagnosis of mental illness and associated substance misuse

At Cygnet Lodge Brighouse, we understand that having a history of substance misuse is common and requires assessment and intervention. To support this we have a fully integrated substance misuse service, facilitating 1:1 and group sessions and encouraging the men we support to attend SMART Recovery Meetings. We are also a SMART Recovery partner.



### We recognise that:

- > Each individual has unique needs and problems, including those associated with illicit drugs or alcohol
- > One size does not fit all, we will always ensure that the treatment path is responsive to need
- > Service users must have some level of ownership in terms of their treatment
- > A multi-disciplinary approach to treatment ensures all treatment needs are effectively met
- > Recovery is more achievable when effective support mechanisms are in place

We employ our own in-house substance misuse practitioner who provides individual and group support to service users with needs associated with substance misuse.



Rated as **'Good'**  
by the CQC

**We are a SMART  
Recovery Partner**  
which enables progress  
to continue into onward  
community placements



Provide a variety of  
structured activities,  
which are led by a wide  
range of experienced,  
multi-disciplinary professionals



**Weekly  
community  
meetings  
and monthly  
People's  
Council**

"My son has learned so much at Cygnet and he has worked hard, but this could not have been achieved without the support of the team behind him. I am delighted to have got my son back, something I didn't think possible just a year ago." **Family member**



**AIMS Rehab** accreditation

We encourage the men we support  
to set their own goals and work  
**collaboratively to  
achieve success**



Our staff  
team have an  
average of 5  
years' service



Our nursing team  
have a combined  
**196 years'**  
service with  
the organisation

"I really enjoyed the MDT motivation and goal setting group this morning and am really glad I came to it. Thank you to the staff who work hard to support me with learning new skills and helping me in the community."

**Service user**



#### **Our facilities:**

- > En-suite bedrooms
- > Three bedroom apartment
- > Variety of activity rooms and an IT café
- > Multi-faith room
- > Family visiting room
- > Spacious enclosed garden with allotment area

## **Where are we?**

**Cygnet Lodge Brighouse**  
60 Rastrick Common, Brighouse,  
West Yorkshire HD6 3EL

**Phone number**  
01484 405 900



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

CYG-645 | Date of Preparation: 21/11/22

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



**Integrity**

**Trust**

**Empower**

**Respect**

**Care**