

Improving lives together



High Support Inpatient Rehabilitation (Level 2) Service for Men

**Kingswood Ward,
Cygnets Hospital Maidstone, Kent**

Now
accepting
referrals



Kingswood Ward is our 16 bed high support inpatient rehabilitation (level 2) service for men at Cygnets Hospital Maidstone, situated in the Kent Medical Campus. The service is delivered in a purpose-built therapeutic environment, where the focus is on maximising positive outcomes, recovery and reintegration into the community.

By combining a collaborative, multi-disciplinary approach and state-of-the-art facilities, we deliver high-quality care within a community atmosphere, while focusing on discharge planning from the moment individuals arrive.

Our recovery programme is delivered in a culture that balances risk management with therapeutic optimism, where men have the opportunity to learn and practice the skills they will need in a completely safe environment.

Discharge to Assess (D2A)

Our PICU/Acute Transitional Service offers those individuals who no longer require an acute admission but remain on a PICU or Acute ward as a delayed discharge due to not being able/ready to transition into the community. The typical length of stay is 4 weeks.



Male



18+ years



16 beds

Our service user profile:

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

The service at a glance

Kingswood Ward provides a high level of therapeutic care and support that is underpinned by knowledge and practice of evidence-based interventions, delivered by a highly experienced multi-disciplinary team. Our individualised and group treatment programmes have clearly defined goals and outcomes for our service users. Our recovery principles are built around hope, empowerment, wellness, personal responsibility, community focus and connectedness.

We aim to integrate the hospital into local and regional care pathways and community services, with the focus on care close to families and friends, lowest length of hospital stay, and reducing the chances of re-admission.

Treatment is offered in a safe, calm and therapeutic environment where service users develop skills for maximising their independence, self-confidence and knowledge of how to manage their mental wellbeing. We work compassionately and collaboratively with the service users and their families (where appropriate), using recovery based and person-centred approaches. The average expected length of stay in Kingswood Ward is between 9 and 18 months.

Our community links:

- > Kent college
- > Mote Park and Leisure Centre
- > Nature reserve
- > Local town with shops and cafes
- > Good local transport links
- > Goat sanctuary



Our facilities:

- > En-suite bedrooms
- > Outside space including ward garden and communal roof terrace
- > On-ward therapy kitchen
- > Lounge and dining room
- > Quiet room
- > Gym and outdoor exercise area
- > IT room
- > Separate laundry room
- > Extensive therapy space including Recovery College classrooms
- > Service User shop

Close relationship with community team

to ensure a smooth discharge pathway



9 to 18 months
average length of stay



Service user ran shop



Activities of Daily Living (ADL)

kitchen to support skill development and self-catering facilities



Walk & Talk Sessions

ran by the occupational therapy and psychology team



Paid work roles including cleaning and car washing



Regular 'Shop and Cook' sessions



In-house substance misuse therapist offering 1-1 and group sessions, include smoking cessation for service users and staff



In-house Recovery College providing individualised education tailored to their own strengths



AIMS Rehab
QUALITY NETWORK FOR MENTAL HEALTH REHABILITATION SERVICES



Kingswood Ward is an AIMS accredited service



Marvellous people and staff
- Service user



Our therapies and treatments:

- > Recovery focused care planning
- > Cognitive Behavioural Therapy (CBT)
- > Mindfulness & emotional regulation
- > Self-harming reduction and management
- > Substance misuse and relapse prevention work
- > Trauma, grief and loss
- > Psychoeducation
- > Anger and anxiety management
- > Offence related work (where applicable)
- > Physical health care management
- > Behaviour analysis and problem-solving
- > Life and social skills training
- > Educational Support / Recovery College
- > Creative activities



Our multi-disciplinary team:

- > Consultant Psychiatrists
- > Specialty Ward Doctor
- > Psychologists
- > Assistant Psychologist
- > Registered Mental Health Nurses
- > Healthcare Support Workers
- > Registered General Nurse
- > Social Worker
- > Occupational Therapists
- > Occupational Therapy Assistants
- > Activity Coordinator
- > Psychotherapists
- > Pharmacist
- > Fitness Instructor
- > Mental Health Act Administrators
- > Medical Secretary
- > Clinical Administrator
- > Independent Mental Health Advocates
- > Recovery College Lead
- > Physical Health Nurse
- > Substance Misuse Therapist



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 Maidstone

Gidds Pond Way, off Newnham Court Way, Weaving, Maidstone, Kent ME14 5FT

Phone number
01622 580 330



CVG-746 | Date of Preparation: 27/02/24

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