

Improving lives together

Eating Disorder Services

> Adult Eating Disorder



Welcome

Cygnnet 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 care team of 11,500 employees support 7,500 individuals each year across 150 services to consistently make a positive difference to their lives.



Cygnnet Health Care is part of the Cygnnet 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

Cygnet Health Care provides highly specialised eating disorder services for adults 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 person-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)
- 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



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:

- > Body mass index (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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My Past

New Beginnings

I will improve my relationship with food

I will be supported by specially trained staff

I will recover so that I can support both my mental and physical health

My progress will focus on improving my quality of life and plans outside of an eating disorder

My Future

Stage Three

Stage Four

Stage One

Pre-admission Communication

Inpatient team gets to know service user and their community support network so that purpose and aims of admission can be fully understood.

Stage Two

Acute Assessment & Medical Stabilisation Safety

Ward team and service user start working together and get to know each other. At this stage of admission, priority focusses on physical and mental health safety and stabilisation.

This will require the completion of different types of questionnaires and physical health checks.

These will reduce as the admission progresses. Once physically stable, meal options will be explored that can support safe weight restoration. Also, an initial CPA meeting date will be scheduled in so that goals of admission can be formally agreed.

A) Ongoing Assessment, Engagement & Treatment Exploration

Regular and tailored weight restoration goals explored and planned out with service user and inpatient team.

This will either be to maximise chances of full eating disorder recovery, ensure health stability or to improve quality of life in the community.

B) Active Treatment Intervention Competence

Service users at this stage will be consistently reversing malnutrition status and tolerating regular weight restoration.

They will be well engaged with therapeutic group and 1:1 programme which means that they can now start practicing skills and activities that support independence.

These activities will form part of initial relapse prevention work and be practiced both on and off the ward.

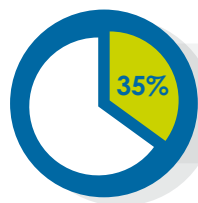
Transition Achievement

This final stage continues to work on eating disorder relapse prevention, practicing independence and ensuring a safe discharge back into the community.

This will have been co-designed by the service user, ward team and support network. A key part of this stage ensures that service user ambitions (outside of an eating disorder) can be worked on and pursued in the community.

Carer's Support

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



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



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



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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



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Sunrise Ward at Cygnet Hospital Ealing provides a highly specialised eating disorder service for women, including those with extremely low BMIs. We focus on supporting individuals to attain a healthy BMI and prepare to return home.

We support women in a safe and homely environment, helping them to diminish their distress and 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 an adapted model of care to ensure that communicative, sensory and environmental needs are all integrated into the individual's recovery journey.

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



Adapted care pathway

for women with an eating disorder and autism



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)





Cygnet Elowen Hospital, Derbyshire

The Field, Shipley, Heanor, Derbyshire, East Midlands DE75 7JH

Adult Eating Disorder



18+ years



Mixed
Gender



12 beds

NEW

now accepting
referrals

Cygnet Elowen Hospital, our new hospital located in Derbyshire, exemplifies our commitment to excellence in health care.

This new service offers a safe and secure care pathway, tailored for adults with eating disorders as well as those with complex personality disorders with disordered eating.

Nova Ward provides a highly specialised eating disorder service, supporting individuals with a low BMI. We focus on supporting individuals to restore their weight to a healthy BMI, whilst providing them with the psychological support and skills to continue their recovery journey at home.

We support individuals in a safe and homely environment and engage with them to understand their personal goals and help to build resilience.

Our holistic approach to recovery includes focusing on the reduction of eating disorder behaviours, building on emotion regulation and interpersonal skills.

Additionally we will have a complex personality disorder service for women with a dual diagnosis of personality disorder and co-morbid disordered eating. Both aspects can be treated simultaneously, with the appropriate specialist therapeutic input provided.

Cygnet Elowen Hospital is perfectly placed to benefit from the tranquility of the surrounding country park, whilst being just a few minutes away from plenty of shops and cafés.



Facilities:

- > En-suite bedrooms
- > Spacious communal areas on each ward
- > Quiet lounges
- > Dining rooms
- > Activities of daily living (ADL) kitchens
- > Multiple meeting rooms
- > Therapy rooms



**Autism friendly
environments**
(aligned with the
SPACE framework)

Large gardens



Our therapies and interventions:

- > 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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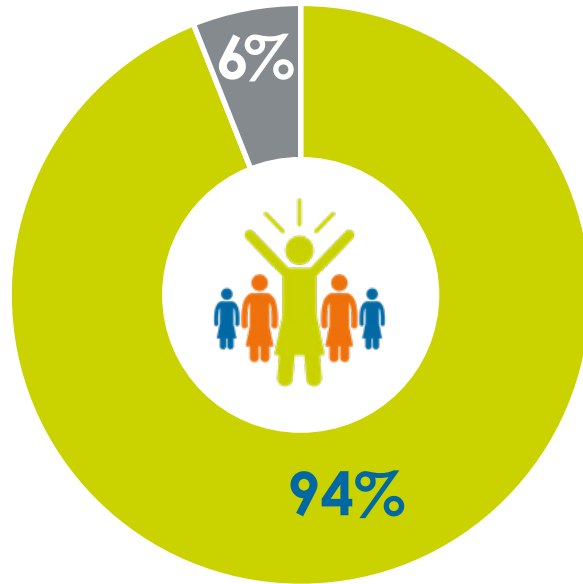
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Our Outcomes

Discharge Destinations



*November 2023 - December 2024

94%

of the individuals discharged from Sunrise Ward at Cygnet Hospital Ealing in 2024 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



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Average length of stay is

5 months

Our Feedback



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"Thank you for supporting me on this journey I truly could not have made these steps without you, you have been amazing and an integral part of my recovery."

Former Service User

"Our visit was positive and informative, both patients feel safe which is important and also they feel listened to and staff are aware of when they struggle."

External Health Professional

"Thank you for all that you have done for me - listening and understanding me so well. You have made me feel so heard and validated which I value so much."

Former Service User

"You have really helped her (and me) understand the importance of eating a wide variety of foods. You've helped immensely by being so strong on her behalf. I thank you from the bottom of my heart."

Parent

"I just want to say a MASSIVE thank you to you for your help over the last 3 months. Without your help I certainly wouldn't have made it to this day."

Former Service User

"Throughout my admission, all the staff were very supportive, welcoming and friendly"

Service user

"We observed the positive culture on the ward and how well staff and patients appear to interact and engage with each other"

External Health Professional

"Thank you so much for all you guys have done for me you have helped me more than any other unit I have been in. Somehow you have helped me see a life worth living and have helped changed my mindset on eating. You guys have taught me a lot of skills, no matter how hard they were, I am glad that you made them as they have got me to the place I am in today."

Former Service User



Map | Our specialist services by region

Adult Eating Disorder

- 1 **Cygnets Hospital Ealing**
22 Corfton Road, Ealing, London W5 2HT
T: 020 8991 6699
- 2 **Cygnets Elowen Hospital**
The Field, Shipley, Heanor, Derbyshire,
East Midlands DE75 7JH
T: 01773 304 920



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

To make a referral
please contact **your
regional Business Relationship
Manager.**

Alternatively, you can contact
the Cygnet Bed Hub on:
**0808 164 4450 /
chcl.referrals@nhs.net.**



Planned admissions referral steps:

- 1** Referral made to your **NHS partnerships Manager** or 0808 164 4450 / chcl.referrals@nhs.net
- 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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Follow us on social media:

CYG-690 | Date of Preparation: 31/07/25

Integrity

Trust

Empower

Respect

Care