

Improving lives together

# Medium Secure Mental Health Service for Men

Peplau Ward, Cygnnet Hospital Stevenage, Hertfordshire

Good

Accepting  
Referrals

Peplau Ward supports men in a medium secure environment where individuals can receive specialist assessment and treatment.

Peplau Ward can support individuals who may experience behaviours that are challenging, including self-harm or aggression. This can include men who might be considered a risk to others or who have been involved in the criminal justice system. Many service users in our medium secure services have experienced difficulties with substance misuse, legal highs and alcohol.

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 Cygnnet 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 both on-site at Cygnnet Hospital Stevenage and across our national network of rehabilitation and specialist services.



Male



18+ years



14 beds

## Our service user profile:

- > Men, 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
- > Personality Disorder or communication needs relating to deafness

## Therapy Programme

There are a range of therapies available at Peplau Ward. We also offer drop-in clinics and weekly groups including mental health awareness groups, a cognitive behavioural therapy for psychosis programme, substance misuse support and offence related rehabilitation groups such as Reasoning and Rehabilitation.

## Therapy Programme

- > Group Therapy
- > Substance Misuse Programme (SMU)
- > Individual Therapy
- > Cognitive Analytic Therapy (CAT)
- > Schema Focused Therapy (SFT)
- > Acceptance and Commitment Therapy (ACT)



## Our Model of Care

### Phase One

**Understanding Me**  
Pre-Admission & Admission  
Getting to know my team and support group.

### Phase Two

**My Skills Assessment**  
Understanding my needs and support required for a safe future.

### Phase Three

**My Independence Treatment**  
Building trust, actively engaging in treatment and re-learning new skills.

### Phase Four

**Preparing to Move On**  
Transition & Discharge  
Consolidating skills and moving on to a safe, purposeful and meaningful future.

### Multidisciplinary (MDT) team consisting of:

- > Occupational Therapist
- > OT Assistant
- > Assistant Psychologist
- > Specialty Doctor
- > Responsible Clinician
- > Social Worker
- > Clinical Team Leaders
- > Ward Manager

**Activity / art room**  
where service users can  
create, pottery and art



**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



**Regular themed  
celebrations  
and parties**

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



**86%** of those  
discharged in the  
last 12 months were  
able to **move to a  
similar or lower  
level service\***



**Vocational programme** enabling service  
user to develop a range of job specific skills with  
a variety of roles such as: cleaning, painting and  
decorating, catering assistant and grounds keeper



**Fully equipped gym**



**En-suite bedrooms**



**Fitness instructor** visits 3 times a week and  
service users also have use of local facilities such  
as swimming (dependant on leave)



\*Data from a 12 month period ending May 25



**Scan the QR Code** to view a virtual  
tour of Cygnet Hospital Stevenage



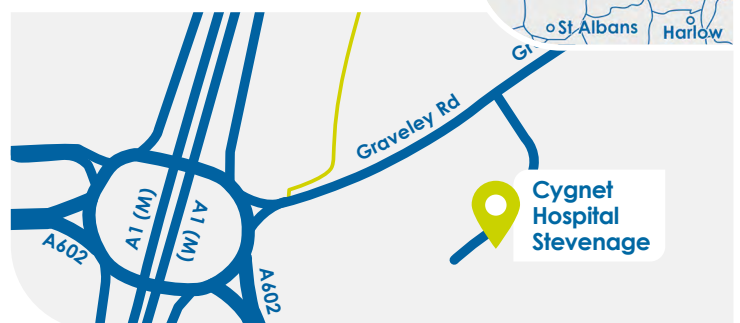
## Make a referral

- 1 Referral made to your **regional Business Relationship Manager** or 0808 164 4450 / [chcl.referrals@nhs.net](mailto: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-946 | Date of Preparation: 08/10/25

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Integrity

Trust

Empower

Respect

Care