

Improving lives together

Child and Adolescent Mental Health Services

- CAMHS PICU
- CAMHS Acute
- CAMHS Low Secure
- CAMHS Acute and Eating Disorder
- CAMHS Intensive Support



Welcome

Cygnet 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.



We provide services in England, Scotland and Wales and our expert and highly dedicated care team of almost **13,000 employees** more than **8,300 individuals** each year across **150 services** to consistently make a positive difference to their lives.



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



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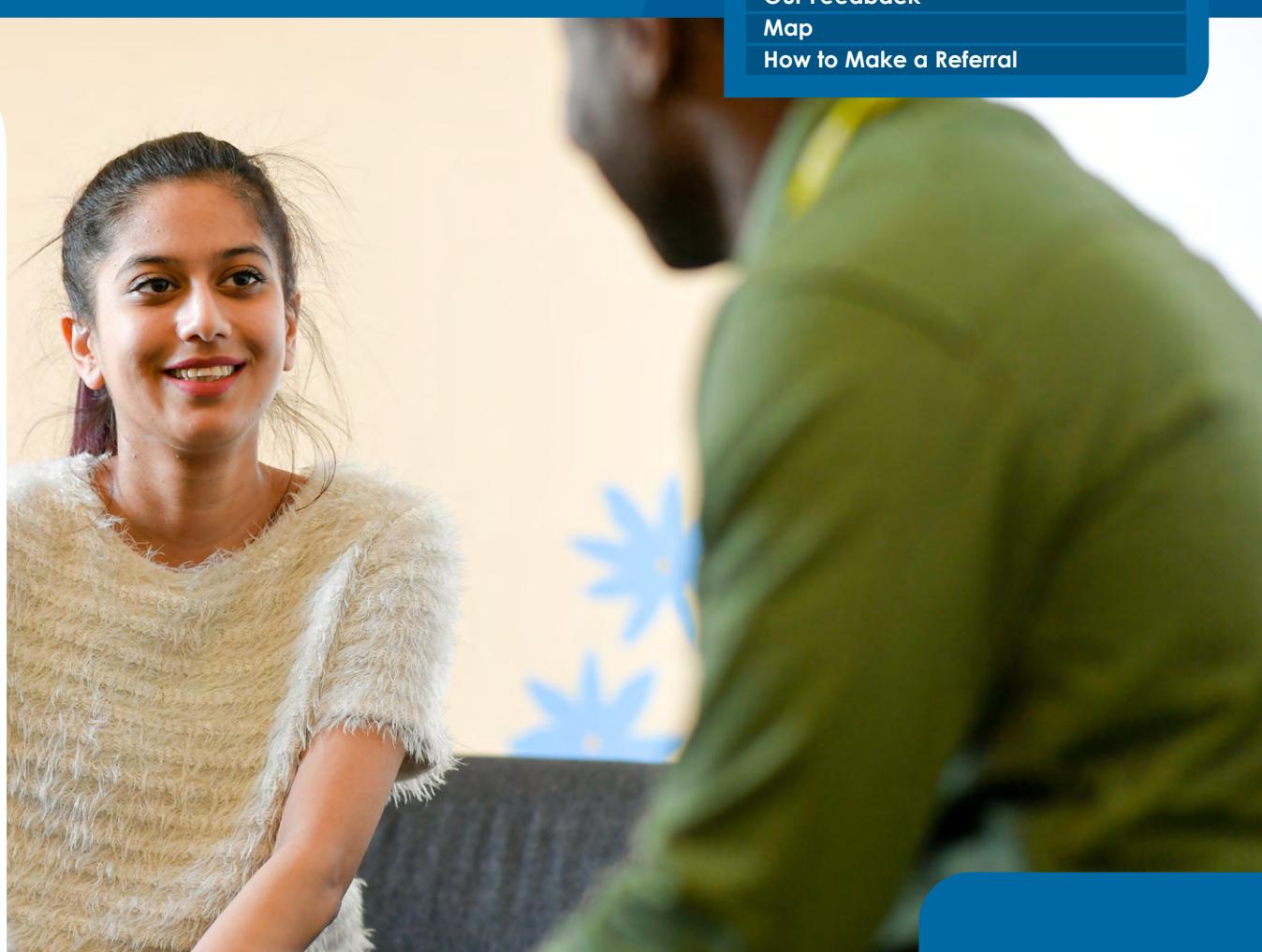
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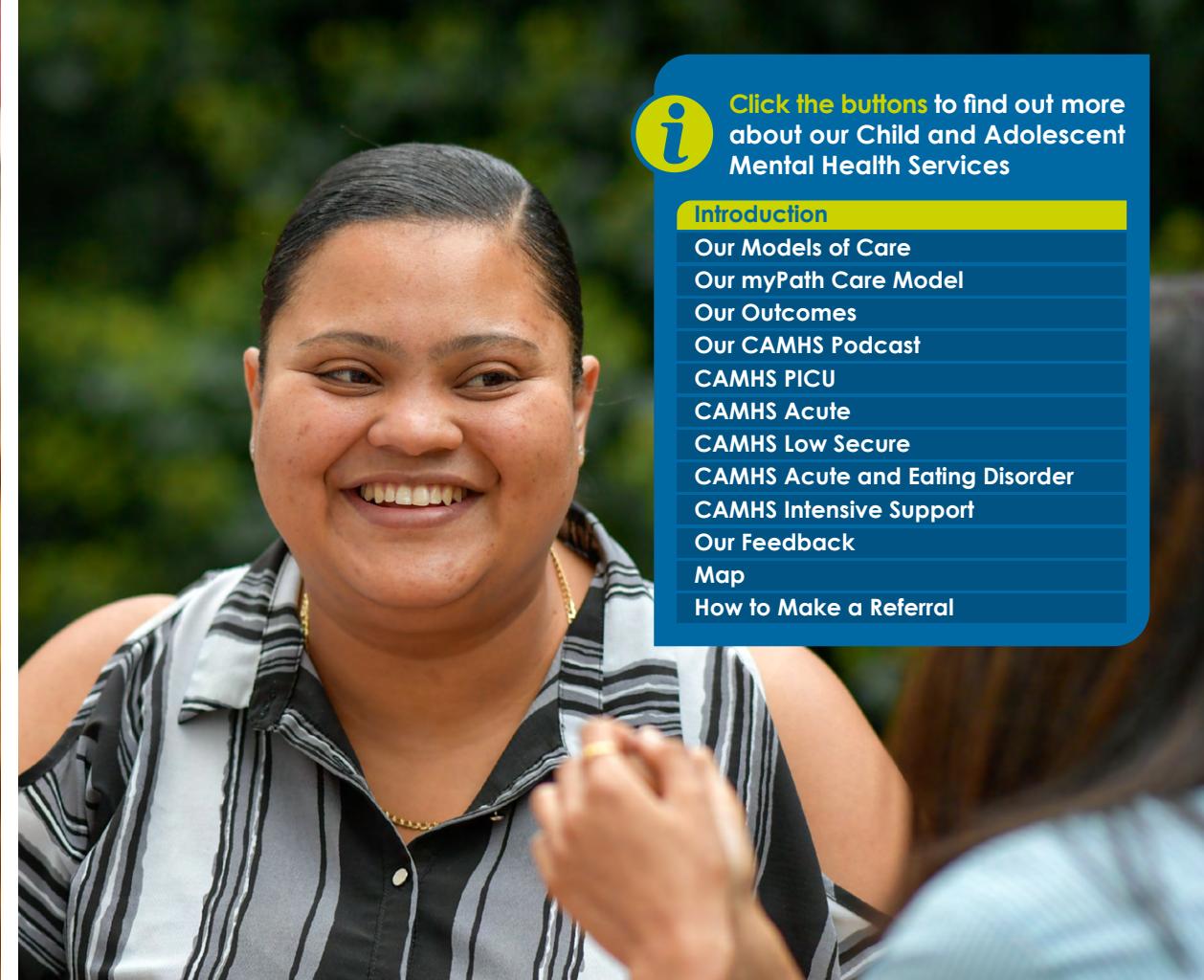
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Introduction

Cygnet offers a range of specialist Children and Adolescents Services, focused on supporting young people aged between 12 and 18. We aim to help young people to stabilise and return home as soon as possible through a tailored approach to care and support.

We can offer psychiatric intensive care (PICU), Acute, Low Secure and Intensive Support depending on the needs of each individual.

Our services support young people aged up to 18 who are experiencing a variety of acute and complex mental health problems, in a welcoming and nurturing environment.

Our services are supported by a full and diverse Multi-Disciplinary Team (MDT), including a specialist consultant psychiatrist, clinical psychologists, BACP registered therapists, nurses, healthcare assistants, social workers and others.

Referrals are accepted from all over the UK. For our emergency admissions, we offer a rapid response system to referral requests within an hour of receiving adequate clinical information.



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Our service user profile:

- Diagnosis of:
 - Psychosis
 - Self-harm and/or suicidal ideation
 - Depression or anxiety
 - Emerging personality disorder
 - Substance misuse – providing there is a primary diagnosis of a mental health problem
 - Emotional, social and behavioural difficulties
 - Borderline / mild learning disability as a secondary diagnosis
 - Disordered eating as a secondary diagnosis
 - Autism spectrum disorders, with a mental health primary diagnosis
- May have a forensic history
- May have a history of previous placement breakdowns



12-18 years



Mixed
Gender/
Female



Mental Health Act Status:
Detained (must be detained for PICU/LSU) or **Informal**



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Our services at a glance:

- High staffing ratios
- Self-harm treatment
- Cognitive Behavioural Therapy (CBT)
- Anger management
- Anxiety management
- Daily living skills
- Community and social involvement
- On-site Ofsted registered schools
- Dialectical Behaviour Therapy (DBT)
- Mindfulness groups
- Young People's Council
- Family therapy

Our Multidisciplinary Teams:

- Consultant psychiatrist
- Clinical psychologist
- BACP registered therapists
- Nurses
- Healthcare assistants
- Social workers
- Hospital director
- Ward managers
- Occupational therapist
- Speech and language therapist



Our outcome measurement tools

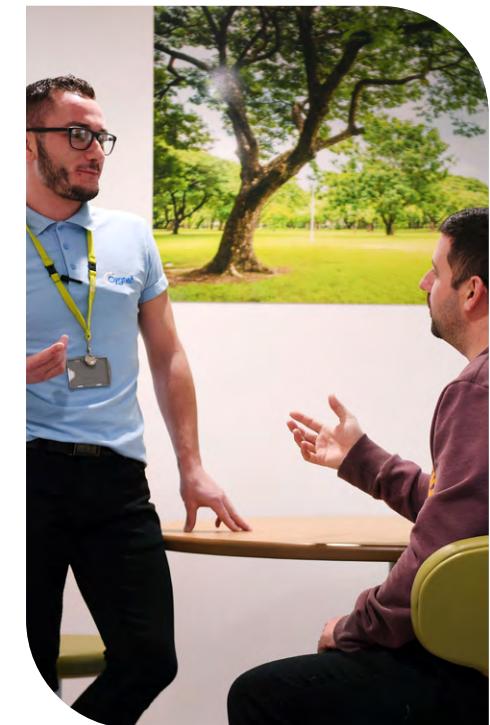
- CGAS (Children's Global Assessment Scale)
- HoNOSCA (Health of the Nation Outcome Scales and for Children and Adolescents)
- RCADS (Revised Children's Anxiety and Depression Scale)
- CA-GAP (Child and Adolescent Global Assessment of Progress)
- MFQ (Mood and Feelings Questionnaire)
- Emotional Resilience Framework
- SDQ (Strength and Difficulties Questionnaire)



Click the buttons to find out more about our Child and Adolescent Mental Health Services

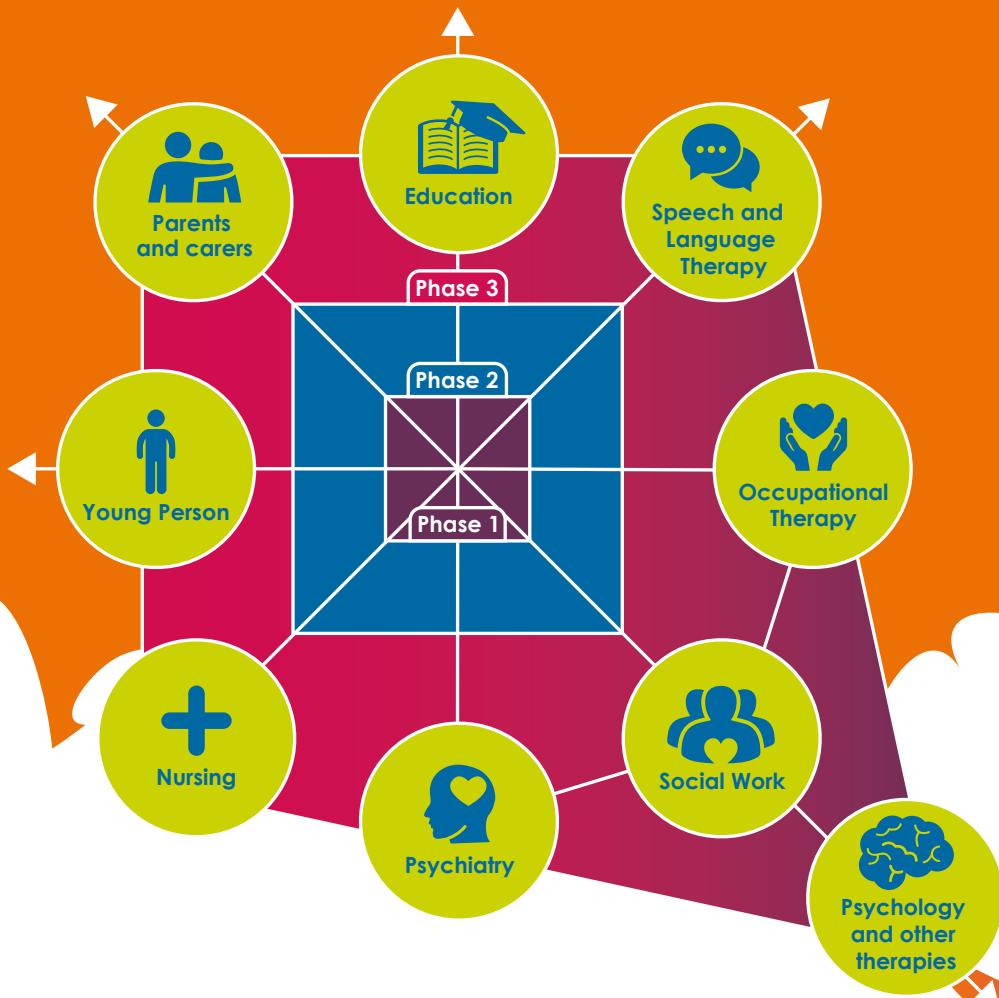
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CAMHS General Adolescent Unit (GAU) Model of Care

KITE - Key Interventions of Therapeutic Enabling



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Phase 1 - Assessment and Engagement (First 72 Hours)

Phase 1 begins as soon as a referral is made and the team have agreed that a GAU admission would be beneficial. Your parents/carers may be contacted if additional information is needed. Once an admission plan has been made you, your family/carers and community team will be updated.

Within the first few days of your arrival you will be given a ward tour, introduced to each member of the multi-disciplinary team that will be providing your care, and given the opportunity to familiarise yourself with the therapy timetable.

Phase 2 - Formulation and Treatment (Weeks 1-8)

During phase 2 you will begin to complete initial assessments that will provide a baseline from which you and the team will together create a plan and begin to shape your care. This time is focused on understanding you and your needs, and figuring out how the team can support you. Each disciplinary will offer both 1:1 sessions and group sessions that will make up your therapy timetable.

You will also have regular medication reviews so that adjustments can be made as necessary.

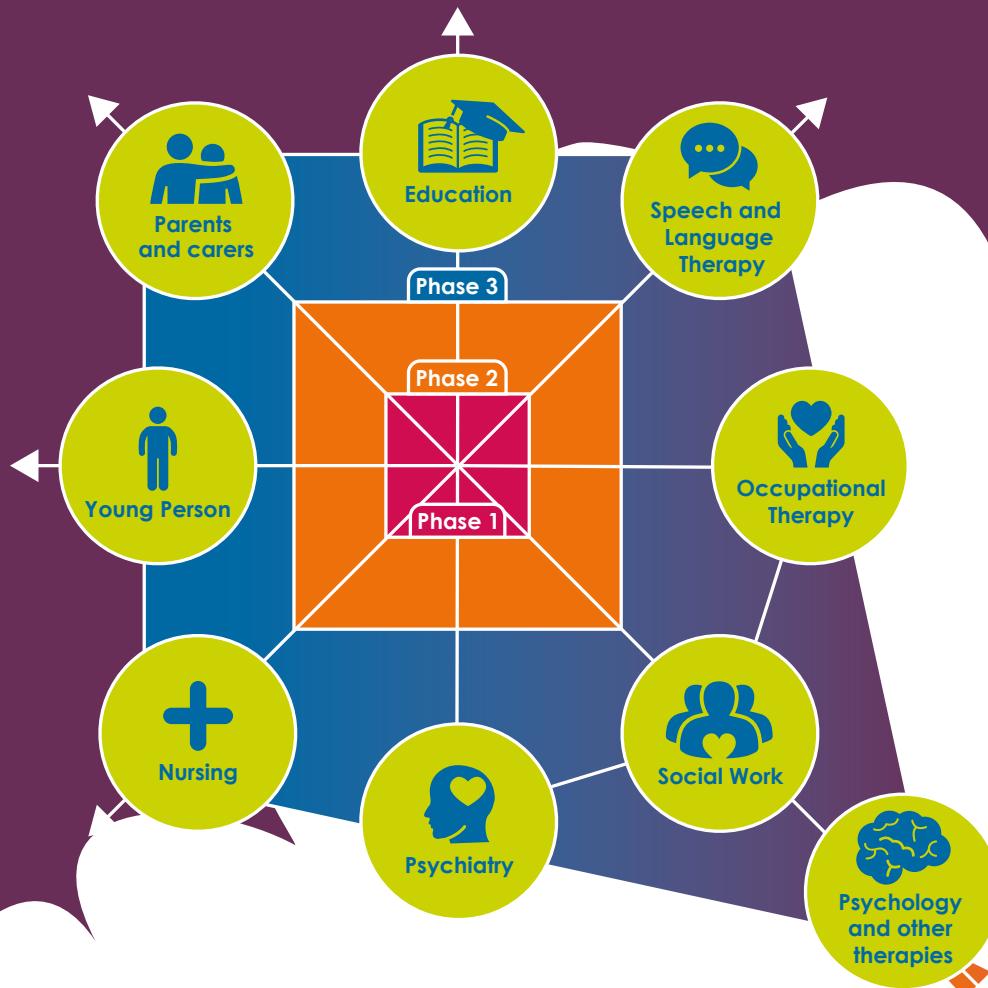
Phase 3 - Transition and Discharge (Weeks 9-12)

Phase 3 is focused on preparing you for the next step in your pathway - whether that be discharge into the community or a step up within the mental health system. Contact made will be with your family/carers and community team to ensure that this process is as smooth as possible and that you receive the appropriate level of support throughout.

CAMHS Psychiatric Intensive Care Unit (PICU)

Model of Care

KITE - Key Interventions of Therapeutic Enabling



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Phase 1 - Pre-admission and Admission (First 72hrs)

Phase 1 begins as soon as a referral is made and the team have agreed that a PICU admission would be beneficial. Your parents/carers may be contacted if additional information is needed. Once an admission plan has been made you, your family/carers and community team will be updated.

Within the first few days of your arrival you will be given a ward tour, introduced to each member of the multi-disciplinary team that will be providing your care, and given the opportunity to familiarise yourself with the therapy timetable.

Phase 2 - Formulation and Treatment (Weeks 1-6)

During phase 2 you will begin to complete initial assessments that will provide a baseline from which you and the team will together create a plan and begin to shape your care. This time is focused on understanding you and your needs, and figuring out how the team can support you. Each disciplinary will offer both 1:1 sessions and group sessions that will make up your therapy timetable.

You will also have regular medication reviews so that adjustments can be made as necessary.

Phase 3 - Transition and Discharge (Weeks 6-8)

Phase 3 is focused on preparing you for the next step in your pathway - whether that be discharge into the community or a step up within the mental health system. Contact made will be with your family/carers and community team to ensure that this process is as smooth as possible and that you receive the appropriate level of support throughout.

CAMHS Low Secure Model of Care

KITE - Key Interventions of Therapeutic Enabling



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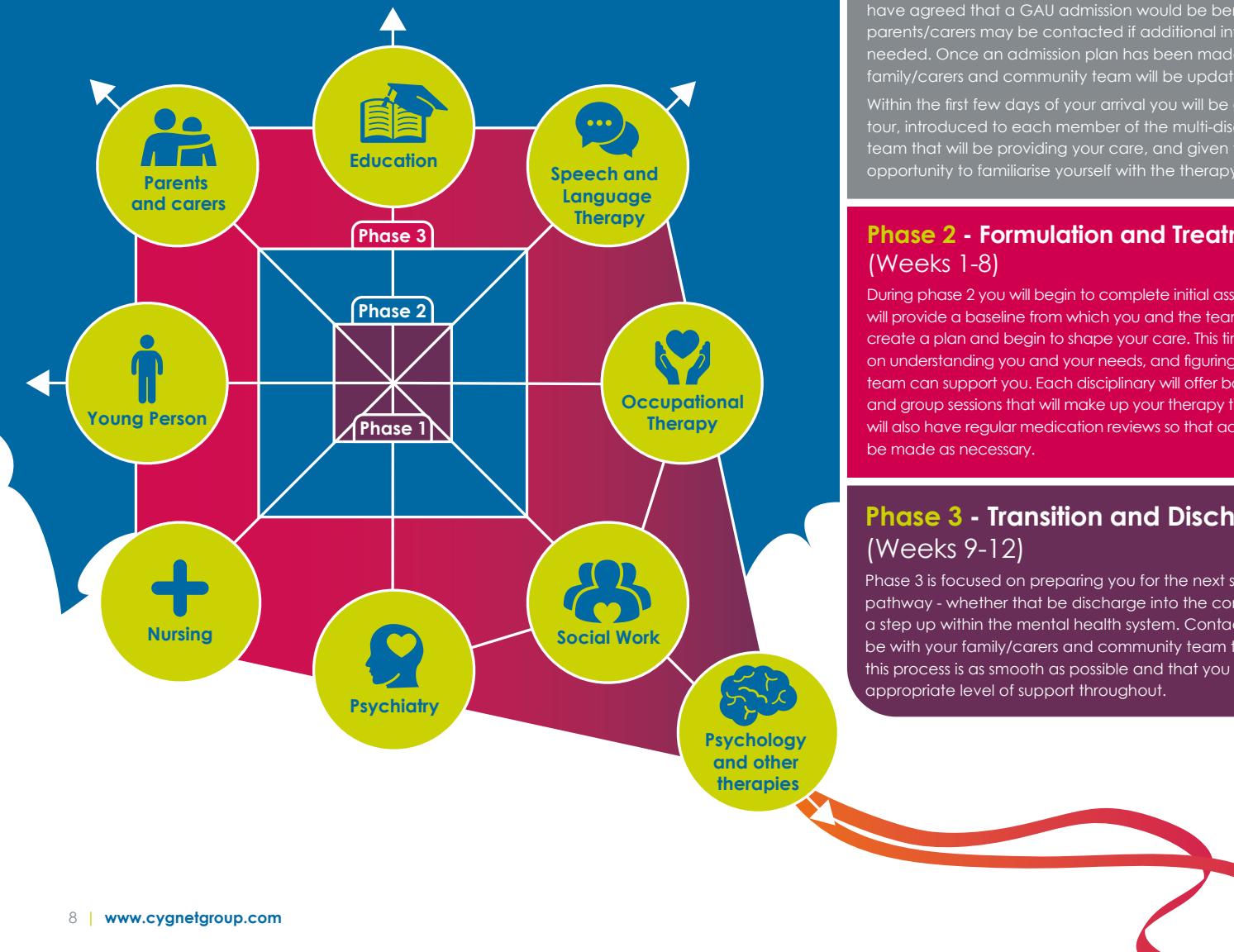
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Phase 1 - Assessment and Engagement (First 72 Hours)

Phase 1 begins as soon as a referral is made and the team have agreed that a GAU admission would be beneficial. Your parents/carers may be contacted if additional information is needed. Once an admission plan has been made you, your family/carers and community team will be updated.

Within the first few days of your arrival you will be given a ward tour, introduced to each member of the multi-disciplinary team that will be providing your care, and given the opportunity to familiarise yourself with the therapy timetable.

Phase 2 - Formulation and Treatment (Weeks 1-8)

During phase 2 you will begin to complete initial assessments that will provide a baseline from which you and the team will together create a plan and begin to shape your care. This time is focused on understanding you and your needs, and figuring out how the team can support you. Each disciplinary will offer both 1:1 sessions and group sessions that will make up your therapy timetable. You will also have regular medication reviews so that adjustments can be made as necessary.

Phase 3 - Transition and Discharge (Weeks 9-12)

Phase 3 is focused on preparing you for the next step in your pathway - whether that be discharge into the community or a step up within the mental health system. Contact made will be with your family/carers and community team to ensure that this process is as smooth as possible and that you receive the appropriate level of support throughout.

Our myPath Care Model

When a young person is admitted into our services, our main aim is to help them to stabilise and achieve discharge to the least restrictive environment as soon as possible. Our services support young people who are experiencing a variety of acute and complex mental health problems, in a welcoming and nurturing environment. Therapeutic support is provided by a diverse and specialist multi-disciplinary team, who apply our care model, **myPath**.

myPath is our unique overarching care model that monitors service user engagement levels, manages their records, assesses their progress and formulates a personalised and dynamic care plan with measurable targets. Within our Child and Adolescent Mental Health Services, **myPath** is designed to make sure that young people have the chance to be fully involved in their treatment pathway from admission to discharge, whilst receiving access to high quality education through specialist facilities.

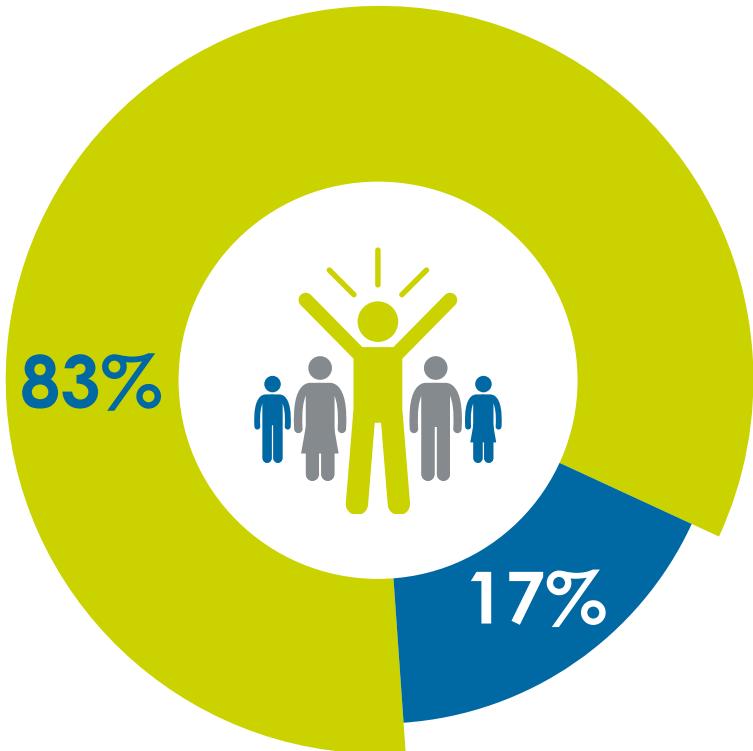
Our staff teams understand how to give individuals the appropriate support using tailored programmes of care. For each young person, a daily risk assessment is completed, which enables dynamic responses to individual presentation within any 24 hour period and encourages positive risk-taking through robust co-produced management plans and longer term risk management tools. Each young person has an individualised activity timetable built around essential skills of personal interest and a care plan that is designed with the young person and reviewed with them on a weekly basis. In addition to national outcome measurements, we also measure progress by using our specialist outcome tool, Child and Adolescent Global Assessment of Progress (CA-GAP), which collates all aspects of a young person's progress from admission to discharge and assists us with identifying areas of focus when care planning. **myPath** promotes the combination of mental wellbeing and stability with educational needs to support young people to return to full-time education, employment or training, wherever possible.



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Our Outcomes



Moved to a less
restrictive / similar
service or home



Moved to a higher
level of support

Average length of stay is
10 weeks
in our CAMHS PICU services

Average length of stay is
9 weeks
in our CAMHS Acute services

Average length of stay is
13 months
in our CAMHS
Low Secure services



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Our CAMHS Podcast

Walking In Our Shoes

This podcast is dedicated to showcasing real journeys through our adolescent inpatient wards at Cygnet Hospital Sheffield.

This podcast series is co-produced by some of the young people at Cygnet Hospital Sheffield, as well as some of the parents and carers. The intention behind this series is to showcase the reality of what an inpatient stay on an adolescent ward is like.



Cygnet CAMHS Podcast: www.cygnetgroup.com/podcasts/walking-in-our-shoes-the-cygnet-camhs-podcast



Episodes:

- **Episode 1:** – Admission to a CAMHS Ward
- **Episode 2:** – The role of the Nursing Team
- **Episode 3:** – Occupational Therapy and Art Therapy
- **Episode 4:** – Education
- **Episode 5:** – Co-production
- **Episode 6:** – The rights of a young person in hospital
- **Episode 7:** – Psychological Therapies
- **Episode 8:** – Discharge



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Cygnet Bury Forestwood, North West

Buller Street, off Bolton Road, Bury, North West BL8 2BS



CAMHS PICU

CAMHS Acute

CAMHS Low Secure

CAMHS Acute and Eating Disorder

CAMHS Intensive Support



12-18 years



Mixed Gender



44 beds in 4 wards

NEW - Support for Young People with Eating Disorders

Cygnet Bury Forestwood offers a variety of emergency mental health services for young people, and a low secure service, across four wards, which provide a defined treatment pathway from admission through to intervention and discharge. There is a diverse educational programme, teaching a range of subjects at the on-site school, Forestwood School, which is registered with the Department for Education.

Buttercup Ward and **Primrose Ward** are our CAMHS PICU for young people aged between 12 and 18. The services are for young people primarily referred from CAMHS acute services who, in the context of a severe mental illness, exhibit a high level of risk that cannot be safely managed in a CAMHS general adolescent unit, and where the level of risk is not of a persistent nature that would require longer term care in a secure environment.

Wizard House is our 12 bed general CAMHS acute ward. This service is provided for young people with a range of mental disorders associated with significant impairment and / or significant risk to themselves or others, such that their needs cannot be safely and adequately met by community Tier 3 CAMHS or specialist education facilities. This includes young people with mild learning disability, autism, eating disorders, or disordered eating who do not require Tier 4 CAMHS learning eating disorders disability services.



Our facilities:

- En-suite bedrooms
- Spacious communal areas
- Outdoor sports areas
- Training kitchen to support skills development
- On-site Ofsted registered school
- IT café



My son has been discharged from Primrose Ward, I truly and honestly cannot thank them enough. All staff...have gone above and beyond for us as a family. It's heartbreaking having your child away from you but they're outstanding. I can't put into words how lovely everyone is. - Parent

Mulberry Ward is our CAMHS Intensive Support service for young people who require inpatient care within a robust and therapeutic setting. The service delivers tailored treatment packages in a safe, age-appropriate environment to reduce the risk of harm to self and others by improving their mental health.

We look towards discharge from the point of admission, ensuring all of the young people we support have a clear pathway to the next stage of their recovery journey.



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Cygnet Hospital Sheffield, Yorkshire and Humber

83 East Bank Road, Sheffield, Yorkshire & Humber S2 3PX

CAMHS Acute

CAMHS Low Secure

CAMHS Intensive Support



12-18 years



Mixed Gender



40 beds in 3 wards



Scan QR to listen to the
Cygnet CAMHS Podcast



Cygnet Hospital Sheffield offers CAMHS Tier 4 PICU, CAMHS acute and CAMHS low secure services over three wards. They provide individualised care for young people who are experiencing a mental health crisis, and whose needs mean they cannot be supported in community settings. The services provide safe, therapeutic environments with a focus on helping the young person to stabilise, so that hospital treatment is no longer required.

Unicorn Ward is the first CAMHS PICU service in the country to become CAMHeleon accredited. CAMHeleon celebrates and promotes best practice and the things that really make a positive difference to young inpatients, identifying small changes that have a big impact.

Griffin Ward and **Unicorn Ward** are our 15 bed intensive support services for young people who require inpatient care within a robust, therapeutic setting. The services deliver tailored treatment packages in a safe, age-appropriate environment to reduce the risk of harm to self and others by improving their mental health.

We look towards discharge from the point of admission, ensuring all of the young people we support have a clear pathway to the next stage of their recovery journey. For those that require it, we have Pegasus Ward, our general adolescent service, where individuals can continue to strengthen their skills before moving to a community placement. We recognise that most of the young people we support will have suffered trauma and adverse experiences. We are committed to delivering trauma-informed care in a compassionate and nurturing environment. We aim to equip individuals with the tools required to be successfully discharged, and reduce the chance of future relapse.

Pegasus Ward is a 13 bed general adolescent acute service, providing support for young people, both male and female, and is focused on helping them return home. The service is dedicated to helping young people maintain their school placements, if possible, and admissions can be either formal or informal.

There is a diverse educational programme in place, so that young people can continue their education at the same time as receiving treatment. Education is provided by our on-site Phoenix School, which was rated 'Outstanding' in all areas by Ofsted in June 2024.

Our facilities:

- En-suite bedrooms
- Spacious communal areas
- Outdoor sports areas
- Training kitchen to support skills development
- On-site Ofsted registered school
- Gym



CAMHeleon accredited



Certified
Triangle of Care
member



You have a fantastic staff team! I can't thank you or them for the amount of support I receive day in day out! I have never made this much progress in my time in hospital. I have found hope again. I am thriving and I could never do it without your staff team.
- Young person



Rated
Outstanding
in all domains
by Ofsted



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Our Feedback

“The staff were caring and supportive and went above and beyond for me.” – **Young person, Cygnet Bury Forestwood**



“My son was taken care of and listened to. He was supported and finally he learnt to trust, “they treat me like a person” were his exact words. I will forever be grateful.” – **Family member**



“You have a fantastic staff team! I have never made this much progress in my time in hospital. I have found hope again.”
– **Young person, Cygnet Hospital Sheffield**



“Thank you so, so much for everything. I will be telling everyone how amazing the staff on Unicorn are. My son has said nothing but good things about you all and I will forever be grateful. Thank you so much for taking care of my son, he felt safe, cared for and listened to.”
– **Family member**



“The nurses were absolutely brilliant and so were many of the support workers.. I’m now an adult, I’m living life so much more happily now, and I started an apprenticeship as an Apprentice Healthcare Assistant after I was discharged. I have future ambitions to work in a psychiatric hospital and I hope to be like those who supported me during my time at Cygnet Hospital Bury.”
– **Young person, Cygnet Bury Forestwood**

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Map | Our specialist services by region

CAMHS PICU

1 Cygnet Bury Forestwood

Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: 0161 762 7200

CAMHS Acute

1 Cygnet Bury Forestwood

Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: 0161 762 7200

2 Cygnet Hospital Sheffield

83 East Bank Road, Sheffield, Yorkshire & Humber S2 3PX
T: 0114 279 3350

CAMHS Low Secure

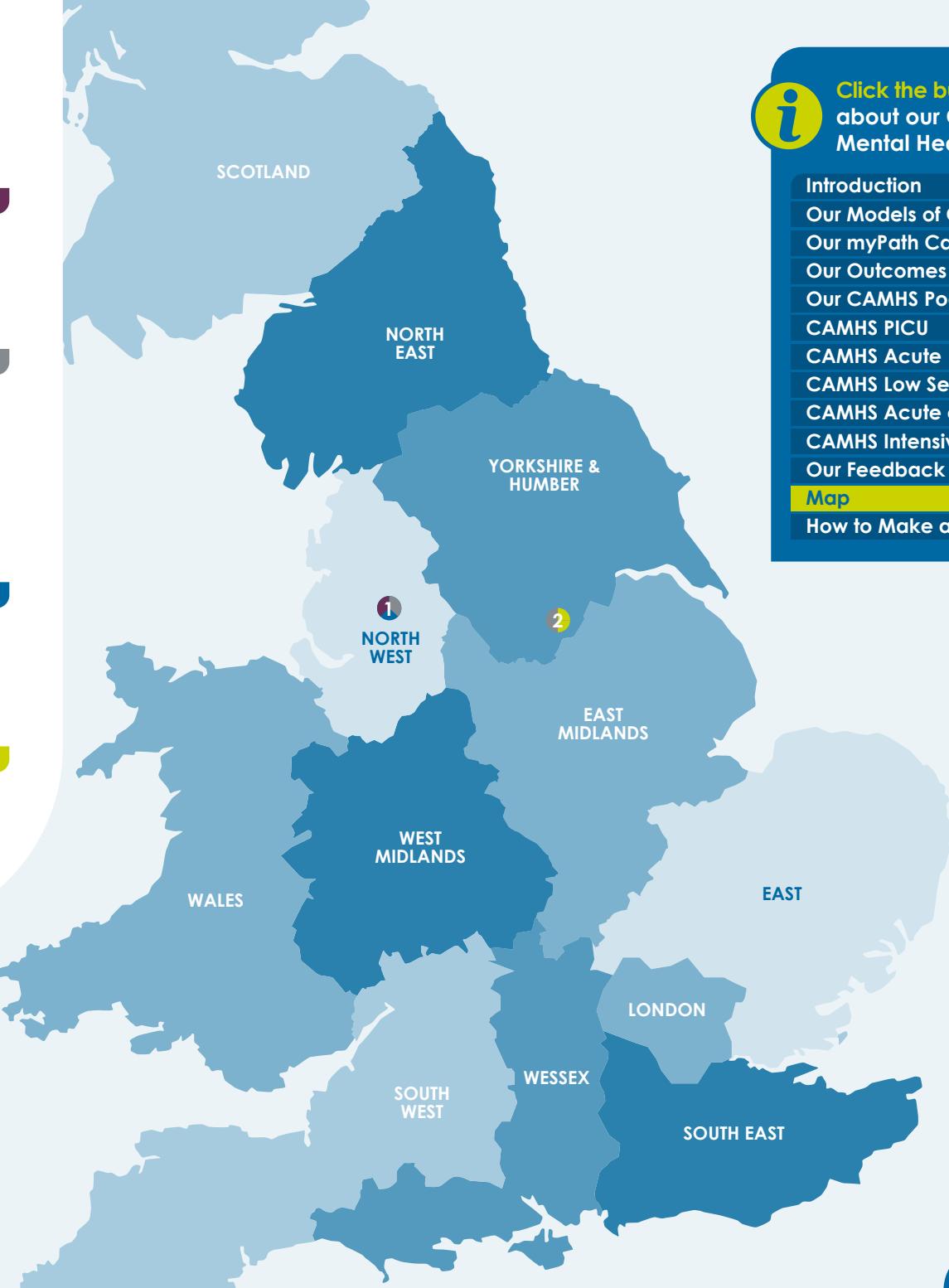
1 Cygnet Bury Forestwood

Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: 0161 762 7200

CAMHS Low Secure

2 Cygnet Hospital Sheffield

83 East Bank Road, Sheffield, Yorkshire & Humber S2 3PX
T: 0114 279 3350



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How to Make a Referral

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.



CAMHS PICU / Acute / Intensive Support referral steps:

1 Referral made to Cygnet referrals team via **0808 164 4450 / chcl.referrals@nhs.net**

2 Feedback provided on whether our services can meet the service user's needs within 1 hour of receipt of adequate clinical information

3 Admission agreed and arranged with referring team following confirmation of funding

CAMHS Low Secure referral steps:

1 Referral made to Cygnet referrals team via **0808 164 4450 / 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'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



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Improving lives together

📍 **Cygnet Health Care**

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📞 **0207 123 5706**

www.cygnetgroup.com

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CYG-730 | Date of Preparation: 09/01/26

Trust

Empower

Respect

Care