



Your Guide to Cygnet Aspen Clinic

Personality Disorder



Cygnets Aspen Clinic

Doncaster

Registered address:

Manvers Road,
Mexborough,
Doncaster
South Yorkshire
S64 9EX

Cygnets Aspen Clinic is in Doncaster, this is in South Yorkshire.

The people we care for at Cygnets Aspen Clinic are:

Female
18+





Up to 16 people can stay at Cygnet Aspen Clinic. We aim to make your stay here as calm and safe as possible. Staff will be supportive and friendly.

People we support

You may have trouble keeping relationships

You must be 18 years old

You have been diagnosed with a personality disorder

You may have a diagnosis of ASD (Autism Spectrum Disorder) or learning disability



You may have been admitted under the Mental Health Act

You may have complex mental health needs

You may have a history of substance abuse

You may have a forensic history

You may have Post-traumatic stress disorder

Therapies and Activities



Our staff are trained to help you develop and learn.



We can teach you skills to help with emotional difficulties. We can help you develop your skills and make you more independent.



We want to help build your awareness of your own mental health.

Our programme focuses on building curiosity, independence, confidence and meaningful goals to help you prepare for life in the community or when moving to a less secure setting.

Our team



There are a range of people to help you during your stay at Cygnet Aspen Clinic:

- doctors
- nurses
- psychology team
- occupational therapy team
- clinical managers

Our Model of Care

This Model of Care shows how we will support you during different stages of your recovery.

Phase 1

Pre-admission

Preparing for your arrival to Cygnet Aspen Clinic.

Phase 2

Understanding me

Getting to know your team.

Phase 3

Stabilisation

Helping you to feel safe and settled.

Phase 4

Active Treatment

Engaging in treatment and rehabilitation, improving quality of life.

Phase 5

Preparing to move on

Moving on to a safe and meaningful future.



Our facilities

We will try to make your stay with us as pleasant as possible. Some of the facilities available to you are:

- En-suite bedrooms
- Occupational therapy room
- Laundry room
- One-to-one psychology room
- On site beauty lounge
- Quiet lounge
- Downstairs communal lounge
- Garden including an area for you to grow your own fruit and vegetables



Other activities

We also have a sensory room.



Art therapy sessions to encourage your creativity.



And a therapy kitchen for you to learn and cook together.



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