



Women's Services

Female Forensic Mental Health Care

Contents

04	About Cheswold Park
06	Local Context
07	Admission Criteria
08	Our Philosophy of Care
10	Involvement Of Patients And Carers In Our Service
12	Your Ward Environment
14	What To Expect From Your Ward
16	Keeping You Positively Engaged
18	Your Clinical Team
20	Clinical Model
22	Advocacy



About Cheswold Park

Cheswold Park is a secure hospital looking after people with a range of mental health needs and intellectual disabilities. Services are provided for men and women aged 18 and older.

The hospital has a large number of professionals who will support you and manage your care and treatment.

At Cheswold Park, we have a range of services that can be tailored to patient's needs. Our goal is to assist in a structured recovery, at a pace that is sensitive to each individual's requirements.

Care and treatment is provided for different conditions across 8 wards.

Each patient's bedroom includes a wardrobe, desk and en-suite. Within the ward, patients share a sitting room, dining room and a ward garden.



Local Context

There is a lack of medium secure provision for women in South Yorkshire and Bassetlaw. There are a number of women from Yorkshire and Humber Area receiving care in hospitals very far away from their home area.

Our new service will aim to:

- Overcome the lack of provision for adequate number of beds within Yorkshire and Bassetlaw.
- Provide care to women patients closer to their families and friends
- Work with the local community teams to ensure a smooth transition.
- Reduce the length of stay for women within the secure service.



Admission Criteria:

- Women who are assessed as requiring admission to a medium secure forensic unit and therefore would be assessed as posing a high risk of harm towards others.
- Women with a primary diagnosis of mental illness and/or personality disorders. We also support women who have an associated diagnosis of Learning Disability or Autistic Spectrum Condition who are able to function in a generic setting.
- Transfers from a prison environment for women requiring care within a medium secure environment.
- Women requiring a step down from higher levels of security (high secure/ WEMS).
- Women requiring escalation in level of security (low secure or PICU), and other generic psychiatric units.
- Young people transitioning from CAMHS secure services.
- The hospital will also accept admissions for women from outside of Yorkshire and Humber region, if they meet the criteria for admission.

Exclusion Criteria:

- Primary diagnosis of eating disorder
- Diagnosis of moderate -severe learning disability
- Primary diagnosis of Autism or Autistic Spectrum Disorder
- Females below the age of 18 years

Our Philosophy Of Care

We recognise that our patients have often experienced significant traumatic events and distress in their lives.

We believe that each individual has the potential for recovery, personal growth and an improved quality of life.

Therefore, we endeavour to deliver Trauma Informed Care within a Trauma Informed Environment.

Our service is underpinned by the following guiding principles of Trauma Informed Approach:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and Mutuality
5. Empowerment, voice and choice

We Achieve This Through:

- Effective Multi-disciplinary Team (MDT) working
- Effective implementation of MDT standards and Care Programme Approach (CPA)
- Individual care planning with the patient's involvement (My Shared Pathway)
- Collaborative risk assessment and risk management plans with patient involvement

- High staffing ratio
- Appropriate staff skill mix
- Safe and therapeutic environment
- Family and Carer involvement
- Peer Mentoring
- Use of Evidence Based Treatments
- In-reach and Out-reach service where appropriate



Involvement Of Patients And Carers In Our Service

We have ongoing patient involvement events which are Yorkshire and Humber wide.

Our service model and therapy programme will evolve and be informed by patient involvement.

We also recognise the wealth of knowledge that carers bring, due to their own experience of having supported their loved ones at home, in the community and through the services.

We have incorporated the NHS Carer Toolkit into our Women's Service.

What support could carers expect from us?

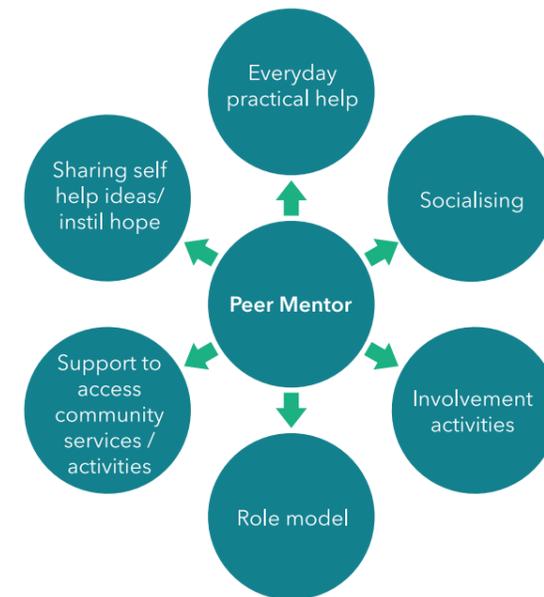
- We seek Carers' views, feelings and advice about their loved ones. Any issues are noted, and action taken in response, where possible.
- We invite Carers to be involved in care planning and transition processes.
- Carers have a continuous point of contact, agreed after admission.
- We continue to invite Carers to CPA meetings where a patient has consented to this.
- When necessary, we sign post the Carer to seek advice from Independent Carer Advocacy Service.

Patients and Carers can be involved in the service's activities which are as numerous and as diverse as the following:

- Care planning
- Risk assessments and risk management plans
- Staff recruitment
- Staff training (especially around awareness of trauma and its effects, family contact, cultural variation, least restrictive practices)
- To deliver modules of the Recovery College along with staff
- Co-facilitating other group activities such as Budgeting Group, DBT Skills Group, Independent Living Skills Group
- Training on risk assessment
- Service Governance meetings
- Fortnightly Community meetings
- Daily planning meetings
- Representation at the Regional and National Service User Forums
- Developing and reviewing Service user's and Carer's Welcome Packs
- Peer buddying (excluding the Peer Mentoring role)

Peer Mentoring / Peer Support Worker

Person centred care is paramount. Feeling stigmatised due to mental health issues and a history of offending behaviour can further lead to feelings of hopelessness and result in the inability to maintain relationships and support networks. The role of a Peer Support Worker/Mentor is pivotal within our service. They are vital in providing psychological and practical support to the patients. They also play an important role during the transition phase.



Your Ward Environment

A secure (forensic) setting which is compliant with the Medium Secure specifications.

The new service to be provided across distinct two environments within the service:

- A High Dependency/Acute admission area (4 beds): for acutely unwell patients who require high levels of support and assessment (with a new dedicated seclusion facility).
- A Recovery/continuing treatment area (10 beds): for patients who do not require such high dependency support but are at various stages of their recovery journey.

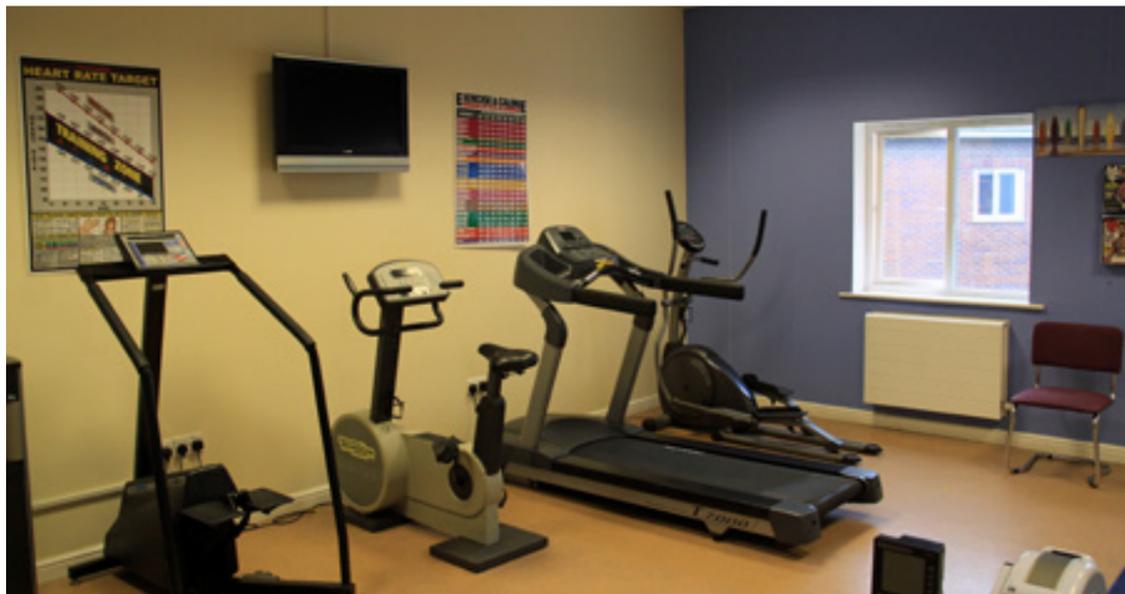
Patients on the High Dependency area will be able to engage in communal activities or use communal ward areas at times when they are able to interact with others safely.

The planned service can accommodate up to 14 patients with some flexibility in numbers across the two environments, as required from time to time.



What to Expect From Your Ward

- Well-lit communal areas
- Quiet lounge
- De-stimulus room with soft furnishing
- En-suite bedrooms with adequate storage space
- Dining area
- Access to garden / courtyard areas direct from the ward area
- Other onsite facilities include: Education suite, Physical Health Clinic, Gymnasium, IT Room, Music Room, Sport Hall, Outdoor Pitch, Occupational Therapy Kitchens, Horticultural Area



Keeping You Positively Engaged

During a patient's stay at Cheswold Park, they will have access to numerous therapy facilities which will help improve mental wellbeing.

We have a number of therapy facilities within the hospital including:

- Music room
- Social Room
- Kitchens
- Gym
- Sports Hall
- IT Suite
- Horticulture Area
- All Weather Sports Pitch
- Outdoor Areas

In addition, activities available include:

- Playing Music
- Creative Artwork
- Relaxation Classes
- Baking
- Cooking
- Gardening
- Music
- Playing pool



Recovery College

This provides opportunities for the co-production and co-facilitation of chosen courses across the hospital for patients and staff.

Courses that have taken place already include Creative Writing, Painting and Decorating, Interview Skills, How to present yourself in a meeting and Positive Behaviour Support.

The Recovery College embraces and welcomes the individual skills of its patients and staff that are important in increasing confidence, self-esteem and inspiring others. If you have any skills or experiences that you feel you could share to help and support your own recovery and the recovery of others, please let us know. You are also able to access courses offered by other patients and staff to aid your recovery.

Your Clinical Team

- Consultant Forensic Psychiatrist
- Speciality Doctor
- Service Manager
- Clinical Team Manager/Leads
- Forensic Psychologist
- Asst. Psychologist
- Occupational Therapist
- Occupational Therapy Assistant
- Activity Coordinator
- Forensic Social Worker
- Family Therapist
- Peer Mentors
- Transition Worker (this will be identified from the existing clinical team and the professionals, involved will depend on the individuals need)

Input from other disciplines such as Education/ Gym Instructor/Physical Health team (including access to Female GP) and Dietician.

Links to the local community to access vocational/educational courses and leisure activities.

Opportunities exist for voluntary and paid employment on site.



Clinical Model

We deliver the care in an environment that is underpinned by six basic principles but is multi-modal, as we recognise that our patients are individuals with different needs. In essence, the treatment/s are tailored to the identified needs of each individual rather than just the diagnosis.

A. Six Basic Treatment Principles implemented by every member of the clinical team:

1. Structure
2. Relationship
3. Consistency
4. Empathic Validation
5. Motivation
6. Self-Reflection



B. Specialised treatment to treat the patient's needs:

Individual Sessions:

- Offence related work
- Arson/ Fire prevention programme
- Schema therapy
- Insight building and Relapse prevention work
- Trauma Focused work
- Mentalisation Based Therapy
- Compassion Focused Approach
- DBT
- CBT
- CAT
- Behavioural Family Therapy/ MBT based approach

Group Sessions:

- DBT skills group
- Mental Health Awareness group
- Relationships group
- Keeping safe
- Budgeting
- Recovery through activities
- Moving on/Transitions group
- Community skills/Independent living skills group
- Substance misuse group
- Self -esteem/ Self-confidence/ Assertiveness
- Motivation and goal setting group

Advocacy

An Advocacy Service is provided by an independent provider who specialise in providing support to women in secure care.

They work independent of the hospital and their role is to represent the womens views in various forums and raise concerns as appropriate regarding the delivery of service provision.





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