The service

This specialist service is designed to specifically address the complex needs of people with personality disorders and provides a recovery-focused programme. A non-restrictive, positive risk-taking approach is followed in the delivery of care on Hazelwood Ward, with patients being supported in practising, strengthening and generating coping strategies and skills learnt during their stay at the hospital.

100% of all Hazelwood Ward staff have completed dialectical behaviour therapy (DBT) training* to provide support to all service users engaged in the DBT programme.

Who is it for?

- Females aged 18 and above
- Formally detained under the MHA 1983
- Formal diagnosis of personality disorder as classified by DSM IV (or ICD 10) or those patients presenting with personality traits who do not attract a full diagnosis of personality disorder
- Co-morbidity with other disorders such as mood disorder, post traumatic stress disorder and/or substance misuse
- A history of trauma/abuse
- History of and potentially continuing substance misuse problems
- A high incidence of risk to self such as self harm and/or suicide intent
- May have previous involvement in the Criminal Justice System or currently detained in prison
- Multiple (revolving door) crisis admissions to local acute services or protracted lengths of stay within local acute services (potentially lasting months or years)
How we help

• A range of psychological therapies including eye movement desensitisation and reprocessing (EMDR), schema therapy, DBT and cognitive behavioural therapy (CBT). This will afford the opportunity to acquire and strengthen the necessary skills in regulating affect, to learn new ways of tolerating distress, to be more effective in interpersonal skills and core mindfulness which helps to lower psychological disturbance and judgements
• Self-management (relapse prevention) strategies in relation to mental health and how to manage effectively in the community when encountering stressful and problematic situations
• This approach is designed to reduce the length of stay, formalise progression and understanding of what patients need to do to keep moving forward, and address all areas of a person’s recovery and wellbeing
• Our Care Programme Approach process fully supports the My Shared Pathway principles and the nursing team will work with patients to encourage participation in all aspects of their CPA arrangements, including offering them the opportunity to chair and lead their own meeting
• We will carry out appropriate risk assessments, encourage family visits and continue to maintain links with family and friends

Outcomes

The service aims to reduce the number of incidents within the service user group through positive risk taking and self-management strategies. The graph below illustrates the reduction in incidents in the first 6 months after admission.

![Reduction in Self Harm Graph]

“The it has helped me a lot; you have structure and routine which helps a lot when you have a mental illness. I probably would have ended up dead and now I am looking forward to discharge.” Patient A

The team

• Consultant forensic psychiatrist and staff grade doctor
• Input from a team of psychologists which is comprised of a consultant clinical forensic psychologist, consultant forensic psychologist and counselling psychologist
• Occupational therapists
• Social worker
• Registered nurses in mental health
• Healthcare assistants
• Recreational co-ordinators
• Artist
• Health and fitness instructor

Contact us

For further information or to make a referral, please contact our Business Development Manager, Loraine Mason on 01325 333 192 or email lorainemason@priorygroup.com.

We will assess patients referred to us within 48 hours of the initial referral. The referrer will receive a comprehensive assessment report within five working days from the time of the initial referral. We are also able to admit patients on an emergency and planned basis.