Arnold Lodge
Male Personality Disorder Service

East Midlands Centre for Forensic Mental Health, Leicester
Arnold Lodge is part of Nottinghamshire Healthcare NHS Foundation Trust’s Forensic Services Division and provides care and treatment as part of a much larger network of services for mentally disordered offenders.

It has 102 beds and provides inpatient, medium secure services for adults aged 18 and above. At the point of referral these individuals cannot be managed by general mental health or low secure services due to the seriousness of their index offence, levels of behavioural disturbance and potential for absconion or escape.

Arnold Lodge delivers intensive, comprehensive, multi-disciplinary treatment to this patient group that requires the provision of appropriate security underpinned by the principles of recovery, rehabilitation and risk management.

The unit provides modern, purpose built accommodation compliant to national Medium Secure standards. It offers the highest standards of evidence-based therapeutic care and clinical expertise to deliver a quality service to patients in a secure environment.

Arnold Lodge participates in the Quality Network Peer Review. The review is carried out by the Quality Network for Forensic Mental Health Services and rates medium secure units across the Country. Arnold Lodge has been consistently rated in the top 10 Medium Secure Units in England, Wales and Ireland.

The catchment area for the majority of the services provided incorporates Leicestershire, Nottinghamshire, Lincolnshire, Derbyshire and Northamptonshire.

The unit comprises the following:
- Male Mental Illness Service – 54 beds
- Male Personality Disorder Service – 24 beds
- Women’s Service – 24 beds

This brochure focuses on the Male Personality Disorder Service at Arnold Lodge; the treatment pathway and facilities provided to patients.

The Service is flexible and needs-led; patients are provided with a wide range of opportunities and experiences to develop and maintain their skills.

Multi-Disciplinary teams work in partnership with patients, their family, friends and carers to deliver a high quality service that centres on the promotion of independence, responsibility and an improved quality of life.
A range of evidence-based therapeutic treatment programmes are available to patients including:

- VRTP (Violence Reduction Treatment Programme)
- Substance misuse treatment program.
- Psychological wellbeing
- Psychosocial Interventions (PSI)
- Mindfulness
- Mental Health Awareness
- Social Problem Solving
- Social Skills
- Life Skills
- Transitions Group
- Anxiety Management
- Relapse Prevention

Additionally, patients have access to:

- Creative activities including art, craft, digital photography, textiles.
- Activities of Daily Living such as cooking, budgeting, shopping, use of public transport, cleaning.
- Horticulture in courtyards, a community allotment and canal towpath volunteering project.
- Animal care with resident animals.
- Woodwork; individual and group projects at various levels.
- Community rehabilitation including sports and leisure programmes.
- Vocational skills programme offering internal and external voluntary placements.
- Educational programmes including Maths, English and Information Technology.
- Recovery and Wellbeing College modules.

Arnold Lodge aims to achieve successful and safe discharge to the most appropriate onward placement, through liaison with a range of agencies, to maximise the individual’s chances of success and minimise potential risks.
The Personality Disorder Service at Arnold Lodge is provided through a two stage model:

Admission and building treatment responsiveness - **Ridgeway Ward**

Intensive psychological treatment and rehabilitation - **Cannock Ward**

The Personality Disorder Service at Arnold Lodge opened in 1999. It provides specialist medium secure care for adult men with personality disorder.

The Service operates a modified Therapeutic Community model and patients have access to a range of Cognitive Behaviour Therapy (CBT) - based group interventions that address both their personality difficulties and any associated risks.

The environment on both wards is very different to other secure hospital units and to that of a prison. Engaging in structured therapeutic activity and appropriately interacting with others are key parts of the treatment provided to patients.
“When I was admitted to Arnold Lodge I was impulsive, passive-aggressive and unable to understand my emotions. During my time there I was shown how to recognise my emotions and learnt how to express myself assertively.” Patient Opinion
Ridgeway Ward

Ridgeway provides the initial part of the care pathway for male patients with personality disorder who require medium secure care. The initial focus is on working with the patient to assess their needs and strengths and then to build upon their skills in order to help them better manage their day to day behaviour, to feel safe and contained.

There follows a strong emphasis on interventions that help to regulate emotions and manage relationships, such as the Orientation to Treatment and Social Problem Solving groups, Mindfulness, Emotional Regulation and Anger Management. Often referral to Cannock Ward is considered when these skills are established and integrated and patients are ready for more intensive psychological interventions.

Whilst the main emphasis is on helping patients to engage in treatment, those patients who require longer term care are provided with an environment that promotes their quality of life, whilst also managing any risks they may present.

“I was well cared for and I can honestly say that Arnold Lodge gave me the opportunity to have a decent quality of life.” Patient Opinion
Cannock Ward

Cannock provides a highly structured therapeutic environment for patients who are motivated to engage in intensive psychological treatment and who have already begun to make positive changes on Ridgeway Ward.

Patients on Cannock Ward are expected to be taking increasing responsibility for managing their own behaviour. Some patients will be working towards community leave or a move to low secure care, whilst others will be working to demonstrate clear evidence of improvement in order to achieve a progressive move when they return to prison. There are twice daily community meetings and patients are typically involved in three or four treatment groups at a time, as well as taking part in vocational and occupational activities.

“I thought I would never get out of prison. I have a future ahead of me and goals I wish to accomplish which 16 months ago I wouldn’t have thought possible.” Patient Opinion
“Now I am more confident in the things I want to do and the things they want me to do. This is all down to the brilliant environment and the help from all the staff and my clinical team who have been understanding and always helpful.” Patient Opinion