

Springbank, Cambridge

A specialist inpatient pathway for women with severe personality disorders

Tariff information 2025-26

Springbank is a rehabilitation inpatient unit for women with borderline personality disorder who are struggling to cope with the demands of community life, despite the input from local psychiatric services. The ward provides an environment that offers 24-hour support with a strong recovery focus. The aim is to help people improve their resilience against stress and their quality of life. This is achieved through a multi-disciplinary approach using evidence-based therapies such as Dialectical Behaviour Therapy.

The unit opened in June 2011 and is a unique NHS service available for referrers and patients across England. Springbank offers a biopsychosocial model of care for women diagnosed with complex personality disorders. The unit offers a structured programme of therapeutic activity and interventions under the clinical guidance of the consultant psychiatrist. It aims to stabilise patients with a view to timely return to the home area and local management of care. Nursing staff are trained to deliver therapeutic interventions, and are chosen for their positive attitude and aptitude for working with this challenging patient group.

The unit is happy to engage with referring teams pre and post discharge. Springbank actively encourages liaison and involvement of the referring teams throughout an individual's stay to maximise the potential for successful reintegration into the home area at the earliest opportunity. The average length of stay in the inpatient unit is nine months, with variations from six to 18 months depending on clinical need.

Please contact us for more information or to obtain a copy of our full brochures. These, together with video footage, can be viewed on line at:
<https://www.cpft.nhs.uk/Springbank/>

Our tariff for core services is provided overleaf. Specific costs for each patient will be based on a comprehensive assessment of individual need. The unit's model of care and staffing ratio's leads to reduced need for increased observation levels and enables referrers to better predict their overall costs per patient.



For more information contact:

Siobhan O'Kane
Service Manager

Rabson Pulazi
Ward Manager

Dr Jorge Zimbron
Consultant in General Adult and Rehabilitation Psychiatry

We are the only NHS provider of specialist inpatient personality disorder services in the east of England. We understand and respond to the challenging needs of women with personality disorders and associated difficulties. We have proven experience in designing and delivering a wide range of individual packages of care within our personality disorder pathway. Our pathway provides a comprehensive range of interventions and approaches based on NICE guidance for the care and treatment of people with personality disorders.

As an NHS provider we have all the benefits of clinical and corporate governance, excellence in training and nationally renowned clinicians in this field. Unique to this care pathway we can provide intensive pre- and post-discharge support to local teams to help patients return to their local area. Our comprehensive assessment includes whether an admission to Springbank is the most clinically and cost-effective option and advice on alternative treatment programmes.

Please note that the below fees are not fixed and will be updated in line with any national tariff uplifts that take place throughout the period of the placement.

Comprehensive needs assessment and full report for referrer		Total cost: £678 + associated travel costs (waived if patient admitted)
Assessment phase (one month): <ul style="list-style-type: none"> Physical health check, risk assessment and management plan agreed collaboratively Commitment for DBT programme established Psychosocial review CPA review, goals for care and treatment identified 		£738.63
Treatment phase (6-12 months): <ul style="list-style-type: none"> Assigned DBT skills therapist throughout treatment phase. Integrated activity programme Individual diary card and timetable Stabilise risk behaviours Build key capacities to achieve recovery goals 		£738.63
ECT		£399 per session
One-to-one care		£533 per day
Return transport to Addenbrooke’s Hospital for treatment of physical conditions		£40
Discharge report		
Full discharge report with guidance for ongoing care from consultant.....		Included in core cost

Costs for attendance at an activity programme following discharge, or continuing case management, will be agreed with commissioners prior to the start of the core treatment discharge plan. Outreach support to local referring teams during the patient’s admission is provided within the core costs.

Other additional costs may apply when deemed clinically necessary. This includes, but is not limited to, Electroconvulsive Therapy (ECT) services, transport fees and one-to-one care. The referrer agrees prior approval is not required for these additional costs.

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Headquarters

Elizabeth House, Fulbourn Hospital, Fulbourn, Cambridge CB21 5EF

01223 219400

 www.cpft.nhs.uk



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