

Improving lives together

Complex Mental Health and Autism Service for Men

Springs Service,
Cygnet Hospital Harrow, London

Good

Now taking referrals



Springs Service (Springs Centre and Springs Wing) at Cygnet Hospital Harrow is a service for men with mental health needs and autism. Our person-centred, positive behavioural support focus seeks to reduce behaviours of distress and treat mental health symptoms. We develop independent living skills and social intergration. The aim of the service is to support individuals by giving them the tools that they need to be discharged into the community.



Male



18+ years



21 beds

Our service user profile:

- > Men, aged 18+ years
- > Primary diagnosis of mental illness with complex needs
- > Secondary diagnosis of high functioning Asperger's syndrome or autism
- > Typical diagnoses include:
 - Schizophrenia
 - Schizo-affective disorder
 - Psychosis
 - Personality disorder
 - Bipolar affective disorder
 - Post-traumatic stress disorder
 - Depression
- > May be detained under the Mental Health Act (1983); sections 3, 37, 37/41 or informal
- > May present with forensic history
- > May include a history of substance misuse
- > May present with behaviours that challenge



Our service at a glance

The Springs Service is formed of two wards, Springs Centre and Springs Wing. We provide a care pathway to support individuals to move on to supported living, a community placement, or return to their home. We have distinct living areas to allow each person to receive the level of support they need to prepare for the next step along their journey.

Our team are highly experienced, with all staff members trained in understanding autism, mental health conditions, and in creating a supportive environment for everyone.

The Multi-Disciplinary Team (MDT) work together with individuals to provide a holistic, person-centred, comprehensive assessment and care plan. The MDT ensures everyone's needs are met in a way that helps achieve stability and discharge to the least restrictive setting.

The service is located on Harrow on the Hill in six acres of private land with nearby parks, shops, leisure centres and excellent road and rail links.



Easy read and other accessible information available to service users



Maths and English tutor supports individuals to complete qualifications in the service



Providing spaces for meaningful engagement in activities



90% of those discharged in the last 12 months were able to move to a similar or lower level service*



Involving family and carers as much as possible (where appropriate)



Links with the local community including:

- > **Wiseworks** - a pre-vocational day service providing tailored programmes to help individuals overcome their barriers to moving on into work (paid or voluntary) or further education
- > **Reliant care** - pre-vocational and personalised courses

Physical health nurse and fitness instructor to support wellbeing



Tuck shop ran by service users, enabling skill such as social inclusion, budgeting and finances



Focused on reducing restrictive practice



Meetings held monthly

Supporting men in their return to more independent community living



Our multi-disciplinary team:

- > Hospital Manager
- > Ward Manager
- > Consultant
- > Ward Specialty Doctor
- > Registered Nurse - Learning Disability (RNLD)
- > Registered Mental Health Nurse (RMN)
- > Healthcare Support Workers
- > Occupational Therapy
- > Psychology
- > Speech and Language Therapy
- > Personal Trainer
- > Social Worker

Our facilities:

- > Calm, relaxing and secure environments
- > Spacious communal areas
- > En-suite bedrooms
- > Gardens with seating
- > Rehabilitation kitchen
- > IT café
- > Gym
- > Therapy room
- > Sensory room



Make a referral

- 1 Referral made to your regional business relationship manager or 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our assessment team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

Where are we?

Cygnets Hospital Harrow
London Road, Harrow on the Hill,
London HA1 3JL

Phone number
020 8966 7000



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