

Improving lives together

# Specialised autism spectrum disorder service for men with a diagnosis of mental illness and autism

Cygnnet Adarna House, Bradford

Good

Now accepting referrals

Cygnnet Adarna House is our rehabilitation service for men with mental illness and a secondary diagnosis of autism. Supporting 9 men, we provide a homely and community facing environment for individuals who are preparing for community life, but need further support to move to more independent living.

This service has been created as a step-down service from Adarna Ward at Cygnnet Hospital Wyke in Bradford. This enables individuals to continue to work on their independent living skills while being in a safe environment – with the advantage of continuing access to the same multi-disciplinary team (MDT). The service also accepts external referrals.

The MDT works together with service users to provide a holistic, person-centred, comprehensive assessment and care and treatment plan. The team ensure individual's needs are met in a way that helps that each achieve stability and discharge to a less restrictive setting.



Male



18+ years



9 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 civil and forensic sections or informal
- > May present with forensic history
- > May include a history of substance misuse



## Our service at a glance:

Cygnnet Adarna House is located in the suburbs of Wibsey in Bradford and the team focus on ensuring the individuals they support are part of their local community and can access education, employment and other opportunities to meet their needs. The service also benefits from great public transport links to local towns and cities including Bradford, Huddersfield, Leeds and Manchester.

We can also support men who are not actively showing signs of immediate risk, but who may need to develop their independent living skills, or require support with their mental health needs. Service users are supported to be actively involved in their own rehabilitation.

The team are highly experienced in supporting individuals with autism. All members of staff are trained in understanding autism and in how to create a supportive environment for everyone.

The service has an array of facilities, all of which provide a low stimulus environment for individuals who may be experiencing heightened feelings of agitation. The service has been decorated in consultation with service users from Adarna Ward.

In-house **therapeutic earnings programme**



**Bespoke staff training packages** tailored to the service



Activities of **daily living (ADL) kitchen** to support skill development

**Full MDT** shared with Adarna Ward at Cygnet Hospital Wyke to **provide continuity of care as individuals move along their care pathway**



Focus on **reducing restrictive practice**



Providing a specialist care pathway route through **hospital into the community**



**Individuals are supported to gain independence** in their daily living skills



Homely environment with **24/7 support**



Service users were consulted by the estates team to decide on **colour themes and decoration at the new service**



### Our facilities:

- > 9 en-suite bedrooms
- > Lounges including quiet space
- > Dining room
- > Sensory provision
- > Games and activity room
- > Private visitors room
- > Large gardens



### Our community links:

- > Local shops, supermarkets and shopping complexes
- > Local parks
- > Great public transport links with a local bus stop with transport to Bradford, Leeds and Halifax city centres
- > Leisure centres and restaurants



For more information or to make a referral please call **0808 164 4450** or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

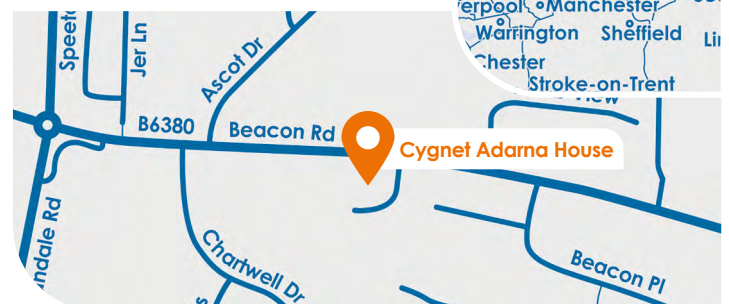
### Our referral process:

- 1 Referral made to Cygnet referrals team via [0808 164 4450](tel:08081644450)/[chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2 Assessment arranged and undertaken via our management 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?

**Cygnet Adarna House**  
279 Beacon Road, Wibsey,  
Bradford, West Yorkshire,  
Yorkshire & Humber BD6 3DQ

**Phone number**  
01274 570 244



CYG-812 | Date of Preparation: 16/02/24

Please visit [cygnetgroup.com](http://cygnetgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care