

Improving lives together

Autism Spectrum Disorder Services

- > Highly Specialised Autism Spectrum Disorder



Welcome

Cygnnet was established in 1988. Since then we have developed a wide range of health care services for young people and adults with mental health needs, acquired brain injuries, eating disorders, autism and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the individuals in our care.



Our expert and highly dedicated care team of 11,500 employees support 7,500 individuals across 150 services to consistently make a positive difference to their lives.



Cygnnet Health Care is part of the Cygnnet Group which also provides social care services for adults in England, Scotland and Wales.

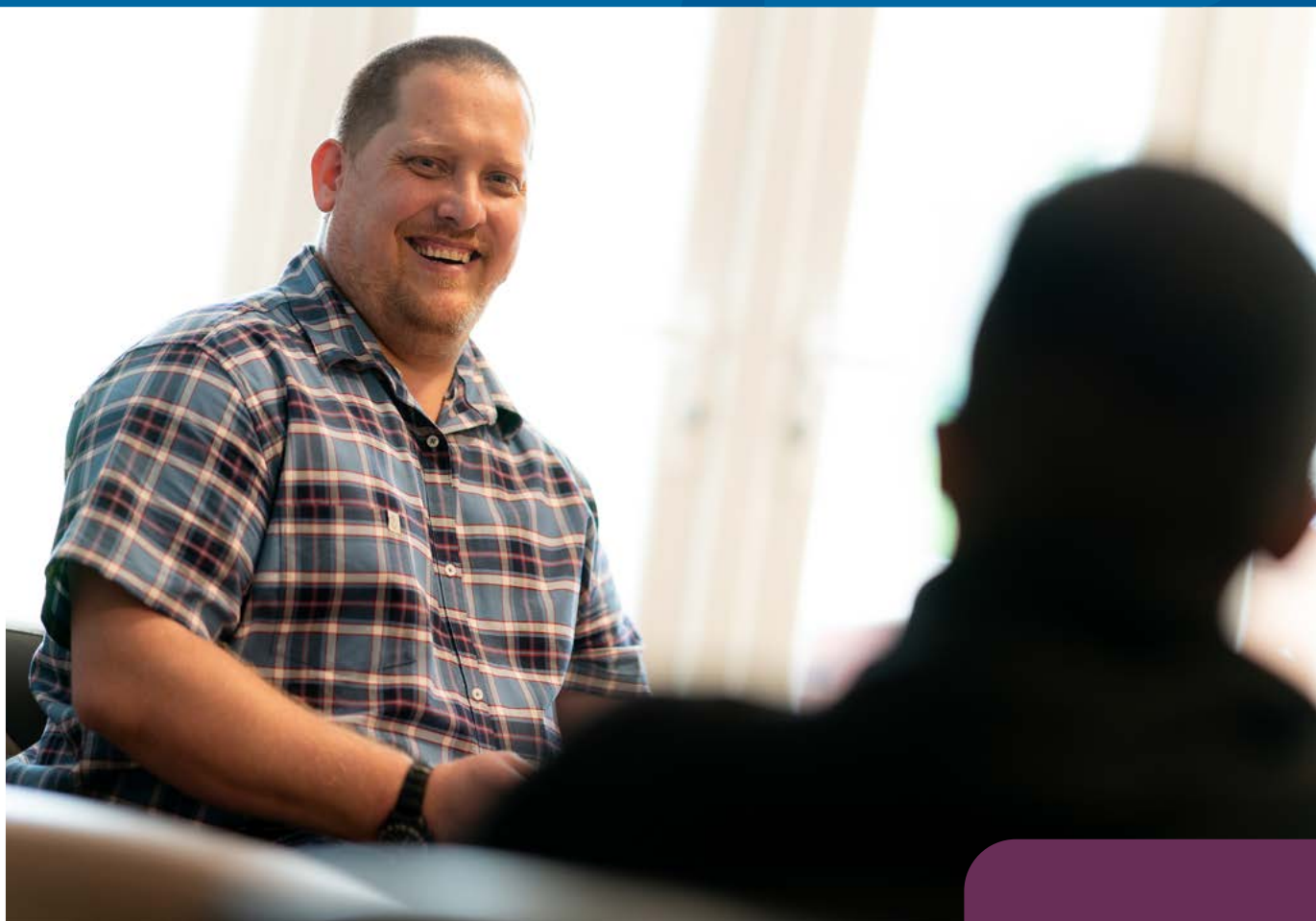


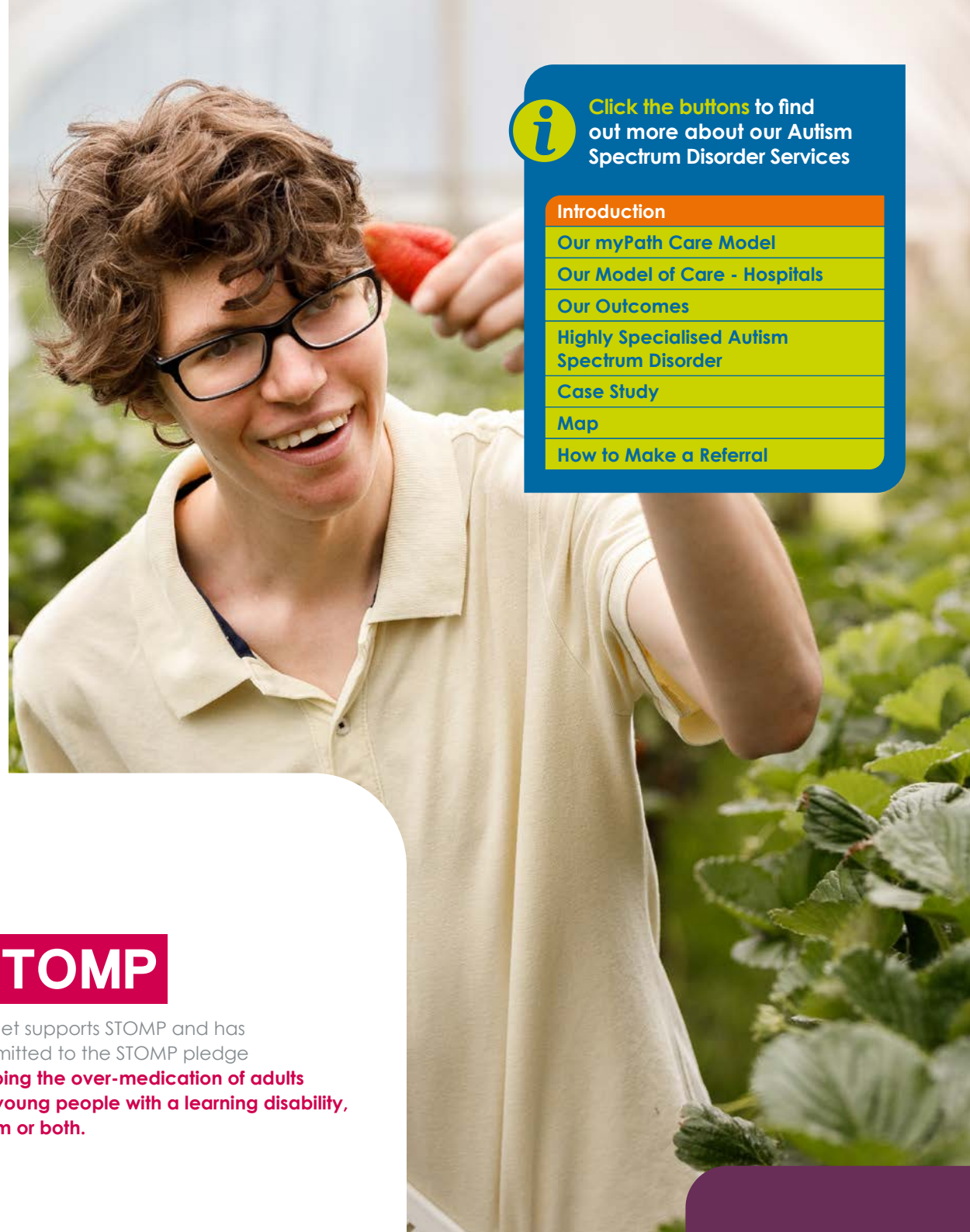
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- Introduction
- Our myPath Care Model
- Our Model of Care - Hospitals
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Introduction

Cygnet has over 20 years' experience of delivering the best outcomes for individuals with autism and learning disabilities, who may present with behaviours that challenge. We offer low secure and rehabilitation services across 5 different locations in the UK.

Alongside our interventions to reduce maladaptive behaviours, our aim is to help the individuals we support to develop life skills and progress through their care pathway to achieve further independence.

STOMP

Cygnet supports STOMP and has committed to the STOMP pledge **Stopping the over-medication of adults and young people with a learning disability, autism or both.**

Our service user profile:

- Primary diagnosis of autism and associated learning disability and / or mental health needs
- May present with behaviours that challenge
- Communication challenges
- Forensic history
- Likely a history of multiple exclusions and placement or family breakdowns
- May have an EHCP (Education, Health & Care Plan)
- May be subject to DoLS (Deprivation of Liberty Safeguards) or Care orders
- May be detained under the Mental Health Act (1983)
- Require bespoke support and care



18+ years



Male



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Mental Health Act Status:
Detained / Informal / DoLS

Our services at a glance:

- Highly individualised and consistent care
- Specialist care pathways and interventions focusing on:
 - Stabilisation of behaviour
 - Lifelong learning
- Daily living skills development
- Positive Behaviour Support, incorporating the use of accredited intervention techniques
- Sensory integration
- PAS-ADD (mental health screening)
- TEACCH style specialist learning programmes
- ASDAN and OCR Skills for Life schemes
- Compensatory communication techniques including:
 - A Picture Exchange Communication System (PECS)
 - Pictures
 - Symbols
 - Objects of reference
 - Signing

Our multi-disciplinary teams:

- Psychiatry
- Psychology
- Occupational therapy
- Speech and language therapy
- Nursing
- Activity coordinators
- Specialist trained support workers

Our outcome measurement tools:

- A-GAP (Autism Global Assessment of Progress)
- Behaviours that challenge
- MSE (Mental State Examination)
- Daily Risk Assessments
- Observations
- Leave Status
- FCSP (Functional Communication and Skills Profile)
- DLSOS (Daily Living Skills Observation Scale)
- Engagement in Activity
- Psychological Engagement
- HoNOS (Health of the Nation Outcome Scales)
- MOHOST (Model of Human Occupation Screening Tool)
- PASS-ADD
- Vineland Adaptive Behaviour Scale



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Our myPath care model

To ensure we cater for each person's journey and achieve long-term results, we have created a unique approach to care for individuals with autism spectrum disorders.

myPath is our overarching care model that monitors service user engagement levels, manages their records, assesses their progress and formulates a personalised and dynamic care plan with measurable targets. The model embraces a wide range of evidence-based tools such as pharmaceutical inputs, daily living skills, progressive community-based outcomes and risk management plans. In doing the above, **myPath** ensures the delivery of high quality and inclusive care that is continually evaluated through robust operational and clinical governance frameworks.

myPath is tried and trusted and delivers industry-leading results.



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Our Model of Care - Hospitals

At Cygnet Health Care we are doing all we can to make a **positive difference**.

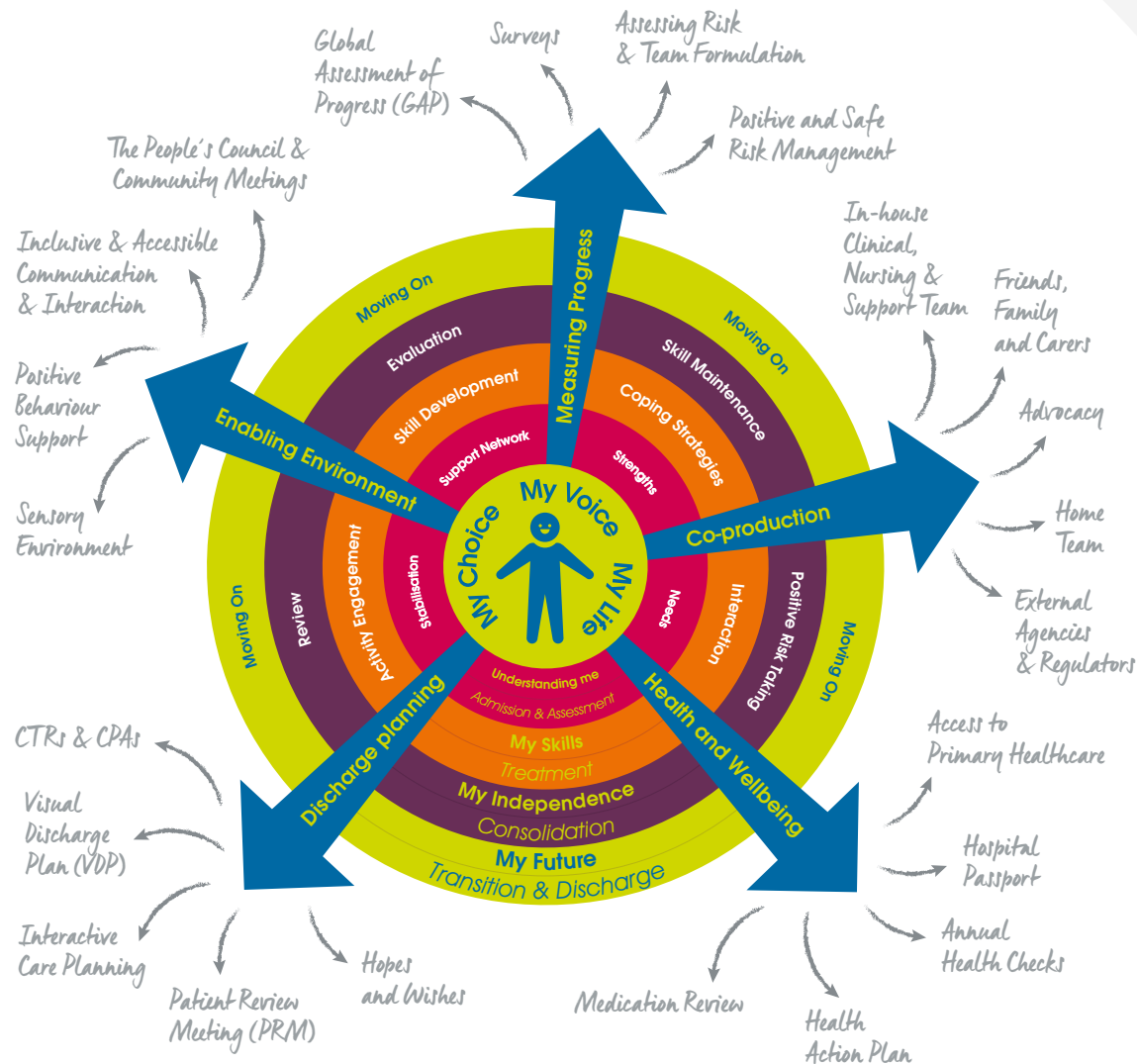
To help everyone work together to achieve this we have collaboratively created **Our Model of Care for our Autism Spectrum Disorder Services**.

We adopt a values based, social model of disability with **My Choice, My Voice, My Life** sitting at the heart of our model, empowering care, support and treatment to be provided through the lens of any individual.

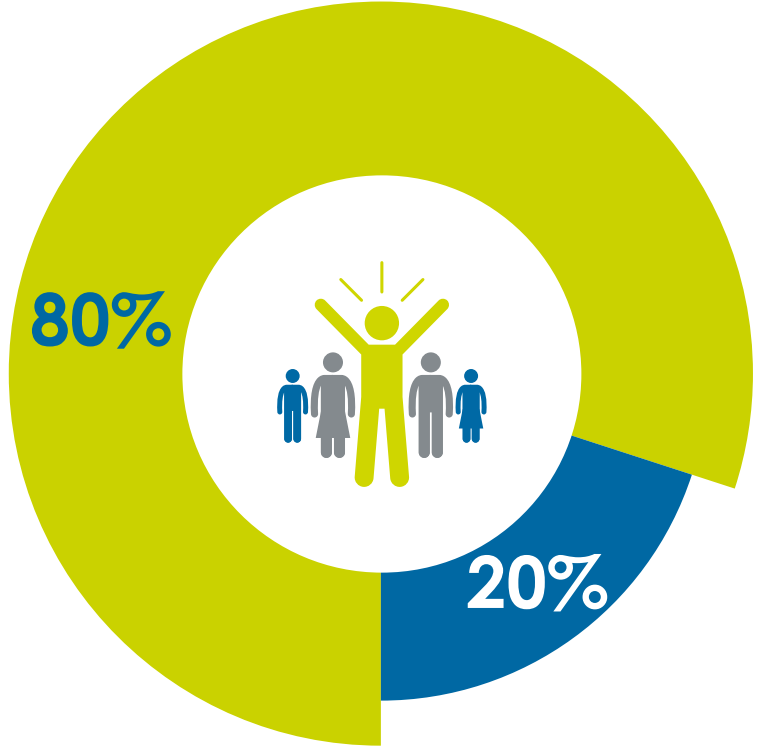


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Discharge Destinations



Moved into the community or closer to home



Moved to a higher level of support



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80%

of the individuals discharged from our highly specialised autism spectrum disorder hospitals in 2023 were able to **move closer to home or step down along their care pathway into the community**

*January 2023 - October 2023



Cygnet Adarna House, West Yorkshire

279 Beacon Road, Wibsey, Bradford, West Yorkshire BD6 3DQ

Highly Specialised Autism Spectrum Disorder



18+ years



Male



9 Beds



Scan the QR code or click here to watch a short video on Cygnet Adarna House



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Cygnet Adarna House is our rehabilitation service for men with mental illness and a secondary diagnosis of autism spectrum disorder (ASD). 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 Cygnet 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 will work together with service users to provide a holistic, person-centred, comprehensive assessment and care and treatment plan. The team will ensure individual's needs are met in a way that helps achieve stability and discharge to a less restrictive setting.

Cygnet Adarna House is located in the suburbs of Wibsey in Bradford and the team will 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 ASD. All members of staff are trained in understanding ASD 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.

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



Providing a specialist care pathway route through hospital into the community



Bespoke staff training packages tailored to the service



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



Homely environment with 24/7 support



Focus on reducing restrictive practice



In-house therapeutic earnings programme



Our facilities:

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





Cygnet Hospital Colchester, Essex

Boxted Road, Mile End, Colchester, Essex, East CO4 5HF

Highly Specialised Autism Spectrum Disorder



18+ years



Male



9 beds in 2 wards

NEW 5 beds with independent living areas opening May 24



Scan the QR code or click here to see the Larch Ward Flyer



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Cygnet Hospital Colchester supports individuals with autism, learning disabilities and complex needs. The team also supports individuals who are detained under the Mental Health Act, as well as those who have complex behaviours, or who have significant difficulties with social engagement.

Larch Court offers placements for four men with independent living areas. The living areas include self-modulation sensory facilities, with a programmable sensory menu to accommodate personal preferences, strengths and abilities of each individual.

Opening in May 2024 Chestnut Court benefits from five independent living areas. Each flat offers a robust environment designed to provide a safe space for individuals who may exhibit behaviours of distress or have specific sensory needs. Each room will be personalised to accommodate preferences, strengths and abilities of each service user.

Larch Court and Chestnut Court focus on enabling individuals to achieve three key targeted outcomes:

- Reduction in behaviours that challenge
- Increase in pro-social presentation
- Progress to future out of hospital placements within lesser restrictive environments

Our facilities:

- En-suite bedrooms
- Extensive communal areas including lounge and dining room
- Activities of daily living kitchen and laundry service
- Quiet room
- Sensory room
- Large garden
- Multi-faith room
- Gym
- Activity centre
- IT room



Our dedicated physical health nurse works closely with GP's, dentist's and other external agencies

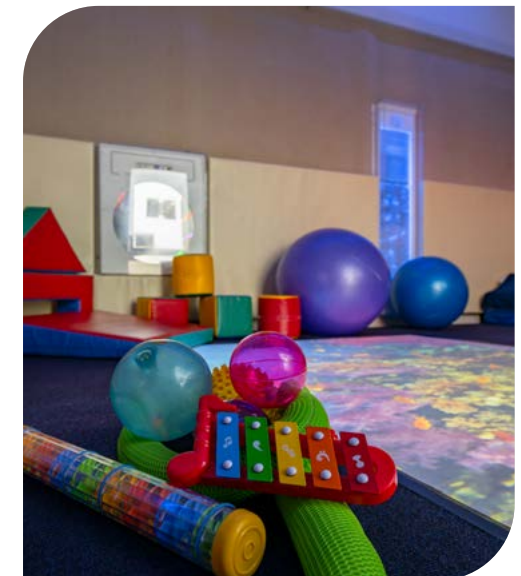
Supporting service users' sensory processing needs



Disability exercise specialist delivering fitness and wellbeing programmes for individuals in our on-site gym



Truly holistic approach to assessing, planning and delivering care and treatment



Our community links:

- Colchester football club
- Colchester Zoo
- Adult community college
- Colchester leisure world
- Dedham boating lake for picnics and paddling
- Cafés and restaurants
- Shops
- Voluntary work placements



Cygnet Hospital Harrow, London

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

Highly Specialised Autism Spectrum Disorder



18+ years



Male



24 beds

Spring Service is a 24 bed specialist rehabilitation service for men with a diagnosis of autism spectrum disorder. The service aims to support individuals to move along their care pathway to more independent living, or a supported living service.

The team at Cygnet Hospital Harrow are highly experienced in supporting individuals with ASD. All members of staff are trained in understanding ASD and in how to create 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.



On-site full-time
**fitness
instructor**



Access to further
education
at Harrow College



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



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



Focused on
**reducing
restrictive
practice**



"It is so nice to have an entire team care so much about my son's future. I feel genuinely listened to and know he is in good hands."

Family member

Our community links:

- > Cinema
- > Bowling
- > Wembley Stadium
- > RAF Museum
- > Fishing
- > Local walks and golf
- > Pubs and restaurants
- > Leisure centre

Our facilities:

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



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Cygnet Hospital Wyke, West Yorkshire

Blankney Grange, Huddersfield Road, Wyke, Bradford, West Yorkshire, Yorkshire & Humber BD12 8LR

Highly Specialised Autism Spectrum Disorder



18+ years



Male



15 beds



Scan the QR code or click here to view the flyer for Adarna Ward



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A darna Ward is our 15 bed rehabilitation service at Cygnet Hospital Wyke, for men with mental illness and a secondary diagnosis of autism spectrum disorder (ASD), we also take individuals who haven't been formally diagnosed with ASD, but who have a high clinical suspicion. Most service users we support, also present with behaviours that challenge.

The focus of the service is on recovery through meaningful engagement both within the service and in the local community. Our aim is to support individuals to live with their condition and to discharge them onto the least restrictive setting suitable for them. Each individual is different and the next stage of their recovery journey could be moving into the community, or into the family home, or they may require a step-down rehabilitation service, like our new service **Cygnet Adarna House** in Bradford.

The multi-disciplinary team (MDT) work together with service users to provide holistic person-centred assessments and care plans. The psychology team, using models of dialectical behaviour therapy (DBT) and adapted cognitive behavioural therapy (CBT), work in groups or individual sessions depending on the need of the service user. They will work with individuals to understand their goals for treatment. The team then help them to start to understand their diagnosis, start to build their confidence in understanding, managing and regulating their emotions and then helping them to develop coping skills that will help towards their rehabilitation. The occupational therapy team provides sensory integration therapy, sensory assessments and helps to develop links in with the local community, including accessing various community groups which are autism friendly.

We offer evidenced-based assessment and treatment interventions as recommended by NICE (National Institute for Health Care Excellence) for individuals with autism spectrum disorder, that focus on the differences of experience which falls under four main categories: thinking differences, social differences, emotional differences and sensory and movement differences. This ensures that we provide high quality care to our service users, their families and carers. With the right support, our service users will be able to live a more fulfilling life.

The ward is set in a spacious environment with a large open communal lounge area, an enclosed courtyard and five additional communal areas including a sensory room, IT suite, and therapy kitchen, providing lots of space for service users. There is also a de-stimulation suite to provide a low stimulus environment for individuals who may be experiencing heightened feelings of agitation.



"Very happy with the progress the individuals have made. Sending them to Adarna Ward was the best decision for them." External Professional



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

Focus on **reducing restrictive practice**



Will accept crisis admissions

- the team are experienced in managing quickly and efficiently



Person centred activities

based on the individuals likes and dislikes





Cygnet West Hills, Birmingham

West Hills Lane, Kings Norton, Birmingham, West Midlands B38 9ET

Highly Specialised Autism Spectrum Disorder



18+ years



Male



21 beds (8 en-suite bedrooms + 13 single occupancy flats)

Cygnet West Hills is currently undergoing a refurbishment to improve the environment for the individuals we support and allow them more opportunities to progress through their care pathway towards greater independence. The newly refurbished service will be completed by mid-2023.

In line with 'building the right support', we support individuals who have different levels of need in their own space which is tailored to their own sensory needs.

- 8 en-suite bedrooms and 3 bespoke single occupancy flats in the main house
- 3 bespoke single occupancy flats in the courtyard that is attached to the main house
- 4 bespoke single occupancy flats in the Annexe
- 3 bespoke single occupancy flats in the Gate Lodge

Located in Kings Norton, Birmingham, Cygnet West Hills provides support for 21 individuals with autism, learning disabilities and complex needs. The team can also support individuals who may be detained under the Mental Health Act, as well as those who have complex behaviours, or who have significant difficulties with social engagement. We accept emergency referrals and the team is experienced in managing them quickly and efficiently to ensure the transition for the individual is as smooth as possible.

Each service user has their own en-suite bedroom or single occupancy flat that they are encouraged and supported to personalise. 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, including many good sized living areas for service users to choose from, sensory rooms, activity rooms and 3 activity of daily living (ADL) kitchens where individuals are supported to make their own drinks and prepare food.

The highly experienced team work together with service users to provide a holistic, person-centred, comprehensive assessment and care and treatment plan. They ensure individual needs are met in a way that helps achieve stability and discharge to a less restrictive setting. All members of staff are trained in understanding autism and learning disabilities and in how to create a supportive environment for everyone.

On-site multi-disciplinary team

(consisting of nurses, occupational therapy, speech and language therapy, psychologists and psychiatrists)



13 single occupancy flats

providing different levels of support for individuals with different levels of need



Current service users

have been involved in the decision making around the designs of the new environment



Our facilities:

- 13 bespoke single occupancy flats
- 8 en-suite bedrooms
- Lounges
- Dining room
- Laundry room
- Sensory rooms
- Allotment
- Sensory garden
- Wildlife garden
- Family room
- Multi-faith room



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Damon's* Journey

Ramsey Unit, Cygnet Hospital Colchester, Essex

Male High Dependency Inpatient Rehabilitation Service



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Damon's history

Damon struggled with emotional outbursts in his early years and was disconnected from other children, other than when they bullied him. In late adolescence, he was employed in a number of jobs and enjoyed the support of a close-knit family, but always had difficulties in relationships, including with his siblings.

He was diagnosed with Autistic Spectrum Disorder (ASD) later in life, but it was clear he had a unique view of the world. He would typically be forceful in trying to get the world and people around him to comply with his view of how things should be. In addition to ASD, his later diagnoses included schizo-affective and mixed personality disorders. His use of a range of drugs in his early 20's, including amphetamines and cannabis, may have exacerbated a certain paranoia in his relations with others.

Damon's understanding of what people needed from him was limited and he often felt angry at his inability to control the way others behaved. This led to a number of convictions linked to his aggressive and threatening behaviour and attempts to control people around him. In his 20's, following a violent offence, he was remanded in a high secure hospital where he spent most of the subsequent 25 years.

When he came to us

Damon came to us in his 50's from a medium secure service where, finally, he had benefited from interventions by a team with some expertise in working with ASD. Unfortunately, a subsequent stepdown placement in a locked rehabilitation service had broken down through no fault of his own, which sadly undid a lot of the previous few years' positive work.

Damon settled back down after his return to the medium secure setting - twice he had been assaulted by others and had resisted the desire to retaliate, and his sexual inappropriateness with female staff had reduced significantly. He was ready to recommence his journey back toward the community.

Following admission, Damon's complaints about staff on Ramsey Unit began and quickly escalated in frequency and degree. He would be particularly aggrieved if a consultant used the wrong phrase in his notes when describing something Damon had said, or if a nurse had planned to meet him at a particular time but arrived a minute or so late.



Damon's care

It was clear very quickly that without significant thought and care about how to respond to Damon's concerns, relationships and any therapeutic rapport would suffer. Luckily, the team on Ramsey are particularly keen on coproduction, and so were able to work on this collaboratively. A typical way of fielding his complaints was to remind Damon that we all want a perfect world, and ask 'so what changes can we work on together to make some progress toward that?'

On this basis, the Multi-disciplinary team (MDT) were able to start gently challenging Damon's black-and-white view of the world. They encouraged him to challenge his initial thoughts about the intentions of others; perhaps it was an accident when someone knocked into you in the corridor, rather than an assault; and, more importantly, what shall we do about it together?





Damon's* Journey

Ramsey Unit, Cygnet Hospital Colchester, Essex

Male High Dependency Inpatient Rehabilitation Service

The rigidity in Damon's thinking was, at times, challenging to work with. His elevated and then depressed mood, together with his black-and-white views, seemed typical of someone with bi-polar illness (as had previously been diagnosed) or schizo-affective disorder as now understood. The near absence of interpersonal boundaries and ability to conceive of other people as people, together with his grandiosity, was typical of his mix of personality disorders. But the Ramsey team found that constantly bringing themselves back to thinking and talking about Damon as a person rather than a cluster of diagnoses and problems, kept them grounded in the relationship with him and helped maintain a positive connection.

If Damon was angry that someone was supposed to take him to the gym at 3.00pm but they arrived at 3.04pm, the staff member might validate his frustration and appreciate how it must sometimes feel like one rule for them and another for him. They would also consider if perhaps it could be an opportunity to try practicing flexibility. Damon's stance in Occupational Therapy sessions challenged his therapist to find a different way of working with him. He would try to take control of the sessions, teaching others some of the skills he had learnt. Whilst sometimes difficult, the team found this useful as a way to keep true to their coproduction ethos. Damon became a significant asset in role modelling service user empowerment including reviewing and revising policies on the ward.

As Damon learned to collaborate, he also improved his skills in activities of daily living. The Ministry of Justice (MoJ) recognised this and agreed to his having escorted, then shadowed, and later unescorted leave. Unsurprisingly, after nearly three decades in secure psychiatric services there was an element of institutionalisation in Damon's outlook, compounding his autistic traits. A concern emerged after reviewing his use of leave, that his inappropriateness with women might still be a risk factor. However, spending his entire unescorted leave in a bus shelter near the hospital turned out to be a way he could ensure he took exactly four hours leave as prescribed. The team helped him think about breaking up those four hours into several different bits, and using the leave to go walking or cycling.

Damon latched onto the idea of 'cutting strings' to his emotions when they threatened to overwhelm him, or when he might otherwise have immersed himself in them. Psychotherapy, he said, helped him cut those strings. It proved a very successful means of him standing back from a feeling or stance, and tolerating uncertainty, or multiple perspectives.



Damon today

At his recent Tribunal hearing, the judge intimated that if a suitable placement in the community can be found, Damon is likely to be discharged from detention under the Mental Health Act. Damon feels sorry for what he has done in the past and doesn't want to repeat it. In part this is because he doesn't want to return to hospital once he leaves, but his regret appears to go further than that. He doesn't want to be the person he was any more. The relentlessly collaborative approach of the team has shown Damon there is another way to be.

Damon has been able to reflect on some of his actions, for example suggesting the team were fraudulently keeping records after noting his mood was 'good' even though he had said he felt 'fantastic'. He now understands how to better express concerns like this, and that sometimes he might misinterpret situations.

Damon enjoys helping to plan groups and gets enormous satisfaction from being part of others' recovery. He also has a developing sense of humour – he grins these days when making a complaint, or interrupting the Unit Manager on the phone to CQC to ask politely if he might have a word with the inspector when they have finished their conversation.



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It has been three years since any incidents of violence. Damon has been rehearsing scenarios around potential triggers in the community, ready for his return there. It is evident that he is immensely satisfied to know he is handling things well, and the team are confident this will remain a powerful protective factor, along with the interpersonal skills Damon has learnt. Together they are enjoying planning Damon's discharge.

*Name has been changed to protect his identity.

Map | Our specialist services by region

Highly Specialised Autism Spectrum Disorder

- 1 Cygnet Adarna House**
279 Beacon Road, Wibsey, Bradford,
West Yorkshire BD6 3DQ
T: **01274 570244**
- 2 Cygnet Hospital Colchester**
Boxted Road, Mile End, Colchester,
Essex, East CO4 5HF
T: **01206 848000**
- 3 Cygnet Hospital Harrow**
London Road, Harrow on the Hill,
London HA1 3JL
T: **020 8966 7000**
- 4 Cygnet Hospital Wyke**
Blankney Grange, Huddersfield
Road, Wyke, Bradford, West Yorkshire,
Yorkshire & Humber BD12 8LR
T: **01274 605500**
- 5 Cygnet Wast Hills**
Wast Hills Lane, Kings Norton,
Birmingham, West Midlands B38 9ET
T: **0121 458 2263**



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How to Make a Referral



We are able to take referrals 7 days a week.

To make a referral please;

Call:
0808 164 4450

Email:
chcl.referrals@nhs.net
or contact your regional Business Relationship Manager.

Crisis referral steps:

- 1 Referral made directly to Cygnet service or to Cygnet referral team via [0808 164 4450](tel:08081644450)/chcl.referrals@nhs.net
- 2 Feedback provided on whether our service can meet the individual's needs on same day receipt of full clinical information
- 3 Admission agreed and arranged with referring team following confirmation of funding*

*Admissions are accepted Monday to Friday within the hours of 8am - 5pm.

Planned admissions referral steps:

- 1 Referral made to Cygnet referrals team via [0808 164 4450](tel:08081644450) /chcl.referrals@nhs.net or via your regional Business Relationship Manager
- 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



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- How to Make a Referral**



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