

*Improving lives together*

# Autism Spectrum Disorder Services

- Highly Specialised Autism Spectrum Disorder
- Complex Mental Health and Autism



# Welcome

Cygnets 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.



We provide services in England, Scotland and Wales and our expert and highly dedicated care team of almost 13,000 employees support more than 8,300 individuals each year across 150 services to consistently make a positive difference to their lives.



We maintain a good relationship with our quality regulators and undergo regular inspections, with 81% of our services rated 'Good' or 'Outstanding'.



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# Introduction

Cygnets 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 services across 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

Cygnets 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:

- > Diagnoses including autism, learning disabilities and mental illness
- > May present with behaviours of distress
- > 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 and Female



Mental Health Act  
Status: Detained /  
Informal / DoLS



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## 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 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 multi-disciplinary teams:

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





# 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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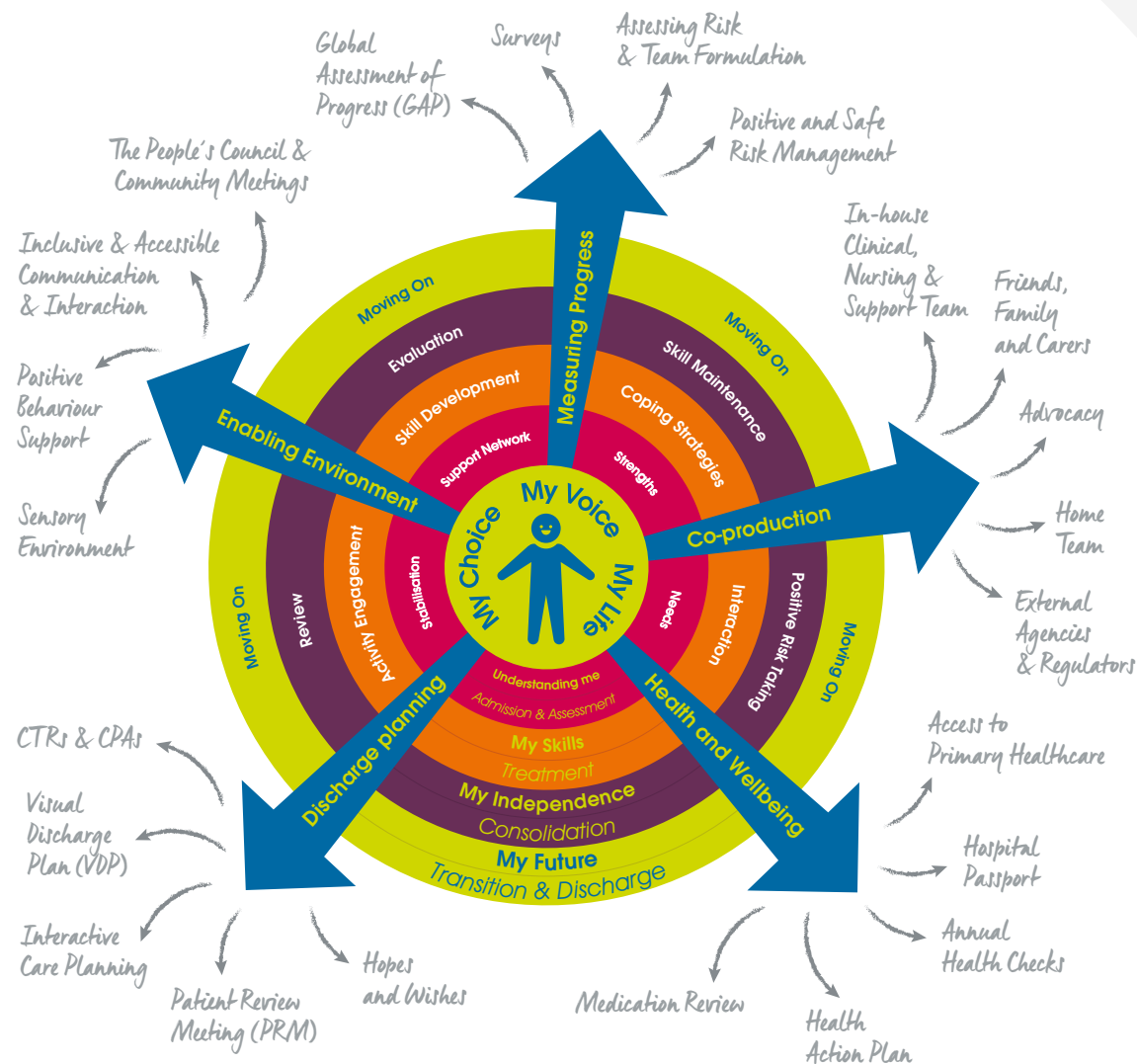
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# Our Outcomes



Moved into the community  
or closer to home



Moved to a higher  
level of support



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# 100%

of people discharged from our Highly Specialised Autism Services in  
2024 were able to move closer to home or step down along their  
care pathway

\*based on discharges from Jan 2024 to Jan 2025





# 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

**C**ygnet 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.

**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 has been 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 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



**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



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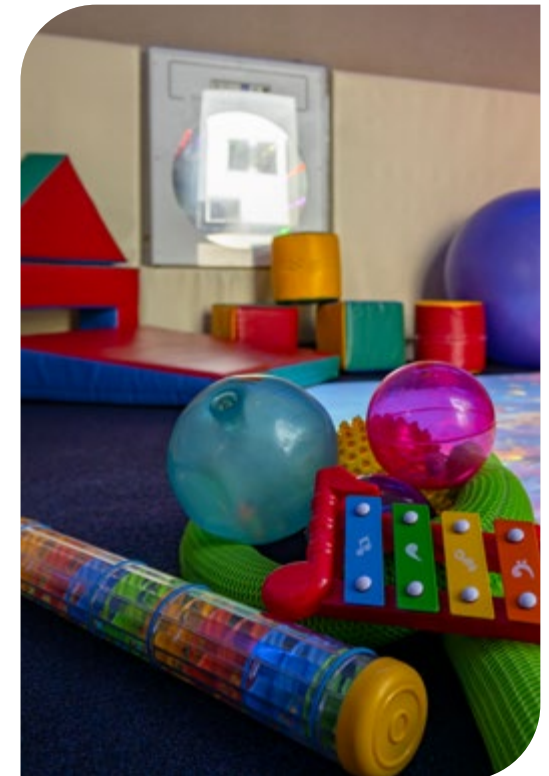
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# Cygnet West Hills, Birmingham

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)

**C**ygnet West Hills has recently undergone extensive refurbishment to improve the environment for the individuals we support and allow them more opportunities to progress through their care pathway towards greater independence.

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.

## 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

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



**6 acres of gardens** including a sensory garden and wildlife garden



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# Cygnet Adarna House, West Yorkshire

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

## Complex Mental Health and Autism



18+ years



Male



9 beds

**C**ygnet Adarna House is our 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.

The service supports people to work on their independent living skills in a safe environment, treatments are provided by the multidisciplinary team (MDT).

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.

Cygnet Adarna House is located in the suburbs of Wibsey in Bradford, 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.

## Our facilities:

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

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.

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



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



In-house therapeutic earnings programme



Focus on reducing restrictive practice



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# Cygnet Hospital Harrow, London

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

## Complex Mental Health and Autism



18+ years



Male & Female



28 beds in 2 wards

**NEW**  
Placements  
available for women



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**C**ygnet Hospital Harrow supports adults with mental illness, autism and other complex needs. Springs Court and Springs Service aim to equip individuals with the tools that they need to achieve their goals, and progress along their care journey. We can support planned transitions as well as emergency or crisis admissions.

Our Multi-Disciplinary Team (MDT) work together with individuals to provide a holistic, person-centred, comprehensive assessment and care plan. The team are highly experienced, with staff members trained in understanding autism, mental health conditions, and in creating a supportive environment for everyone.

Our team includes specialists who are trained to administer the Autism Diagnostic Observation Schedule (ADOS). This allows us to provide thorough and accurate assessments for individuals who may need a diagnosis or a more in-depth evaluation of their needs.

Springs Court is our new service for women with mental illness and/or autism, with other complex needs. The service offers a robust environment for women to achieve their goals in order to progress towards greater independence. We support women with diverse and often high-level needs, helping them navigate multiple health and life challenges.

### Our facilities:

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



Springs Service (Springs Centre and Springs Wing) at Cygnet Hospital Harrow is a service for men with mental health needs and/or a diagnosis of autism, who may have additional complex needs. 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.

**Physical health nurse and fitness instructor** to support wellbeing



**Access to further education** at Harrow College



**Supporting the women to explore sensory integration strategies**



**Links with the local community** for education and vocational opportunities



**Focussed on reducing restrictive practice**



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



**Staff trained to administer the Autism Diagnostic Observation Schedule (ADOS)**







## Case Study

# Jim's\* Journey

**Springs Service, Cygnet Hospital Harrow, London**

**Complex Mental Health and Autism Service for Men**



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## Jim's history

Jim is a 19-year-old man with a diagnosis of autism, mild learning disabilities, and hyperkinetic conduct disorder. He has a background history of illicit drug use and involvement with gangs.

Jim struggled in the past following his parents' separation and his father moving out of the family home. He found this hard to understand and process emotionally as predisposed by his diagnosis of Autism. This led to him displaying challenging behaviour as a way to communicate his needs and frustrations.

In the community, Jim was heavily involved in illegal activity, which led to him being prosecuted and detained at a Secure Training Centre (STC).

## When he came to us

Initially, Jim's admission to the Springs Service at Cygnet Hospital Harrow was seen as negative to him. He felt like he did not have a mental health condition and was unfairly detained against his will.

He subsequently went through a short period of aggressive outbursts that led to seclusion and being placed on one-to-one enhanced observations.



## Jim's care

After a couple of months within the Springs Service, Jim was able to build trusting relationships with his peers and professionals. He also started to enjoy spending time positively in communal areas.

He engaged well in treatment interventions, such as Psychology, and was able to be open and transparent about his thoughts and beliefs. He came to understand that he could be vulnerable, which is what led him previously being recruited to join a gang and being peer-pressured to engage in criminal activity.

Due to Jim engaging in psycho-education around gangs using an adapted Cognitive Behavioural Therapy (CBT) approach, he came to gain insight into the dangers and consequences of being in a gang.

From this intervention, he came to understand there was a clear distinction between his positive and negative peer groups. The positive peer group would provide good guidance to motivate him to not engage in criminal activities and violence.



Jim also enjoyed occupying his time with other activities such as music, cooking, and watching TV programmes, in the social spaces. Jim continued to progress through his care pathway, engaging enthusiastically with therapies. This helped Jim to understand his emotions, cope in high-stress situations, learn effective communication and assertiveness skills.

Staff worked with Jim to develop a community transition plan, which focused on safety planning, medication management and life skills.

## Jim today

Upon completion of his rehabilitation programme, Jim was discharged back into the community to live with his mother.

Equipped with his coping mechanisms and a renewed sense of purpose, he approached his reintegration with optimism and determination. He now engages in community support groups, continues his therapy sessions, and utilises the resources available to him.



\*Name has been changed to protect his identity.

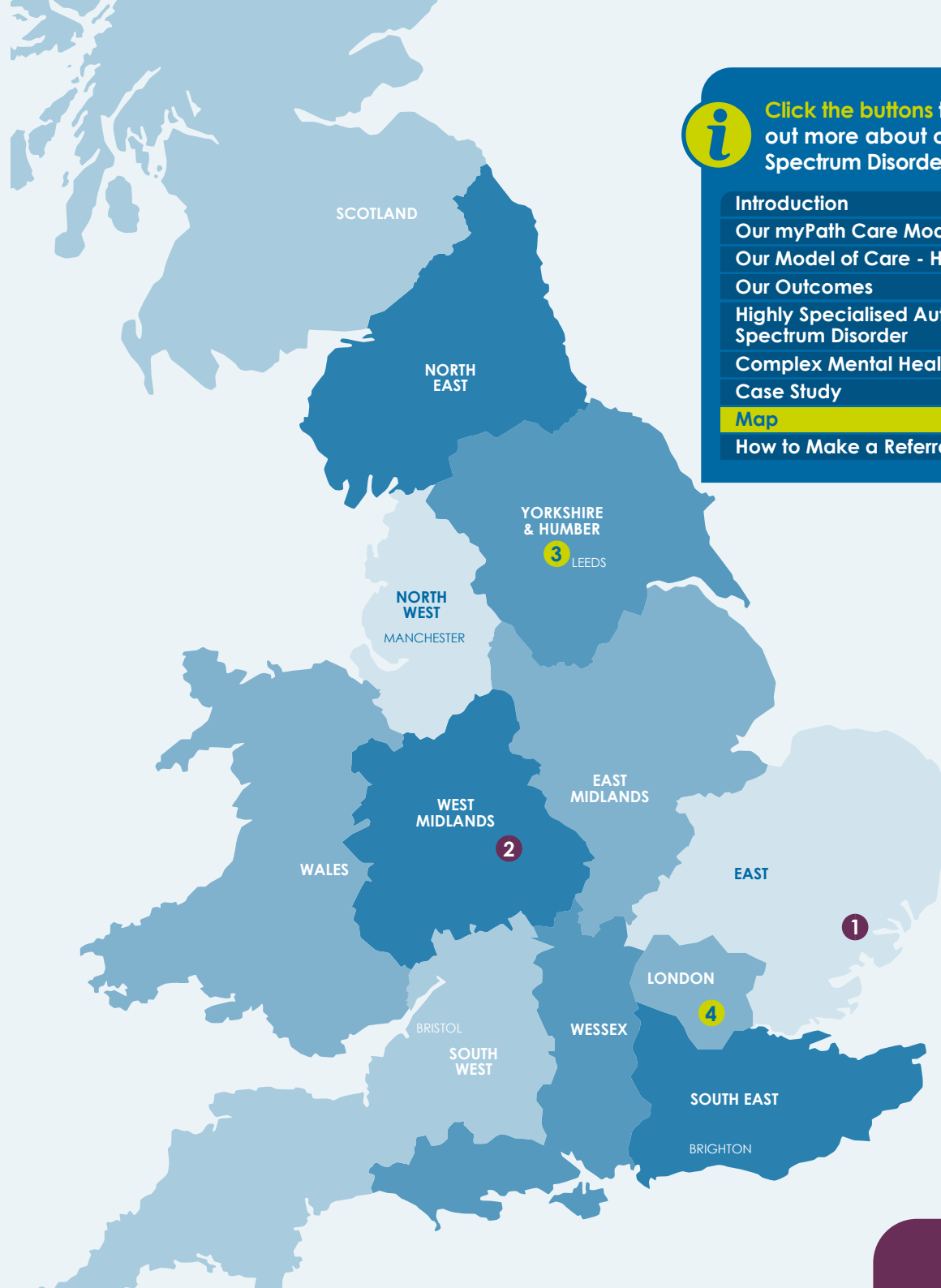
# Map | Our specialist services by region

## Highly Specialised Autism Spectrum Disorder

- 1 Cygnet Hospital Colchester**  
Boxted Road, Mile End, Colchester,  
Essex, East CO4 5HF  
T: **01206 848000**
- 2 Cygnet Wast Hills**  
Wast Hills Lane, Kings Norton,  
Birmingham, West Midlands B38 9ET  
T: **0121 458 2263**

## Complex Mental Health and Autism

- 3 Cygnet Adarna House**  
279 Beacon Road, Wibsey, Bradford,  
West Yorkshire BD6 3DQ  
T: **01274 570244**
- 4 Cygnet Hospital Harrow**  
London Road, Harrow on the Hill,  
London HA1 3JL  
T: **020 8966 7000**



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# How to Make a Referral

**We are able  
to take referrals  
7 days a week.**

To make a referral  
please contact  
**your regional Business  
Relationship Manager.**

Alternatively, you can  
contact the  
Cygnets Bed Hub on:  
**0808 164 4450 /  
chcl.referrals@nhs.net.**



## Planned admissions referral steps:

- 1** Referral made to your **regional Business Relationship Manager** or 0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2** Assessment arranged and undertaken via our assessment team
- 3** Feedback provided on whether our service can meet the individual 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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**Integrity**

**Trust**

**Empower**

**Respect**

**Care**