Cygnet Hospital
Harrow

Autism Spectrum Disorder Service
OPENING SOON
Cygnet Hospital Harrow is pleased to announce the upcoming opening of a brand new service, which will enhance the care pathway in specialist Autistic Spectrum Disorder (ASD) services available within the hospital.
The new service will support up to 14 men with a primary diagnosis of ASD and comorbid mental ill health difficulties and/or mild learning disabilities. It will be positioned “between” the existing specialist services within the hospital: 16-bed Springs Unit which provides low secure accommodation and 10-bed Springs Wing, our open specialist rehabilitation service.

**What will Springs Centre provide?**
The opening of Springs Centre will allow Cygnet Hospital Harrow to offer a specific environment for people moving out of low secure through their care pathway, aiding the transition between secure and open environments.

Springs Centre will also provide 4 rapid or emergency access beds which will support those who may be in crisis or have high dependency needs – for example, if a community placement has broken down or if they are struggling in open rehabilitation environments.

The aim will be to keep these placements as short as possible, with the focus being on stabilising the service user so they can return as quickly as possible to their community or open rehabilitation setting.

The service can support people who may be progressing from a low/medium secure service, or who may need to come from a community setting or another secure rehabilitation service / Prison or Courts.

**What support is available?**
The team working at Cygnet Hospital Harrow is highly experienced in supporting people with neurodevelopmental difficulties such as ASD and all members of staff are trained in understanding ASD and in understanding and creating a supportive environment for all service users.

The multi-disciplinary team (MDT) work together with people to provide a holistic, person centered, comprehensive assessment and care plan. The MDT ensures people’s needs are met in a way that helps achieve stability and discharge to the least restrictive setting.

The MDT carry out a person centred assessment and together with the service user create a comprehensive care plan which is central to their recovery.

The psychology team conduct neuro psychological assessments which identify interventions to meet the service user’s needs. This includes adapted CBT and solution focused therapies amongst other evidence based psychological interventions known to be effective for ASD and co-morbid mental health difficulties.

**Activities**
Service users play a key role in their recovery. For example, they have the opportunity to co-facilitate training on various topics related to ASD and are central in improving service provision.

The occupational therapy team lead on many of the activities. People are supported by specialist therapists such as Speech and Language Therapists, Psychologists, Occupational Therapists and a Dietitian. The team provide tailored 1:1 and group activities to promote recovery. On-site facilities include a brand new Recovery College and therapy kitchen while full use is made of the many local community amenities.
The service can support people who may be progressing from a low/medium secure service.
As a specialist ASD service, Springs Centre offers a carefully selected colour scheme and furnishings to provide a soothing environment.

The MDT is made up of
- Ward Manager
- Assistant Psychologists
- Consultant Clinical Neuro Psychologist
- Responsible Clinician
- Ward Doctor
- Registered Nurses (RNLD & RMNs)
- Support Workers
- Clinical Psychologist
- Assistant Psychologists
- Occupational Therapist
- Social Worker
- Speech and Language Therapist
- Activities Co-ordinator
- Dietician

Assessments and Referrals
The Spring Centre’s four emergency beds offer a one-hour review and response to referral requests and will be able to admit those in crisis without the need to assess in person.

For the remaining rehabilitation beds we will conduct assessments and a decision will be provided within 5 working days. In addition we specialise in diagnostic assessments and recommendations for ASD and Learning Difficulties.

The Environment
With 14 bedrooms, (including four emergency beds) this is a small, self-contained service offering person-centred treatment, rehabilitation and support. All rooms are individual en-suite spaces and the ward also offers social space, a rehabilitation kitchen and a garden. The service encourages a homely feel and is set within a refurbished environment best designed to meet the needs of those using the service. This development is part of an overall refurbishment programme at Cygnet Hospital Harrow which has seen the development of increased social and activity space as well as the development of a dedicated and bespoke-built Recovery College.

The hospital is set within quiet and private grounds and is close to numerous local amenities and facilities. The hospital additionally has very good transport links which enables easy community integration and access for family visits.
Professionals are welcome to visit the hospital.
To find out more contact:
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www.cygnethealth.co.uk