

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

**Cygnet Adarna House, Bradford**

**NEW**  
Now open and accepting referrals



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

Our new 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.



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
  - Bipolar affective disorder
  - Schizo-affective disorder
  - Post-traumatic stress disorder
  - Psychosis
  - Depression
  - Personality disorder
- > 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:

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.

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**



"I am so privileged to be asked to lead this service from the onset of its development. I have been fully involved in developing Adarna Ward at Cygnet Hospital Wyke, but always felt there was a need for a more community focused provision for those with ASD/Autism diagnosis along with mental health difficulties. Having knowledge of managing mental health rehabilitation and ASD/Autism rehabilitation services I have an awareness of what our service users need to help them on their pathway and what skills a staff team require to best support their needs."

**Clare Heaton - Registered Manager**

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

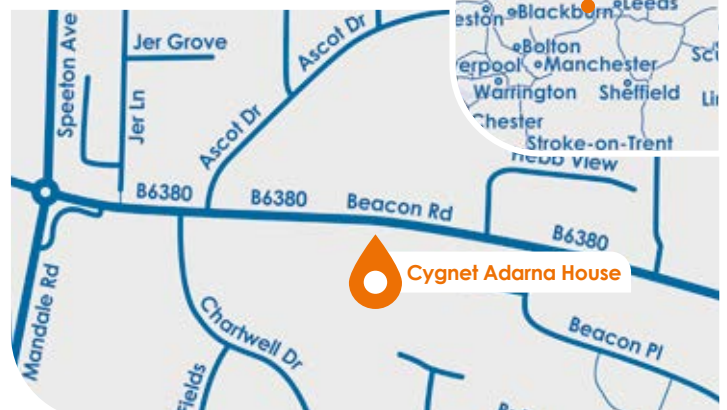


### Our community links:

- > Bradford College with further learning for adults with learning disabilities
- > 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

## Where are we?

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



**i** For more information or to make a referral please call **0808 164 4450** or email **chcl.referrals@nhs.net**

### Our referral process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450** / **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