



Improving lives together

Autism Spectrum Disorder Services

- > Low Secure Autism Spectrum Disorder & Mental Health
- > 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 7740 employees support 2000 individuals across 83 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

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 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**.

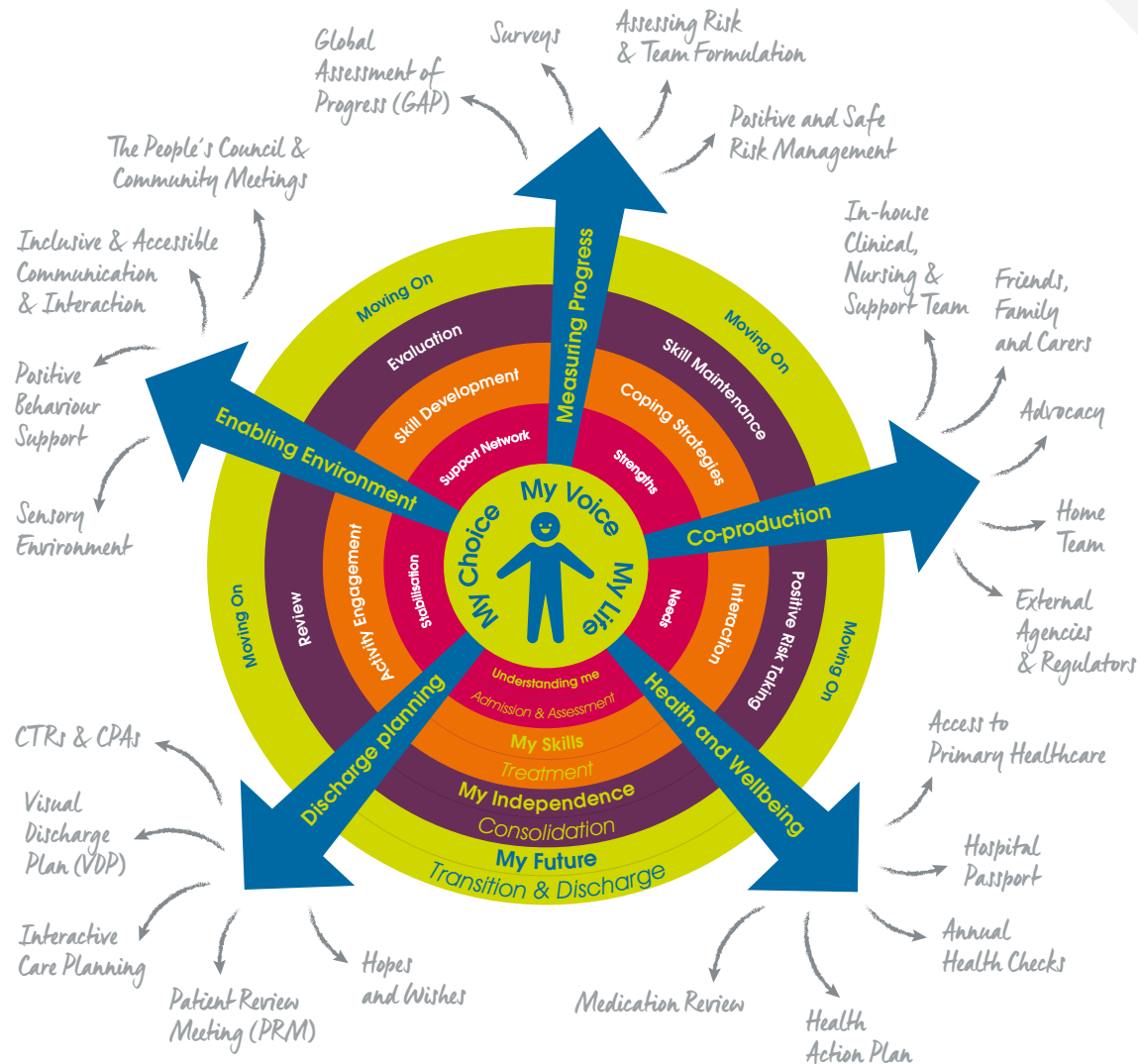
To help everyone work together to achieve this we have collaboratively created **Our Model of Care for our Autism Spectrum Disorder Services**.

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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Our Outcomes

Daily Living Skills Observation Scale (DLSOS) Outcomes

DLSOS tracks functionality and the ability to successfully live an independent life in the community. The results below show results from individuals discharged from our highly specialised autism spectrum disorder hospitals in 2021.



Individuals in our care had an average GAP score increase of 70% on discharge

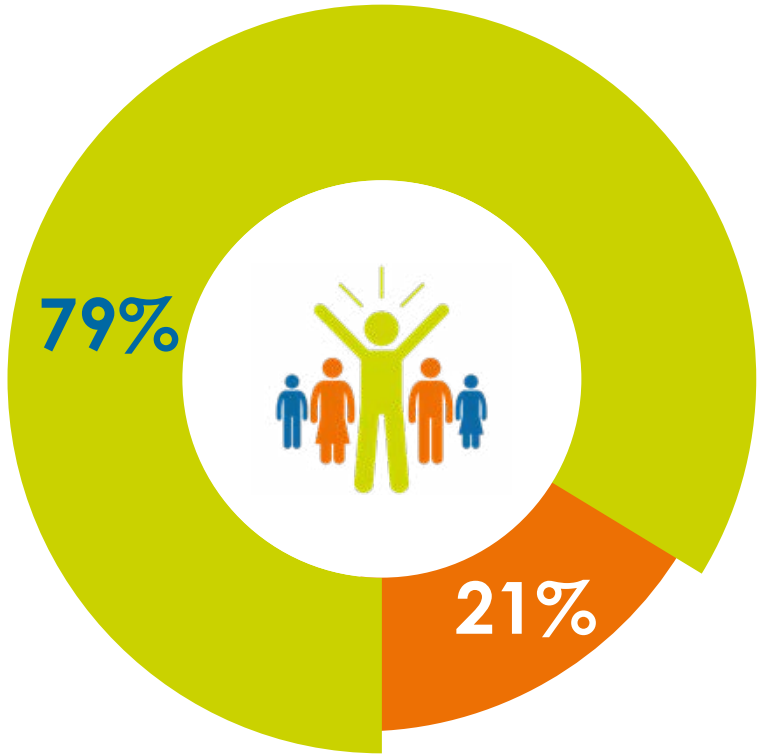
*Data and graphs relate to 2021 data.



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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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79%

of the individuals discharged from our highly specialised autism spectrum disorder hospitals in 2021 were able to **move closer to home or step down along their care pathway into the community**



Cygnet Hospital Harrow, London

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

Low Secure ASD & MH

Highly Specialised Autism Spectrum Disorder



18+ years



Male



41 beds in 3 wards

Cygnet Hospital Harrow is a recovery focused service treating a wide range of different needs for adults with autism spectrum disorder (ASD). The ASD services at the hospital comprise of:

- The Springs Unit - Low Secure ASD & MH
- The Springs Wing - Highly Specialised ASD Service
- The Springs Centre - Crisis ASD & Highly Specialised ASD Service

The **Springs Unit** provides low secure accommodation for up to 16 men. We provide a person-centred approach in a centre of excellence to facilitate safe and effective care for service users with behaviours that may challenge. The Springs Unit works closely with the other ASD services at Cygnet Hospital Harrow, which can form part of a step-down pathway for the men we support.

The **Springs Centre** supports up to 15 men with mental health needs and an additional diagnosis of an autism spectrum disorder and/or a mild learning disability.

The **Springs Wing** provides a 10 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.

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

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



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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



4 beds with independent living areas

Larch Court at 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.

The team 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

The service is located in the heart of the community in Colchester which is one of Britain's oldest recorded town. The individuals we support have access to a wide range of community facilities locally including, Colchester Zoo, Colchester Football Club, beautiful parks and excellent shopping and dining facilities.

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 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



Physical health is a high priority at Larch Court and 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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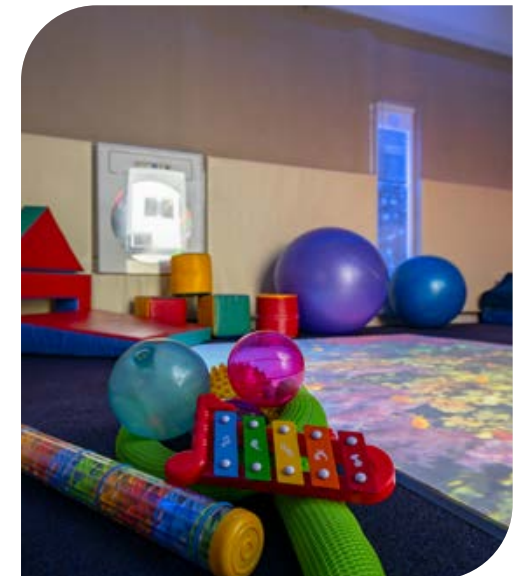
Cygnet Hospital Wyke, West Yorkshire

Cygnet West Hills, West Midlands

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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 watch a short video on 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 – New refurbished beds now open
- 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)



92% of individuals discharged in the last 2 years were stepping down along their care pathway to a more community-facing setting (May 20 – May 22)



13 NEW single occupancy flats providing different levels of support for individuals with different levels of need



NEW refurbished environment throughout the service, to be completed mid-2023



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



Recently upgraded to 'Good' across all key lines of enquiry by CQC



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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Mark's* Journey

Springs Unit at Cygnet Hospital Harrow, London

Specialist residential service for adults with autism and learning disabilities

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Mark's history

Mark 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. His autism made him vulnerable to being used by gangs, which happened frequently in the past.

In May 2018 Mark pleaded guilty for possession of an offensive weapon, class A drugs and grievous bodily harm. This led to Mark being detained at a Secure Training Centre. He was then transferred to a medium secure unit for 7 months before coming to The Springs Unit at Cygnet Hospital Harrow in July 2019.

When he came to uss

Mark had struggled in the past following his parents' separation and his father moving out of the family home, Mark found this hard to understand and process emotionally as predisposed by his diagnosis of autism spectrum disorder.

This may have led to him displaying challenging behaviour as a way to communicate his needs and frustration. Mark worked towards stepping down to The Springs Wing, a specialist open rehabilitation ward at Cygnet Hospital Harrow for men with autism.

Mark's Care

Initially Mark perceived his admission to The Springs Unit at Cygnet Hospital Harrow as a negative. Upon being admitted, he subsequently went through a short period of aggressive outbursts which led to seclusion and being placed on one to one enhanced observations.

After a couple of months on The Springs Unit Mark was able to build trusting relationships with other service users and professionals, and was observed 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. Mark came to understand that he can be vulnerable, which is what led to him being recruited to join a gang and being peer-pressured to engage in criminal activity.

Due to Mark engaging in psycho-education around gangs, using an adapted Cognitive Behavioural Therapy (CBT) approach, he came to show insight to the dangers and consequences of being in a gang. From this intervention Mark came to understand there was a clear distinction between his positive and negative peer group, the positive peer group would provide good guidance for Mark to motivate him to not engage in criminal activities and violence. Mark also enjoyed occupying his time with other activities such as music, cooking and watching TV programmes.

Mark Today

When Mark stepped down to the open rehabilitation ward, The Springs Wing, he continued to engage enthusiastically with therapies.

This helped Mark to understand his emotions, coping in high stress situations and to learn and practice effective communication and assertiveness skills.

Achieving his set goals and being equipped with new life skills in August 2020, Mark was discharged back into the community to live with his mum. We wish Mark well for the future.

“I am continually confident in Springs Unit's ability to meet his needs and work with him through this transition period.”
Local Health Professional



*Name has been changed to protect his identity.



“The Springs Unit provides low secure accommodation for up to 16 men with a diagnosis of autism spectrum disorder, Asperger's syndrome or high functioning autism, often with co-morbid mental health needs.”

Map | Our specialist services by region

Low Secure ASD & MH

- 1 Cygnet Hospital Harrow**
London Road, Harrow on the Hill,
London HA1 3JL
T: **020 8966 7000**

Highly Specialised Autism Spectrum Disorder

- 2 Cygnet Adarna House**
279 Beacon Road, Wibsey, Bradford,
West Yorkshire BD6 3DQ
T: **01274 570244**
- 3 Cygnet Hospital Colchester**
Boxted Road, Mile End, Colchester,
Essex, East CO4 5HF
T: **01206 848000**
- 1 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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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/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 /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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