

Improving lives together

Complex Mental Health and Autism Service for Women

**Springs Court,
Cygnets Hospital Harrow, London**

Good



NEW
Now taking
referrals



Springs Court is our new service at Cygnets Hospital Harrow 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. We can support planned transitions as well as emergency or crisis admissions.



Female



18+ years



8 beds

Our service user profile:

- > Women, aged 18+ years with a diagnosis of mental illness and / or autism who present with additional complex needs
- > Typical diagnoses include:
 - Autism Spectrum Disorder
 - Asperger's syndrome
 - Bipolar affective disorder
 - Personality disorder
 - Post-traumatic stress disorder
 - Other neurodevelopmental disorders
 - Depression
 - Psychosis
 - Schizophrenia
 - Schizo-affective disorder
- > May be detained under the Mental Health Act or informal
- > May present with forensic history
- > May include a history of substance misuse
- > May present with behaviours of distress

Our Approach to Care

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 person-centred, positive behavioural support focus seeks to reduce behaviours of distress and treat mental health symptoms. We help individuals develop independent living skills and social integration through a variety of therapies and activities, with timetables co-produced with those in our care.

Our Occupational Therapy team explore sensory integration strategies to support emotional regulation, focus, social skills, daily functioning and more. Through functional behaviour analysis, our Psychologists formulate tailored interventions through a proactive approach.

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. The MDT ensures everyone's needs are met in a way that helps achieve stability and prepares individuals for discharge to the least restrictive setting. We work closely with families, carers and other health professionals to ensure that individuals have a strong care and support network.



Easy read and other accessible information available to service users



Empowering women to co-produce their own care plans



Access to further education at Harrow College

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



Links with the local community

for education and vocational opportunities



Physical health nurse and fitness instructor to support wellbeing



Supporting the women to explore sensory integration strategies



Focussed on reducing restrictive practice



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



Supporting women in their return to more independent community living



Our multi-disciplinary team:

- > Hospital Manager
- > Ward Manager
- > Consultant
- > Ward Specialty Doctor
- > Registered Nurse - Learning Disability (RNLD)
- > Registered Mental Health Nurse (RMN)
- > Healthcare Support Workers
- > Occupational Therapy
- > Psychology
- > Speech and Language Therapy
- > Personal Trainer
- > Social Worker

Make a referral

- 1 Referral made to your regional business relationship manager or 0808 164 4450 / chcl.referrals@nhs.net
- 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

Where are we?

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

Phone number
020 8966 7000



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