

Improving lives together

Mental Health and Autism Service for Men

Adarna Ward,
Cygnnet Hospital Wyke, West Yorkshire

Beds
available
now taking
referrals

Adarna Ward is a 15 bed service at Cygnnet 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.

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.



Providing a specialist care pathway through to **Cygnnet Adarna House**, a step-down service supporting individuals to continue to work on their independent skills, whilst continuing access to the same multi-disciplinary team (MDT) in a safe environment.



Male



18+ years



15 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
 - Schizo-affective disorder
 - Psychosis
 - Personality disorder
 - Bipolar affective disorder
 - Post-traumatic stress disorder
 - Depression
- > May be detained under the Mental Health Act (1983); sections 3, 37, 37/41 or informal
- > May present with forensic history
- > May include a history of substance misuse
- > May present with behaviours that challenge

Our service at a glance

The multi-disciplinary team (MDT) work together with the people we support to provide holistic person-centred assessments and care plans. The **psychology** team use models of dialectical behaviour therapy (DBT) and adapted cognitive behavioural therapy (CBT), work is conducted in groups or individually, depending on the individual's needs. They will work with them to understand their goals for treatment. The team support individuals to build their confidence in understanding, managing and regulating their emotions and then helping them to develop coping skills that will aid their rehabilitation. The **occupational therapy** team provides sensory integration therapy, sensory assessments and has established links in with the local community, including various autism friendly community groups. The **speech and language** therapy support individuals to understand their communication needs and making adaptations where necessary.

Adarna Ward provides high quality care to the people we support as well as their families and carers. With the right support, individuals are 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 multiple communal areas including a sensory room, IT suite, and therapy kitchen. There is also a de-stimulation suite to provide a low stimulus environment for individuals who may be experiencing heightened feelings of agitation.



Activities of daily living skills kitchen to support individual cooking sessions and skill development



Focus on **reducing restrictive practice**



We offer evidenced-based assessment and treatment interventions as recommended by NICE (National Institute for Health Care Excellence)

- > Thinking differences
- > Social differences
- > Emotional differences
- > Sensory and movement differences



Supporting individuals to access **further education and community work**



“Thank you for the opportunity to engage in such a positive discussion regarding section 17 leave. We are really pleased that he is benefitting from such positive risk taking and having access to the community.”

External Professional

Adapted sensory environment including sound proofing and dimmed lighting



Helping individuals to **develop and improve their quality of life**



Individuals supported to gain **independence in their daily living skills**



Our therapies and interventions:

- > Adapted Cognitive Behavioural Therapy (CBT)
- > Dialectical Behavioural Therapy (DBT)
- > Self-help interventions based on CBT
- > Mindfulness
- > Coping skills training
- > Behaviour rehearsal
- > Relaxation strategies
- > Problem solving skills
- > Social skills interventions
- > Creative groups



Our multi-disciplinary team:

- > Hospital Director
- > Ward Manager
- > Medical Director
- > Clinical Manager
- > Responsible Clinician
- > Clinical Team Leader
- > Psychologist
- > Assistant Psychologists
- > Occupational Therapist
- > Assistant Occupational Therapist
- > Speech and Language Therapist
- > Registered Nurses (RMN, RNLD & RGN)
- > Support Workers
- > Medical Secretary
- > Ward Clerk

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 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

Where are we?

Cygnets Hospital Wyke
Blankney Grange, Huddersfield Road,
Wyke, Bradford, West Yorkshire BD12 8LR

Phone number
01274 605 500



CYG-891 | Date of Preparation: 19/08/24

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Integrity

Trust

Empower

Respect

Care