

Gateway Recovery Centre Cedar Ward

Specialist Autism Spectrum Disorder
(ASD) Service for Men

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Overview of the Service

Cedar ward at Gateway Recovery Centre is a specialist male autism service which support patients with complex needs. The staff team deliver person-centred care which focusses on improving mental health and wellbeing so individuals can move along their care pathway. Patients are supported to understand and helped to manage their behaviours, particularly those which could be a risk for themselves or others. Our aim is for individuals to develop and maintain healthy relationships and to learn practical life skills, which will allow them to have happy and fulfilling lives in the community.

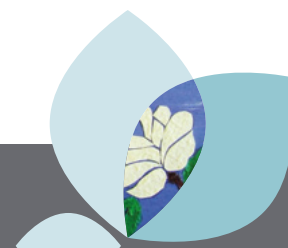
The Multidisciplinary Team (MDT) is made up of Psychiatrists, Psychologists, Occupational Therapists, Social Workers and a Speech & Language Therapist. The dedicated, registered Occupational Therapist within the Cedar Ward MDT, has a special interest in sensory processing and integration and can provide a sensory processing assessment and recommendations for both the patient and staff team to follow in order to regulate sensory feedback. The dedicated full time Activity Coordinator organises person centred rehabilitation activities on a daily basis.

Individual Pathways

Prior to admission through to the point of discharge a clear individualised pathway is formulated. The assessment process is based on individual needs and may include; cognitive assessments, a full diagnostic using the Autism Diagnostic Observation Schedule (ADOS) and the Autism Diagnostic Interview-Revised (ADI-R) which are the gold standard tests for diagnosing autism. The MDT also undertake

sensory profiling, speech and language assessments, functional analysis, psychological formulation and risk assessments.

Pathways identify and support individuals with their particular issues around communication, sensory difficulties, social interaction, physical healthcare and any behavioural difficulties.





Model of Care

The team use the SPELL framework:

- **S**tructure
- **P**ositive approaches and expectations
- **E**mpathy
- **L**ow arousal
- **L**inks

This allows the MDT and ward staff to improve practice using evidence based strategies and better understand and autistic person's needs.

Weekly sessions led by psychology and speech and language therapy teams, focus on functional behaviours, communication and positive behaviour support. This ensures all interventions are adapted to meet the cognitive functioning level and communication needs of the patient.

The approach to health and wellbeing is adapted so that staff modify communication, assessments and treatment interventions based on individual need. They use verbal and non-verbal communication aids to achieve engagement and shared understanding of goals. Patient meetings are adapted to aid communication along with information regarding local GP visits and access to other healthcare services.

Community Integration & Discharge

Patients who come to Gateway do so, in order that they can rehabilitate and continue their pathway back into the community. From the point of admission the Occupational Therapist leads on creating an appropriate community service specification which forms part of the moving on plan. The specification takes in to consideration individual needs and goals. Interventions focus on transferring skills, building resilience and improving coping mechanisms in order to plan progress. Support is provided for each individual to build a personally meaningful quality of life in the community environment from functional, leisure and vocational perspectives.

There is significant emphasis on accessing mainstream resources within the local community and providing patients with the opportunity to develop robust community skills. This helps the development of good social networks that can be replicated following discharge, thus reducing isolation and increasing the likelihood of a successful and sustainable discharge.

Environment

- Set in spacious grounds with access to local amenities, the service is located in a very modern, purpose-built facility. The environment has been designed around the needs of the individuals and on site facilities include:
- Spacious 12 en-suite bed unit
- Fully equipped sensory room
- Open plan lounge leading onto a spacious garden including a vegetable patch and individual gardens
- On ward IT suite and games room
- Internal and external therapeutic and recreational areas including fully equipped gym, sports hall and basketball court
- Education suites, café and shop
- Rehabilitation kitchens and designated occupational therapy rooms
- Multi-faith room

Outcomes

- A significant reduction in risk behaviours & use of observations within 12 weeks of stay
- Over 90% of patients on discharge have progressed to, or returned to community living
- Typical length of stay of 12 – 18 months

Admission Criteria

- Men over 18 years of age
- Diagnosis of Autism Spectrum Disorder (ASD)
- Possible diagnosis of ASD for assessment period
- Enduring mental health problem or mild learning disability
- May have a forensic history
- Detained under the Mental Health Act 1983 (amended 2007)

