Elysium Healthcare

Gateway Recovery Centre - Cedar Ward

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Cedar Ward is a Level 2 service for men with autism spectrum disorders and co-morbid mental illness or disorders. The service provides person-centred care, providing rehabilitation and support for people working towards a move into community settings.

Who we support

Cedar Ward is a specialist autism service for men that supports people with complex needs due to their autism. The staff team deliver person-centred care which focuses on improving mental health and wellbeing so individuals can move along their care pathway.

Service at a glance:

- **2** **Level 2** service
- **12** beds total
- Service for **men**
- **18+** Age **18** and over

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.

- 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)
- Staff are trained in Positive Behavioural Support approaches and in trauma awareness.

What we do

The treatment programme is informed by the recovery approach. It recognises that each individual rehabilitation and recovery journey is unique. This focuses on strengths and needs, providing holistic care with attention paid to patients' overall reahbiltation and recovery goals. This includes addressing social and educational needs, and helping patients maintain and build on their connections with others.

What support we offer

Our psychology and therapies team provide a variety of interventions that will be adapted to the individual's needs. These include:

- Eye Movement Desensitisation and Reprocessing (EMDR)
- Internal Family Systems (IFS)
- DBT and CBT-based skills sessions
- Family interventions

We have a Systemically Informed Therapist / Family Links Worker who works specifically with families and patients.

The team

The Multidisciplinary Team (MDT) work collaboratively with the patient to develop holistic bio-psycho-social formulation that seeks to understand to the patient's difficulties in terms of their unique experience and context. Formulation is informed by diagnostic assessments where necessary.

This shared understanding informs the treatment approach as well as specific interventions that is likely to include nursing, psychological, occupational and pharmacological strategies with adjustments for neurodiversity.

Enabling individuals to reach full potential

Occupational Therapists and Occupational Therapy assistants work across site providing 1:1 and group sessions, delivering a therapeutic programme that encourages the occupational foundations of self-care, productivity and leisure. Each is offered the opportunity to set their own goals and identify what they want to achieve during the admission.

Occupational Therapy provide a range of interventions individualised to service users needs. These include sensory integration, education and vocational opportunities, domestic skills, money management, physical health provision, including aids and adaptations, achieving occupational balance, overcoming occupational deprivation and functional assessments. People are encouraged and supported to access community services as much as possible, according to their physical and mental health needs.

How to make a referral:

24h referral line
0800 218 2398

Send an email to:
referrals@elysiumhealthcare.co.uk

To view our video tour, please visit
elysiumhealthcare.co.uk

This information is available in different languages, Braille, Easy Read and BSL on request

Images used are of similar services at Elysium and are intended as a guide.

Elysium Healthcare

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