



# Autistic Spectrum Conditions

New service for people  
with Autism and Learning  
Disabilities

Specialist low secure  
service for men with  
Aspergers

In collaboration with the  
National Autistic Society  
and Autism West Midlands

A charity leading innovation in mental health



St Andrew's  
HEALTHCARE

SERVICES FOR AUTISM

# Autistic Spectrum Conditions

Individual care  
Innovative approach  
Impressive outcomes

At St Andrew's Healthcare, we continue to develop our services for men with Autistic Spectrum Conditions (ASC), including those with Asperger's Syndrome or Autism, who have social and communication impairments and a restricted repertoire of interests.

Our specialist low secure environment for men with ASC and additional mental health problems or challenging behaviour, or who have offended, offers a needs-led approach, delivered by a well trained, multi-disciplinary team providing individually tailored care pathways.

**An original, cutting edge facility offering the appropriate environment for the highly specialised needs of men with ASC**





## What are Autistic Spectrum Conditions (ASC)?

Autism and Asperger's syndrome are part of a spectrum of conditions that cause communication, social, emotional and behavioural difficulties. To people with these conditions the world can appear chaotic with no clear boundaries, order or meaning. People with ASC often have difficulties with everyday social interaction, social relationships and understanding of emotional expression. They may also have learning disabilities or mental health needs.

Asperger's Syndrome describes those people with ASC who have an average or above average IQ and relatively good spoken language. Many are able to live normal lives but some also experience significant difficulties with social, occupational and other areas of their life.

Autism is a form of ASC associated with learning disabilities which causes significant difficulties with a person's ability to understand what he or she sees, hears and touches. For this reason, a person with autism has difficulty knowing how to behave appropriately and interact with other people. This may mean that they have to be taught some behaviours that develop normally in neurotypical people. Autism varies in its degree of severity among individuals where the condition can range from mild to severe.

The ASC service at St Andrew's aims to meet the needs of those individuals who by virtue of their offences or risk behaviours require specialised risk assessment and management. This may include psychological therapies as well as educational, social and occupational skills development. This would be in context of a safe environment appropriate for their identified clinical and risk need.

## In partnership with the National Autistic Society

St Andrew's ASC Service works in close collaboration with the National Autistic Society and Autism West Midlands towards Quality Service Accreditation.





## A specialised environment for care and therapy

### **Hereward Wake, Northampton**

Set within 106 acres of parkland and yet on the doorstep of Northampton town centre, the ASC service provides 13 beds and a range of therapy rooms. This new unit has been created specifically to meet the needs of this user group, conceived, planned and implemented to meet the specific needs of the service user population. This is why every detail, from the sophisticated lighting systems, air conditioning and floor plans to the colourways and room layouts, has been integrated to deliver a unique, low stimulus environment. The town centre location offers opportunity for supportive rehabilitation, allowing service users to interact with the community, benefit from its facilities and develop independent living skills.

The unit also includes an Activities of Daily Living (ADL) kitchen, education room, low stimulus room and a computer room. The accommodation has a large secure, integral garden with a hard play/activity area, as well as outdoor seating.

Within the spacious St Andrew's campus, service users can access a range of therapeutic facilities, including primary care services, pharmacy, vocational therapy, industrial placements, sports and leisure facilities, café and a recreation/social club. A chapel and multi-faith room are also available.

We also provide an adolescent ASC service within the learning disability pathway.

### **Birmingham**

St Andrew's Healthcare recently opened a new facility in Birmingham, expanding service provision opportunities for service users in the Midlands and neighbouring areas and enabling them to receive care as close as possible to their communities and families. The facility provides low secure provision for men on the autistic spectrum, including those with mild to borderline learning disabilities. A sixteen bed unit has been specially designed and built taking into account the specialist sensory issues that affect people with this condition. Care and treatment is built upon the principles of embracing individualised person centred approaches, as well as the promotion of a total communication environment with TEACCH values and philosophy.

Situated within a low secure campus, the unit benefits from onsite recreational and therapeutic facilities. Close proximity to the local amenities and facilities of the Stirchley area enables supported rehabilitation, part of the treatment pathway that encourages integration with the community, taking account of individuals care plan needs.

There are further plans to develop the pathway in Spring 2010 by opening a pre-discharge facility providing greater access to local community facilities. This part of the service will serve to provide a final step towards independence before moving on to specialist housing or supported living accommodation in the community.

**Every element, from fixtures to ambience, has been addressed to create a powerful nurturing environment within walking distance of the facilities and social integration potential of Northampton town**



## Admission criteria and service user profile

The nature of an individual's needs are likely to be complex and will include the need for a comprehensive appraisal to determine a risk management plan. Our guidelines for admission are:

- Male
- Diagnosis of Aspergers or High Functioning Autism - either established, or suspected, **OR**
- Diagnosis of Autism who have borderline or mild learning disability - either established, or suspected
- Age 18 – 65 years
- Requirement for low structural security
- Additional mental health needs, offending behaviour or challenging behaviour

Admissions will be under the provisions of existing mental health legislation. Clinical as well as Criminal Justice Service referrals form the pathway of access to the ASC services at St Andrew's Healthcare.

In addition to the admission criteria, multi-disciplinary pre-admission assessments will clarify an individual's suitability for the service and develop risk management strategies and a proposed treatment plan. During the 16 week initial assessment period, an individually designed care and treatment programme is formulated.

### **A highly professional, multi-disciplinary assessment creates a dynamic programme created specifically for each individual service user**

The psychological and neuropsychological service user profile will identify needs in language and communication, and/or an absence of opportunity in educational, occupational, vocational and leisure activity. Individuals may be identified within St Andrew's other medium secure services and be considered for specialist placement.



## Treatment pathways for individuals

People are at the heart of every aspect of this bespoke service. Our aim is to provide an environment that is safe, structured, respectful and caring of the individuals within it, combined with an effective and individualised treatment programme.

Admission is in line with the Care Programme Approach (CPA) guidelines for a period of in-patient assessment of 16 weeks, after which a CPA review determines the appropriateness of the placement and whether continuation of placement remains the best option.

Our treatment pathway will include the earliest achievable opportunity for the individual to participate in appropriate services within the wider St Andrew's environment and, with progress of treatment, within community-based activities.

Opportunities are in development at both Northampton and Birmingham for an extended pathway to an open facility within the security of the St Andrew's grounds. This enables the individual to develop their skills in independent living in a supported environment whilst continuing to access the full range of MDT services.

Close co-ordination with relevant partnership organisations in the service user's home area will also be developed. We believe this is central to the individual's return to his home area within the appropriate timeframe.





## A highly skilled, dedicated, multi-disciplinary team

The specialist multi-disciplinary team consists of:

- Consultant Psychiatrist
- Consultant Associate Specialist
- Clinical Psychologist and Assistant Psychologist
- Nurses trained in Mental Health and Learning Disability
- Speech and Language Therapist
- Occupational Therapist and Technical Instructor
- Teacher
- Healthcare Assistants
- Activity Co-ordinator
- Social Worker
- Physiotherapist

All of whom have training and expertise in working with people with ASC.

## Reinvesting with social responsibility to make a world of difference

As a social business driving the future of Mental Healthcare, St Andrew's Healthcare is able to adopt a single-minded approach to reinvesting in exceptional service levels. Unlike many other organisations and businesses in this sector, all surplus funds generated are reinvested into the delivery of care, the improvement of facilities and the development of new services.

## Empowerment, innovation and excellence in

### ■ Men's Services

Women's Services

Adolescent Services

Services for Older People

Huntington's Disease Service

Dementia and Challenging Behaviour Service

Brain Injury Rehabilitation Service

### Getting in touch

For further information or to make a referral,  
please contact us by telephone or email:

Freephone 0800 434 6690

Email: [enquiries@standrew.co.uk](mailto:enquiries@standrew.co.uk)



**St Andrew's**  
HEALTHCARE

#### **St Andrew's Healthcare**

Billing Road, Northampton  
NN1 5DG. United Kingdom

Tel: 01604 616 000

[www.stah.org](http://www.stah.org)

Tel: 01604 616 000

Registered Charity No: 1104951



INVESTORS IN PEOPLE