

National Autism Unit

A national service for adults with autism spectrum disorder, who have additional mental health difficulties and offending or challenging behaviour.



Overview

Our NHS service offers over 20 years of experience in the management of adults with autism spectrum disorders, who have additional mental health difficulties and offending or challenging behaviour.

We provide in-depth assessments and effective, evidence-based, patient centred treatments.

Our team includes highly skilled, multi-professional senior clinicians and internationally renowned academics, working together to translate cutting edge research into best clinical practice.

We are committed to facilitating rapid recovery, and assist our patients in the transition towards a less restrictive community setting.

We welcome referrals from consultant psychiatrists based across the UK.

For information about our outpatient clinic please visit www.national.slam.nhs.uk/autismclinic

Eligibility

- 18+ years
- Male only
- Suspected or diagnosed Autism Spectrum Disorder
- Other mental health difficulties such as OCD, emotional difficulties, depression, anxiety, ADHD etc
- Offending or challenging behaviour
- Formal or informal patients
- Local services must remain involved throughout the admission and work collaboratively on future care planning.

Exclusion

- Females
- All referrals are assessed for clinical appropriateness prior to admission. Please do not hesitate to contact our team should you wish to discuss the suitability of a potential referral.

For referrals or enquiries please contact us on:

T: 020 3228 4183

E: naureferrals@slam.nhs.uk

www.national.slam.nhs.uk/nau

National Autism Unit

Bethlem Royal Hospital

Beckenham, BR3 3BX

Outcomes

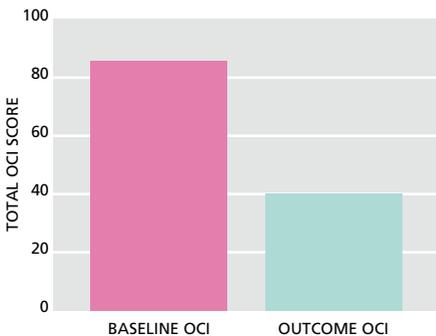
Our service aims to enable patients to better cope with activities in daily life.

We measure this in a variety of ways including objective measures of behaviour and engagement, ratings of symptoms, goal attainment, motivation and engagement, quality of life and patient and carer satisfaction.

Outcomes may include:

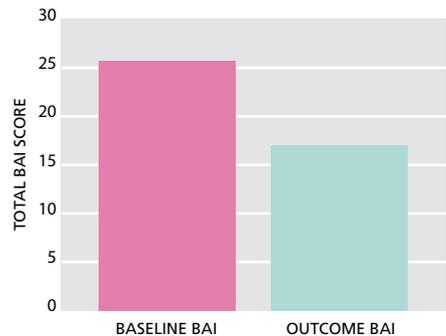
- Optimum functioning and improved quality of life
- Decreased challenging and forensic behaviour
- Distress reduction
- Person placed in a less restrictive environment
- Support to achieve or continue education or employment
- Identifying the level of care required for successful future placements
- Working relationships between local services, families or carers.

Improvement in OCD



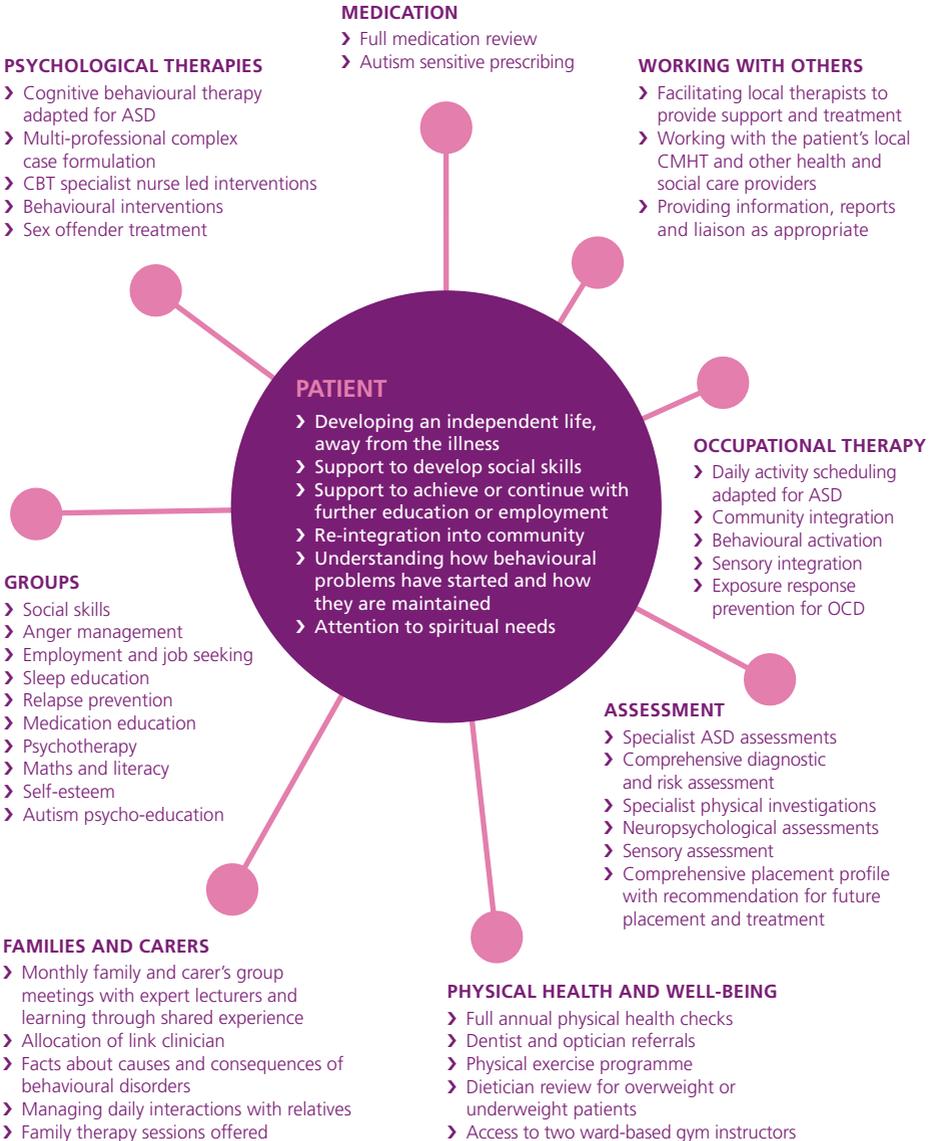
This graph shows significant reduction in OCD symptoms using a standardised rating scale (OCI-R).

Improvement in anxiety



This graph shows significant reduction in anxiety symptoms using a standardised rating scale (BAI).

Our care model



Our facilities

Our inpatient unit has 17 beds for male patients and is located on the grounds of the historic Bethlem Royal Hospital.

Bethlem Royal Hospital has a long history of providing the highest quality care for people recovering from mental health issues. The hospital offers the perfect therapeutic environment for promoting recovery, set in 270 acres of green space, with woodland and meadows that are designated as a 'site of importance for nature conservation'.

Facilities at the Bethlem include a swimming pool, art gallery, walled garden, a chapel, nature walks and an extensive occupational therapy programme, utilised by many of our patients. This programme

provides a wide choice of creative activities which give people the opportunity to rekindle old skills, learn new skills and build their confidence on their path to recovery.

We offer:

- › Private bedrooms
- › A large outdoor space
- › Television lounge
- › Kitchen and dining room
- › Fitness and recreation room with gym equipment
- › Resource room
- › Occupational therapy facilities



For referrals or enquiries
please contact us on:

T: 020 3228 4183

E: naureferrals@slam.nhs.uk

www.national.slam.nhs.uk/nau

National Autism Unit
Bethlem Royal Hospital
Beckenham, BR3 3BX

