

Mitford Unit

Providing a world class autism service

Highly specialist inpatient service for adults with an
Autism Spectrum Disorder



Northumberland, Tyne and Wear NHS Foundation Trust provides a **highly specialist inpatient service for adults with an Autism Spectrum Disorder**. Our current inpatient unit will be moving into a purpose built 15 bedded unit opening in Autumn 2016 which will be located on the grounds of Northgate Hospital, Morpeth, Northumberland.

Our service provides an established inpatient service to adults who are on the autism spectrum, who have extremely complex needs and display challenging behaviours to the extent that their needs cannot be met by local assessment and treatment. The service also provides diversion for individuals who have been inappropriately placed within secure services.

Mitford Unit incorporates a **large number of design features** to meet the needs of adults on the autism spectrum and enables patients and staff to **adapt the environment to individual needs** with minimal change and **reduce the possibility of challenging behaviours**.

To learn more about our services please visit
www.ntw.nhs.uk/specialistcare



The Clinical Model for the service is based on a time limited model incorporating detailed pre-and post-admission assessment, evaluation and treatment of needs, specification of community provision and detailed discharge planning. The time scales are constructed to ensure that momentum to return individuals to their home community is not lost and that lengthy hospital stays are avoided.

Multi Disciplinary Team provides bespoke specialist assessment and patient centred treatment and includes:

- Consultant Psychiatrist and trainees
- Clinical Psychologist
- Specialist Occupational Therapists
- Music, Art and Dance therapists
- Activity Workers
- Administration and Secretarial staff
- Consultant Psychologist
- Nurse Consultant
- Speech and Language Therapist
- Qualified Nursing Staff
- Nursing Assistants and Advanced Practitioners

Treatment Phase focuses on:

- The treatment of co-morbid conditions
- The amelioration of effects of autism e.g. lowering excessive levels of anxiety and arousal
- Behavioural learning to provide new skills
- The development of effective support strategies

Mitford Unit includes single person and shared accommodation with individual kitchen facilities; there are purpose built sensory and activity rooms, multiple therapy spaces, ADL rooms, patient I.T facilities, multi-faith facilities and personal outdoor space. The service includes access to extensive sports and recreational facilities both within the unit and wider hospital site and wider community engagement.

Referral Process

Referrals are accepted from Community and Inpatient Learning Disability and Mental Health teams regionally and nationally.

Assessments will be undertaken on a multi-disciplinary basis with team composition dependent upon the needs of the patient and referring service.

For informal enquiries or to make a referral please use the contact details below:

Mitford Unit

Northgate Hospital
Morpeth
Northumberland
NE61 3BP

Telephone : 0191 245 6790

Email: NTAWNT.autism@nhs.net