

Cefn Carnau

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Overview of the Service

At Cefn Carnau we provide a rehabilitation service for adults with a diagnosis of a learning disability who may also present with mental illness, personality disorders and an autistic spectrum condition.

Our service, located close to the centres of both Caerphilly and Cardiff, offers an eight bedded ward for females and a six and eight bedded wards for males.

Treatment programmes aim to reduce the presenting mental health issues and offending behaviours in a rehabilitation setting where risk can be managed and reduced in order to allow patients to step down into less restrictive environments.

Model of Care

The hospital's multidisciplinary team has a wealth of experience with treatment targeted toward safe patient re-settlement in the community, where possible. Our therapeutic programmes have been designed to maximise the potential and enhance the quality of life of each individual patient.

We provide specialist forensic cognitive behavioural therapy assessment and interventions and social skills interventions including anger and anxiety management. Improving assertiveness and stability in relationships is also provided. We offer a comprehensive range of occupational and complementary therapies such as community skills training, which aim to enhance service user dignity, self-esteem and functioning.

“Given strength and courage
With problems I would share.
To smooth a troubled life
By those who truly care.”

A poem by a patient at Elysium Healthcare

Admission criteria

- suitable for adults over the age of 18
- diagnosis of a Learning Disability
- patients with a wide range of complex mental health needs
- patients may have forensic or substance misuse history
- detained under the Mental Health Act (1983)

Outcome and risk measures used

We use a range of outcome measures that link in with the My Shared Pathway recovery journey and the care and treatment programme (CTP) including HONOS Secure. Offending behaviour and related risks are regularly recorded through specific, evidence-based interventions, such as HCR-20 and START which include insight treatment compliance and relapse prevention.

Care Pathway

There are opportunities for patients to step down within Elysium as well as other services in the locality. We encourage patients to develop their community and living skills to enable a smooth transfer in their next step of the journey.

Environment

All our wards and therapy areas have recently undergone a major refurbishment with the patients involved in the choosing of the colour schemes and new furniture and fittings.

Our three wards each have their own separate garden within a larger communal ground space which includes a tennis court and an allotment plot. There is a therapy centre on site which includes an IT suite, a practice kitchen, a sensory room and a large gym which is used for a variety of activities.

