

# Recovery First. Caring for Male Patients with Autistic Spectrum Conditions



Recovery First is a brand new, unique venture between the Priory and Greater Manchester West Mental Health NHS Foundation Trust. This brings together the very best in mental health expertise in state-of-the-art facilities in Widnes.

Many patients will receive care in this 72-bedded hospital and these will include male patients with autistic spectrum conditions.

## The service

This service is for men with autistic spectrum conditions who require care in a locked environment. It is evidence-based and consistent with the Autism Act 2009, Autism Strategy 2010 and National clinical guideline No 142 – autism recognition, referral, diagnosis and management of adults on the autistic spectrum.

Our overall aim at Recovery First is to improve our patients' mental health and wellbeing and to help them develop and maintain healthy relationships with others. Recovery First will work to reduce risk behaviours associated with mental health conditions so that our patients can ultimately live successful and fulfilling lives in the community.

## Who we help

We accept males over 18 years of age with a primary diagnosis of an autistic spectrum condition or related conditions. We will also help those who have other mental illnesses and those detained under the Mental Health Act.



## How we help

The clinicians who work at Recovery First have many years of NHS experience in this area of mental health. Along with Recovery First nurses and therapeutic staff, we will:

- Help to improve our patients' understanding of their mental health, their behaviour and their interactions with others
- Help patients build up effective therapeutic relationships and help them manage psychological distress and risk
- Support and enhance their mental health and other skills to support a successful and sustained return to the community



Both the Priory and Greater Manchester West Mental Health NHS Foundation Trust place safety at the heart of everything they do and this will be the cornerstone of care at Recovery First. There will be a structured pathway, unique to each individual and we will work with them to develop a bespoke treatment plan. These plans will include structured and unstructured therapies which will provide holistic care that treats the whole person – not just the illness.

The pathway will initially consist of a detailed assessment and our staff will work to stabilise the patient and get them to a safe place where treatment can begin. We will then put together specialist interventions to support the patient and their unique needs. Finally, staff will support the individual in their own self-management and help them into supported/semi-independent safe community living.

Through working with other organisations we can ensure that being discharged from Recovery First is not the end of the patient's journey, it is just the beginning.

## The team

Recovery First employs NHS consultant forensic psychiatrists, clinical psychologists and advanced practitioners. Other team members include social workers, occupational therapists, transitional support therapists, registered mental health nurses and support workers.

## The hospital

The state-of-the-art facilities at Recovery First, provided by the Priory, include:

- 12 en suite bedrooms
- Internal and external therapeutic and recreational areas
- Designated occupational therapy room
- Fully-equipped gymnasium
- Sports hall
- Education and IT rooms
- Rehabilitation kitchen
- Multi-faith room
- Patient café and shop

For more information,  
please visit our websites

[www.priorygroup.com/recoveryfirst](http://www.priorygroup.com/recoveryfirst)

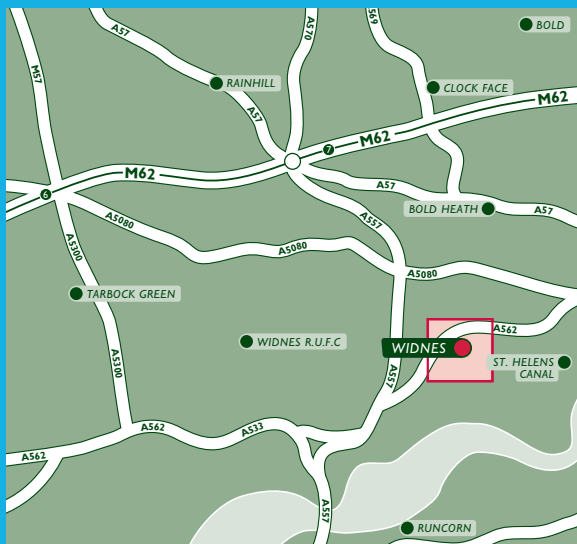
[www.gmw.nhs.uk/recoveryfirst](http://www.gmw.nhs.uk/recoveryfirst)

### Recovery First

Recovery First, Bennett's Lane, Widnes WA8 0GT

Phone: 0151 422 2140

Fax: 0151 422 2150



To make a referral, or for further information, call us on

**0151 422 2140**

send an email to

[recoveryfirstwidnes@priorygroup.com](mailto:recoveryfirstwidnes@priorygroup.com)

or visit our website at

[www.priorygroup.com/recoveryfirst](http://www.priorygroup.com/recoveryfirst)