



## Real work opportunities gave Jeff a sense of purpose



**From prison and secure services, Jeff\* came to Lichfield Road to help prepare him to reintegrate back into the community**

Jeff was discharged at the end of 2020 with a complete package of care. He had work and leisure activities in place, supportive family living locally and the skills to ensure a fulfilled and positive future. On leaving, he described Lichfield Road as the “best place I have ever been”.

## Jeff's journey at Lichfield Road

Jeff was admitted to Priory Lichfield Road from secure services in 2018 – he had spent time in prison and then secure hospitals after his index offence.

Jeff was admitted into the intensive area at Lichfield Road, and had a recovery support worker dedicated to helping and guiding him while he was residing there.

It quickly became apparent that Jeff was committed to working with staff to ensure his continued recovery and to achieve his goal of returning to live in the community. He engaged in all of the therapy assessments and identified the milestones he would reach to track his progress.

Like many patients who step down to Lichfield Road from secure services, Jeff appreciated having his own space, all of his own belongings and the opportunity to shop for and cook his own meals.

Jeff was supported to explore what was available to him, both within the hospital and the wider community. He was able to transfer from the intensive area to his own bungalow within 4 months, as he showed good progress in his ability to maintain his own safety, manage risk, live as part of a community and demonstrate consistent reliability by engaging in occupational therapy, psychology and nurse-led sessions.

Jeff developed an interest in gardening and attained the role of gardener as part of the hospital's real work opportunities programme – this was a big turning point for him. His sense of self-worth and self-esteem was hugely impacted by this role; this was evident by the dedication and pride he had in his work. Rain or shine, Jeff would be working away in the garden and credits this with giving him back his identity and enthusiasm for working.

Jeff was inspired to enrol at the local college to study horticulture. Such was his knowledge and passion, he was moved up a level and encouraged to study for a higher qualification by the course leader. He also obtained a volunteer role with the local allotment group to maximise his skills and the opportunities available to him locally.

Jeff adopted two geckos and a pair of lovebirds, which he cared for in his bungalow – reinforcing his ability to take on responsibility and develop interests.

Jeff completed his wellness recovery action plan (WRAP) in preparation to begin to look to move on from Lichfield. This allowed him to demonstrate real insight into his progress, goals, relapse warning signs and the positive steps he can take to ensure his continued recovery.

Jeff also enjoyed going out with other patients to play pool and visit local areas of interest, and he took an active role in all aspects of life at Lichfield Road.

Jeff was assisted by staff to view supported accommodation facilities in the area he wished to live in after discharge. Supported by his team, he then began a period of transition work, spending increasing amounts of time in his new accommodation, progressing to overnight leave and then spending 4 days a week there. This was key to ensuring a safe and positive discharge.

Jeff was unconditionally discharged from his section by the tribunal panel and then spent 2 weeks at his new placement with regular contact with the team at Lichfield Road to ensure he felt safe, supported and able to live as independently as possible.

Jeff was discharged from Lichfield Road at the end of 2020 with a complete package of care from his community team. He had work and leisure activities in place, supportive family living locally and the skills to ensure a fulfilled and positive future. On leaving, he described Lichfield Road as the “best place I have ever been”.



### Find out more

To contact Priory's central team, please call **0800 090 1356** or to speak to someone at the hospital directly, please call **01922 694 766**.

Email: [info@priorygroup.com](mailto:info@priorygroup.com)

Web: [www.priorygroup.com/nhs/locations/priory-lichfield-road](http://www.priorygroup.com/nhs/locations/priory-lichfield-road)

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