



We deliver 'outstanding' care to men with mental health conditions or a learning disability.

HOSPITAL DIRECTOR AT MARKET WEIGHTON

## Priory Hospital Market Weighton

# Paul's story

**Now in his late 30s, Paul\* was first seen by mental health services at just 12 years of age. Paul has paranoid schizophrenia and had been detained under the Mental Health Act (MHA) since he was 20 years old. He spent all of his 20s in hospital.**

In his early 30s, Paul left secure services and came to Priory Hospital Market Weighton, Yorkshire, with the goal of building his independence and improving his quality of life.

From very early on in Paul's admission, it was difficult to engage with him. In an effort to control the voices he heard, Paul spent most of the day in bed under the covers.

The most difficult times for Paul were when his voices became too distressing for him; Paul experienced auditory hallucinations, which were abusive and persecutory towards him, as well as olfactory hallucinations.

During these times, when the distress became too much, Paul felt the need to run away and escape his current experience. He would often threaten to leave, jump over the fence and run away from the hospital.

During a particularly distressful experience with his voices, Paul was trying to leave the hospital and his named nurse asked him to go for a walk with her.

The change in Paul was instant. As soon as he was away from the hospital, he calmed, the voices stopped and he was no longer scared.



Inspected and rated

Outstanding ☆

CareQuality Commission

Paul returned to the unit a short time later, a care plan was written and the staff adopted Paul's new coping skill. This proved successful and over time, Paul was given time to leave the unit on his own.

Slowly, Paul developed trusting relationships with his care team and was able to open up and talk to them about his voices. He was taught to ask his voices to leave so that he could enjoy listening to music, watching television, cooking food and going into the community.

As Paul became more confident in managing his mental health, his quality of life improved. He was able to enjoy learning how to cook, going to places on his own and spending time with his care team and his peers.

After 16 years, Paul had achieved what he'd always wanted but hadn't believed could happen - he came off his section and was no longer under the MHA.

Paul now lives locally in a Priory residential service with two fellow residents. He cooks for himself and his peers, who are now his friends, and enjoys his freedom and spending time with his family.

The hospital director at Market Weighton, said of Paul's experience.

**"Seeing Paul's transition from being unable to leave his room to now enjoying a happier and more independent life, really reinforces to me and the rest of the team just how important and profound our impact can be on people's lives.**

**"I'm particularly proud of how Paul's nurse was able to respond to his distress in a truly person-centred way. It made all the difference in Paul's recovery and quality of life."**



**Market Weighton supports men like Paul with severe and enduring mental health conditions or a learning disability, and who may have complex presentations with behaviours that challenge. Our aim is to deliver rehabilitation, stabilise mental health, reduce behaviours that challenge, develop daily living skills and actively maintain working relationships with case managers and community teams, to enable a smooth and successful transition to life outside the hospital environment.**



## 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 **01430 879 656**.

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**Web: [www.priorygroup.com/marketweighton](http://www.priorygroup.com/marketweighton)**

For the most up to date information on our services, please visit our website.