

# Priory Beverley House

## Patient story

Samira\* was admitted to Beverley House at the age of 23 after attempting to take her own life. She also presented with severe self-harming and obsessive compulsive behaviour.



Samira's condition had begun to slowly deteriorate from about the age of 16. She had struggled to cope with significant changes in her life, including her marriage being arranged, leaving school, and becoming a wife. Despite her husband encouraging her to go back to school, Samira struggled to adjust and began to find everyday tasks like cooking and cleaning, quite traumatic.

These struggles made Samira feel like she could not fulfil her role as a wife correctly and this caused her behaviour to deteriorate even more.

Self-harming included cutting-deep, inserting things into her wounds, she would punch objects, head bang, pull her own hair and also attempted hanging. She would also run away from her home, acted aggressively to others, and has damaged properties.

Obsessive compulsive behaviours included making the bed over 100 times as she convinced herself it wasn't done properly; avoiding drinking water due to a compulsion to wave her cup over 100 times when she'd finished drinking, and checking she had dressed herself properly over 100 times before leaving the house.

She started to hear voices in her own head, which told her she was doing things wrong. She would even ask her husband if he heard the voices as they were

so convincing to her.

When Samira arrived at Beverley House, a thorough assessment took place and a tailored treatment programme was drawn up, that best suited her needs. This included:

- **Regular psychological therapy**
- **1:1 meetings with a designated nurse**
- **Bespoke dialectical behaviour therapy (DBT)**
- **Occupational therapy**

The team at Beverley House also reviewed Samira's medication to ensure this was helping her as much as possible. After further assessment, a consultant diagnosed Samira with severe depression and psychotic symptoms, which allowed the team to further tailor her treatment.

Samira stayed at Beverley House for three months and with the dedicated work of our multidisciplinary team, she was engaging in all therapy and activities happily within the first month. This was in fact the shortest admission Beverley House had ever seen.

Samira's husband and family were extremely pleased with the progress made and how much the treatment at Beverley House had helped her in recovery, more than any other admission.

\*Name changed to protect identity