



## Priory Newcombe Lodge

# David's story

### Rehabilitation and transitional care at Priory Newcombe Lodge

**Before I came to Newcombe Lodge I had spent a significant amount of time in psychiatric inpatient settings. It was in these units that I was just a patient; my risk was the only concern and I was not able to do any significant psychological work to face my emotional issues. I felt numb not only because of my mental illness but because of the lack of stimulation.**

When I first came to Newcombe Lodge, I was pessimistic, low, and did not see a future for myself past the end of the week. I was living with a personality disorder and an identity disorder and I had no sense of self. My emotions were very intense and the only way I knew how to manage them was through self-destructive coping mechanisms.

I met with my case manager who began to set up my care plans; she really took the time to understand me. The time was taken to understand me as an individual, not just someone else in the system. My care plans were detailed which meant that my interactions with all staff were very personal, leaving me feeling validated and understood. When I felt I needed changes to be made to the care plans, I was easily able to discuss this.

Newcombe Lodge offers a range of therapy and occupational work. I undertook long-term cognitive

analytical therapy which had never been offered to me before. It helped me begin to understand my perceptions of everything around me. I was also able to meet with my occupational therapist weekly who helped me to engage and manage activities outside of the house, including volunteering and having a part-time job.

My case management sessions allowed me to discuss a range of issues and I had key work sessions where I was able to look more closely at my self-harming behaviours. I was able to meet with a psychiatrist regularly and my treatment was more therapeutically led.

**With this network of support, I was gradually able to see more of a future for myself.**

I was worried about going back into education after having time out, especially due to the psychological toll my GCSEs took on me, but Newcombe Lodge has good connections with Cirencester College so when I enrolled they were fully informed about my mental health and how this may affect my education. As a result of this I was easily able to access support from my teachers and the learning support team. Newcombe Lodge remained involved but also allowed me my independence with my education.

With this support, I applied for university and Newcombe Lodge helped me through the application process and the exam period. Without this strong support network I would not have been able to do as well as I did in my A-Levels and I now have a place at King's College London.