



## Priory Mayfield House and Beverley House

# Tegan's\* story

**Tegan\* was born into foster care and was placed in mental health services from the age of six. After an entire childhood in care, she came to Beverley House, Edgbaston, from an adolescent service. She hadn't engaged in therapy or found that anything 'worked' for her in the services she had been at.**

Tegan had emotionally unstable personality disorder (EUPD), an eating disorder and was self-harming daily. She required one-to-one observations for the first two years of her treatment at Beverley House.

Her multidisciplinary team (MDT) worked together to develop a bespoke plan to meet Tegan's complex needs. She was prescribed Denzapine and engaged in dialectical behaviour therapy (DBT). Tegan and her treating team started to see positive changes in her mental health. Tegan was able to begin escorted community leave for the first time in several years, and took responsibility for some of the risk management during her community outings.

Tegan was able to have her one-to-one observations reduced as her confidence and ability to self-regulate her emotions grew. Emotional self-regulation can be particularly difficult for people with EUPD, and something that specialised DBT can significantly help with. Through her DBT work, Tegan became proficient in mindfulness, distress tolerance, as well as emotional regulation.



Together, Mayfield House and Beverley House provide a rehabilitation and recovery care pathway for females in Birmingham. The two sites work closely together to provide support to help females better understand their mental health difficulties in a safe, structured yet person-centred way. Our aim is to empower them with the skills and knowledge to be able to manage their difficulties in a community setting, have positive self-worth and to feel like they are living a happy and meaningful life.



Tegan told members of her care team that she **“felt safe and able to plan for the future”**.

Now that Tegan had progressed in her recovery journey, her therapy and psychology programme centred on relapse prevention, positive coping skills, and developing a positive self-worth and sense of self. She remained on Denzapine to assist with her mood management and mental state.

In a big and very positive step for Tegan, she was able to undertake unescorted leave, safely and with purpose.

After two and a half years, Tegan was ready to step down to Mayfield House, in nearby Moseley, where she felt confident and able to continue the next step towards increased independence.

With the support of staff, Tegan established and maintained a routine and began to explore opportunities and links in the local community.

**“Having somewhere safe to come back to meant I could be out in the community without fear as I knew that there was always someone there for me if I needed them,”** Tegan explained.

She cooked independently, managed her own daily living and was able to establish a friendship group, as well as community links through work and education.

**“Staff were able to support me as much or as little as I needed.”**

Tegan was hopeful of a future outside of services.

After 18 months at Mayfield House, Tegan moved into her own flat. She is now in paid employment and has not relapsed or required admission into any services since her discharge into the community.

**“Having support and being shown that there is a life outside of hospital made me want to get the most out of my life.”**

## Find out more

To find out more information about our services at Mayfield House or Beverley House, please contact our 24/7 enquiry line:

**Telephone: 0808 291 2162**

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

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