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I now have a new lease of life, and my Doctor has made me feel great.

**Priory Hospital Middleton St George**

## Schizophrenia and emotionally unstable personality disorder – Mary’s\* story

**Mary was in Dalton Unit for 18 months and arrived unsettled and suffering from severe psychotic symptoms. She felt under command from the devil to kill herself and had hallucinations. She had previously had DBT and high dose medications, but remained treatment resistant.**

She had been nursed on level 4 observations for 8 years with no break. Upon arrival the team encouraged better engagement with treatment and to improve her self-esteem. A recovery-focused approach was taken, with a focus on hope.

She was encouraged to visualise what hope meant to her, with structure, empathy, consistency and compassion central to this. Her mental state settled; she was given access to section 17 leave and her observations removed.

She also has un-escorted ground leave and has been visiting her sister and wider family. She no longer hears voices, no longer self-harms and has moved to level 2 with 30 minute observations on the ward.

### **Our patient takes up her story...**

I have been in MH services for 17 years and used to move around services a lot. I was usually heavily sedated and locked up. I had no freedom and no life – I wasn’t trusted to have personal belongings.

I thought I had no future and no life, but my Doctor gave me trust and hope. Getting better and out more has made me feel like I have a brighter future. There is a really friendly team here and they all have the same ethos of ‘hope’ and will give you 1:1 time when you need them.

I have been pulled from the bottom. I was scared of living because of the voices I heard and what they wanted me to do. I have improved my relationship with my family, I have close bonds with them now especially with my niece. I also get involved in Bingo, quizzes, art work, crafts and baking... I like baking