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This is the best I have ever been.

## Priory Hospital Middleton St George

# Emotionally unstable personality disorder – Kerry’s\* story

**Kerry was in Dalton Unit for 18 months. She had been resident at various mental health services for many years and was in need of a more specialist service having required numerous visits to A&E due to intoxication and intense self harm.**

Having previously been managed in seclusion, her transfer to Dalton saw a gradual transition back to the communal areas as she started her recovery journey, with DBT central to her treatment programme. Her level 4 arms-reach observation was gradually removed and her activity engagement increased.

It is now over a year since she self-harmed and she is now able to have unescorted community leave and conduct vocational work. She has a good relationship with her family and is in close contact with her son. She is now ready to return to the community.

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

I used to get thoughts to self-harm myself on average 3-4 times a day. Now I don't have thoughts about self-harming. It has been one year since I last self-harmed – I have just had my anniversary.

My Doctor is different from my other doctors. When they say they will be on the ward, they will be there. I got used to being let down by doctors but the team here don't do that. I trust them and they trust me.

I felt trapped inside before I came here and didn't speak but now I don't shut up – now I see my future, I have a future, I am a completely different person now - I have hope.

I use DBT to help me, like in the night if I can't sleep. I even spoke at the hospital's DBT staff training day to give them my experience and knowledge – everyone clapped and I felt amazing.

In the past I would jeopardise any move to step down because I was scared. Now I am ready and have even had budgeting and cooking support.

I have home leave so I can see my son. My home team has known me for 19 years and they say they have never seen me like this before.

\*Patient's name and image has been changed to protect their identity. Priory Group UK 1 Limited, 80 Hammersmith Road, London, W14 8UD. Company Registration Number: 09057543