



# From failed placements to living independently

## My journey at Middleton St George

**“I came to Hazelwood Ward at Middleton St George, after experiencing many failed placements in other hospitals. It felt like this was my last chance to finally gain a life worth living.**

The multidisciplinary team helped me with a personalised recovery plan, suited to my needs, which included input from myself as well as their suggestions. I had to take responsibility for my actions and thoughts and show I could progress in a safe and effective way.

I started the dialectical behaviour therapy (DBT) programme three months into my admission. I had done some DBT at previous placements but had never been able to complete the programme. I found it hard to start with as it made me rethink how I approach different situations, my thought processes, and the way I present myself. But with the guidance, reassurance and support from the team on Hazelwood, and with prompts that resonated with me, I was slowly able to put the skills I was learning into practice. I was taught that I could use the skills I learnt in DBT, in everyday situations, using pros and cons to make a decision, or radical acceptance when things didn't go to plan.

With the help of the team I started to build a life worth living. I enjoyed my time going out and one of my biggest achievements was getting a train by myself which I hadn't done in three years.

Eventually I was taken off my section and I started looking for somewhere to live in my home area. When I was discharged I knew I had many challenges ahead of me but I felt prepared for the first time. I still use DBT skills on a daily basis. I use my mindfulness, radical acceptance and interpersonal effectiveness which has helped me in a recent job interview I had. I am now learning to drive and have lived independently for two years. I have just accepted a job offer for my dream job and I never would have got this far without the team on Hazelwood.

**Thank you!”**

### Contact us

To make a referral, call **0808 090 1356**

For any further enquiries, call the site on **0808 291 2162**

Email us at **[prioryenquiries@nhs.net](mailto:prioryenquiries@nhs.net)**

Visit our website at **[www.priorygroup.com/nhs](http://www.priorygroup.com/nhs)**

For the most up to date information on our services, please visit our website.

\*Patient's name has been changed to protect their identity.  
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