



Priory Nelson House – positive discharge

From substance misuse and risky behaviours, to living happily in the community.

Craig* was admitted to Nelson House in 2021, having spent 21 years so far, in and out of other institutions. He was struggling with substance misuse, including alcohol and drugs and this was increasing the risks associated with his schizophrenia. He had also spent some time in prison before arriving at Priory.

Upon entering treatment with us, Craig began specific psychology interventions related to mood and substance abuse. He was also supported to join an external, cocaine anonymous group.

The team at Nelson House also worked hard to ensure Craig's medication was the right treatment for him and he soon became more confident with managing his own administration, with the encouragement of staff.

Despite three relapses across the two years Craig was with us, he continued to work hard and his team did not give up on his progress. He worked with the psychology team to recognise when this might happen, and learnt coping skills which allowed him to repel pressures.

Craig began to enjoy the groups and soon had 100% attendance. He learnt about family, relationships and setting boundaries and also took part in enjoyable activities such as wood work, preparing food, cooking, and shopping.

Once Craig's behaviour stabilised, the team facilitated the opportunity to start a volunteering position out in the

community and he also started to utilise his leave. He also commenced a new internal role as a unit peer supporter and this involved attending clinical governance meetings as a patient rep.

Craig showed really great progress and incidents diminished. This meant he could then move to Nelson House's community facing service on Victory ward, to prepare him for imminent discharge.

Two years on, Craig is now living happily and safely in the community, where he continues to attend his volunteering position and has the continued support of the hospital nearby.

Contact us

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

For any further enquiries, call the site on **02392 513 882**

Email us at **prioryenquiries@nhs.net**

Visit our website at **www.priorygroup.com/nhs**

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

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