

Sophie's^{*} Journey

**Cygnets Lodge Salford,
Manchester**

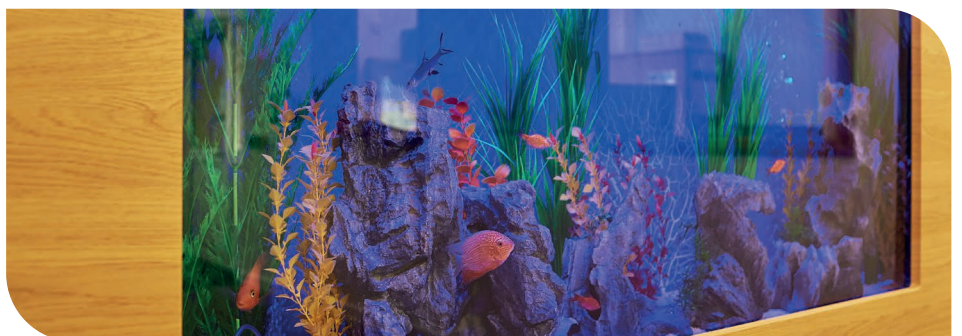
**High dependency inpatient rehabilitation
service for women**

Sophie's history

Sophie grew up suffering periodically from anxiety and depression and for many years she was able to manage with little support. She raised a family, worked full time and maintained a home. After the breakdown of a relationship that had become abusive, those around Sophie started to notice a deterioration in her mental health. She was experiencing delusions and appeared agitated and confused. After being unable to keep her job and continuing to experience symptoms, she was referred for help and admitted to an acute ward and diagnosed with Schizophrenia.

When Sophie came to us

When Sophie was transferred to Cygnets Lodge Salford she appeared to be happy and calm, although was in some denial about the extent of her illness and was concealing some of her symptoms. The team could see that she had extremely low self-esteem and confidence, which contributed to her low mood and emotional state. She was very anxious having never experienced an admission to a mental health rehabilitation service previously and felt pessimistic about her future.



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Sophie's care

Initially, the Multi-disciplinary team (MDT) reviewed Sophie's medication and prescribed an anti-psychotic to reduce some of the negative symptoms. The team could see that Sophie was very high functioning and capable, but lacked insight and was overwhelmed by her emotions. They completed assessments and created a holistic care plan in cooperation with her, which was based on her interests.

The team had Sophie's discharge in mind from the start and helped her to see a future by working towards goals. To avoid Sophie becoming overwhelmed by a busy ward environment, they recommended that Sophie moved to one of the bespoke apartments within the service. This allowed Sophie time and space to gain confidence and build relationships at her own pace.

The psychologists held 1:1 sessions addressing some of the feelings associated with past traumas, improving her stress tolerance levels and building her feelings of self-worth. She worked with staff to develop her confidence in social situations and soon created strong bonds with some of her peers.

The occupational therapy (OT) team facilitated lots of therapeutic leave to build her confidence in being out and about in the community, she went shopping, to the cinema, to the zoo – a wide variety of trips to reassure her that she could cope in different environments. Sophie highlighted that she had volunteered in the past and would love to do it again, the team sought a suitable volunteer position for Sophie and supported her to attend.

The clinical team gradually reduced the dosage of Sophie's medication until she was on the lowest amount. When she was ready for discharge this was discussed with her GP with the overall aim for her to stop taking the antipsychotics when the time was right.

The team then looked to begin her transition out of the service, they had confidence that she could return to living independently. Staff began a project to find a suitable home for Sophie, identify who would make up her community support network, and ensure she had access to everything she needed to stay well. They introduced Sophie to a women's support service that she could access and an independent advocate, as well as ensuring she had a care coordinator in place.

Sophie today

Sophie now lives in her own home, independently and free of medication. She's maintained the friendships she built at Cygnet Lodge Salford, and has re-established some connections with family members. She continues to be a passionate volunteer and integral part of her local community.

www.cygnethealth.co.uk



*Name has been changed to protect her identity

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