

James^{*} Journey

Cygnets Manor, Nottinghamshire
Specialist high dependency complex care
service for men with learning disabilities



James' history

James was diagnosed with a mild learning disability in childhood following CAMHS referrals due to aggression, poor concentration and continued reluctance to attend school. He attended a boarding school in his teens but this ended at age 15 due to his lack of attendance. From there he has had multiple encounters with the police leading to convictions for driving and drug-related offences.

In 2019 James was sentenced to time in prison and it was recommended that a rehabilitation environment would be beneficial to address the behaviours that led to offending. He was later referred to Cygnets Manor.

When James came to us

Following his transfer from prison, James was very withdrawn and anxious, he didn't initially engage with any staff or peers and was also struggling with depression. James was unable to read or write and was vulnerable to being exploited by others. He was not positive about his future and needed support identifying coping strategies and building his independent living skills.

www.cygnethealth.co.uk

James' care

The multi-disciplinary team (MDT) at Cygnets Manor assessed James' needs through assessments and getting to know him. Psychology and occupational therapy (OT) completed risk assessments and formulations to develop a treatment plan, and the nursing team supported James to understand his medication.

As James got to know the team better he was willing to engage with the therapies on offer. He worked closely with speech and language therapy to create a communication grab sheet to give him more confidence, which later led to him being open to reading and writing sessions with a tutor.

His psychology sessions focused on building self-esteem and confidence, which helped him to be more assertive and reduce the risks of exploitation from others. They helped him to identify coping strategies, which involved asking for help when he needed it. Over time he became more confident and was able to become more independent. The OT team worked with James on road safety and supported him to access a therapeutic earnings position. James was able to utilise community leave to put the skills



he was learning into practice, he started using the gym, shopping and cooking for himself after achieving unescorted leave.

James became a role model for his peers, taking pride in his achievements and working hard to achieve his goals.

James Today

Thanks to the support from Cygnets Manor, James is now able to read simple single words, simple short phrases and sentences that use familiar language.

James was recently able to move to a supported living placement in the community. He is reported to have settled in well and shows a great enthusiasm for life. James loves helping out at a local farm where he is very well respected. He is looking forward to obtaining a driving license to support his search for paid work.

*Name has been changed to protect his identity.

CYG-1158 | Date of Preparation: 27/09/2022

To make a referral or for more information about **Cygnets Manor** please call **0808 164 4450**/email chcl.referrals@nhs.net or contact your regional Business Relationship Manager