

Nelson's* Journey

**Kingswood Ward,
Cygnet Hospital Maidstone, Kent**

High Support Inpatient Rehabilitation Service (Level 2)

Nelson's history

Following A&E encounters, delusions, and absconding episodes, Nelson was admitted into services at the age of 21 with distressing episodes of low mood and suicidal ideation.

Despite an initial diagnosis of Emotionally Unstable Personality Disorder (EUPD), Nelson's journey unfolded with recurring episodes of psychosis, auditory hallucinations, and over ten admissions, both informal and detained, spanning from over 6 years. His struggles extended beyond mental health, resulting in criminal charges for violent offences.

When Nelson came to us

Nelson's transition to Kingswood Ward, our High Support Inpatient Rehabilitation (Level 2) Service, marked a pivotal moment. Emerging from a low-secure unit, he was deemed ready for discharge but necessitated a period of rehabilitation.

When he arrived at Kingswood Ward he faced initial challenges, staff supported him to access hospital grounds and, eventually, the community.



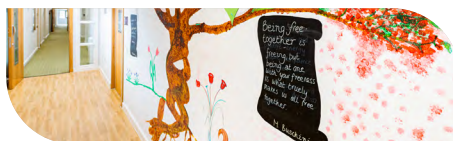
Nelson's care

Kingswood Ward became the canvas for Nelson's transformation. Empowered to design his daily routine, he embraced unsupervised self-catering, volunteered at a local healthy living hub, and emerged as a leader in peer support groups within the hospital supported by the multi-disciplinary team (MDT).

His journey transcended the ward's boundaries as he joined a community football group, attended church, and actively pursued various leisure activities. Not only did Nelson lead the people's council and contribute to clinical governance for service improvement, he also participated in staff interviews, showcasing his evolving confidence.

Nelson's testimonial encapsulates his experience: "I really liked the coproduction of activities... It felt like a helping hand being repatriated into the area with family and where I saw a healthy future for myself." Throughout his admission, he focused on routine, incorporating weekly meal planning, budgeting, and shopping with the occupational therapy team, all while refining coping strategies through psychology sessions.

As Nelson approached the conclusion of his stay at Kingswood Ward, the focus shifted to preparing for life beyond, and transition planning. Encouraged and supported, he wrote personal statements, attended job interviews, and underwent training as a financial advisor - a paid role which aligned with his aspirations post-discharge.



Nelson today

Nelson's post-discharge journey reflects the efficacy of his rehabilitation. Settled into supported accommodation, he diligently refers to the relapse prevention plan co-created with the psychology team at Kingswood Ward.

Today he is thriving as a financial advisor at his local healthy living hub, Nelson seamlessly transitioned into a role he aspired to during his training.

His journey extends beyond personal success, as he actively contributes within the community as an NHS peer engagement worker and experience advisor to probation centres within the criminal justice system.

His resounding message to Kingswood Ward echoes gratitude: **"Leaving Kingswood Ward, I wanted to work with people, and Kingswood supported me to do that. I am now part of a team that is doing well for the world."** Nelson credits the staff for their unwavering support, trust, flexibility, and belief, elements that fuelled his newfound confidence and success. His parting words echo appreciation and encouragement: **"Keep doing what you're doing - you're changing lives."**

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*Name has been changed to protect his identity

CYG-1466 | Date of Preparation: 19/02/2024

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

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