



# Bob's<sup>\*</sup> Journey

## Cygnets Fountains, Lancashire High Support Inpatient Rehabilitation (Level 2) Service for Men

### Bob's history

Bob is a middle-aged male who has faced significant challenges throughout his life. Growing up, he experienced neglect and struggled to form secure relationships with his parents, particularly due to his mother's history of mental illness.

His school years were marked by bullying and difficulty concentrating, leading to truancy. As an adult, Bob found it challenging to maintain employment and navigate relationships. His mental state deteriorated over time, resulting in a forensic history including arrests for assaults and possession of offensive weapons.

Bob's mental health worsened, characterised by manic, psychotic episodes exacerbated by substance misuse. He was diagnosed with schizophrenia at 30.

### When Bob came to us

Bob's journey at Cygnets Fountains began when he presented with bizarre, manic, and psychotic symptoms, compounded by inappropriate thoughts. He struggled with medication adherence and had severed ties with community services, leading to difficulties in managing his mental health, personal hygiene and intrusive thoughts.

### Bob's care

Bob's care team at Cygnets Fountains implemented a comprehensive treatment plan. A multidisciplinary approach included a thorough medication review, initially met with resistance from Bob. However, through intensive engagement, his medication, particularly clozapine, stabilised, leading to improved mood and reduced auditory hallucinations.

Occupational therapy interventions focused on building functional skills and promoting independence, including cooking sessions and social skill development.

A crucial aspect of Bob's care involved addressing structured risk assessments and psychology-led interviews to understand and mitigate his intrusive and inappropriate thoughts.

Bob worked with the team to develop adaptive coping mechanisms, in turn reducing his anxiety and supporting his motivation to participate in therapeutic sessions.

Bob was soon able to utilise unescorted leave, and his commitment to improving his well-being became evident, often using this time to exercise and ride his bike.

Bob transitioned to a self-contained flat within Cygnets Fountains, to foster autonomy.

### Bob today

Bob has demonstrated significant progress since his admission. He maintains medication compliance, exhibits improved insight into his mental health, and engages in social activities, albeit with limited interest in forming friendships or relationships.

Bob's journey at Cygnets Fountains reflects a collaborative effort between clinical professionals and Bob himself, highlighting the efficacy of holistic care approaches in addressing complex mental health needs.

Through tailored interventions and ongoing support, Bob has embarked on a path towards recovery, marked by improved symptom management, enhanced social engagement, and a renewed sense of autonomy and well-being.



[www.cygnetsgroup.com](http://www.cygnetsgroup.com)

\*Name has been changed to protect his identity

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To make a referral or for more information about **Cygnets Fountains** please call **0808 164 4450**/email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net) or contact your regional Business Relationship Manager

