



# Jenny's Journey\*

## Dene Brook, South Yorkshire

Supporting individuals with learning disabilities, complex needs and behaviours

### Jenny's History

From a young age, Jenny faced significant challenges, including behavioural issues and difficulties in mainstream school. At home, she was not able to communicate with her family which resorted in her using self-harm as a coping mechanism, reflecting the depth of her emotional struggles.

### When Jenny came to us

Jenny's journey at Dene Brook began with a tumultuous entry. She struggled to engage with staff, resorting in fights and using aggressive behaviours to communicate, patterns ingrained from her experiences at home. Due to her history of self-harm, Jenny was closely supervised to reduce her risk levels.



### Jenny's Care

Over time, Jenny began to develop trust in the staff at Dene Brook. Through collaborative efforts, they addressed her challenging behaviours and supported her in learning healthier coping mechanisms. Personalising her room with colourful interiors and meaningful posters provided a sense of ownership and comfort.

Jenny expressed a desire for greater independence, prompting staff to facilitate opportunities for her to learn essential life skills such as shopping and cooking nutritious meals. Access to social media and visits with friends and family fostered a sense of connection and belonging.

Gradually, Jenny worked on improving her group interactions, a significant milestone considering her past struggles. With time and support, she gained unrestricted access to the kitchen, embracing the opportunity to acquire new skills and explore her culinary interests.



### Jenny Today

Presently, Jenny volunteers at a local charity shop, a testament to her newfound confidence and sense of purpose. Plans for transitioning into supported living underscore her growth and stability.

With her medication regimen effectively managed, Jenny no longer grapples with severe challenging behaviours, signalling a journey towards improved mental health and autonomy.

Jenny's journey at Dene Brook exemplifies the transformative impact of comprehensive care and tailored support in addressing complex mental health needs. Through resilience, collaboration, and unwavering dedication, Jenny has navigated a path towards recovery, reclaiming her independence and embracing a brighter future filled with hope and possibility.

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

\*Name has been changed to protect her identity

CYG-1493 | Date of Preparation: 04/03/2024

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