

Sanjay's* Journey

Cygnets St William's, Darlington Neuropsychiatric Rehabilitation for Men

Sanjay's History

Sanjay was a successful business man with a busy family life when he suffered a series of strokes. As a result, his behaviour and mood changed significantly and could often be unpredictable. These mood fluctuations hindered his ability to engage in daily activities and interact with his family. He was referred to Cygnets St William's for a period of rehabilitation, to help stabilise his mental health and to learn the skills he would need to return to living with his family.



When Sanjay Came to Us

When Sanjay first came to Cygnets St William's, his mood was still very up and down. He struggled with his attention span and had repetitive, obsessive, and compulsive behaviours. Sanjay was reluctant to take physical health medication despite being in poor health.

Sanjay had been detained under the Mental Health Act, but struggled to understand why. He was dismissive of any support, refusing to acknowledge the difficulties he was experiencing and how they would impact him whilst living in the community. Sanjay was keen to go back to his family home, and was angry that he wasn't able to do so.



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Sanjay's Treatment

Sanjay did not want to engage with therapies when he first arrived at the service. The Interdisciplinary team used a step-by-step approach to build a therapeutic relationship, working closely alongside the nursing and support work teams. Gradually, he became more willing to participate in activities and started to trust the team.

He completed numerous assessments so that interventions could be tailored to his needs. The team could then understand which areas needed development and suggest strategies that could help him in day to day life.

Staff used communication grab sheets and positive behavioural support plans devised by the in-house team. These were based on positive approaches highlighted through incident reports, to manage his emotional regulation more effectively.

The Occupational Therapist (OT) and psychology team supported Sanjay to identify his strengths and areas of development. Underpinned by the model of care Sanjay was offered, and engaged with, various therapies coordinated by the team.

These aimed to discuss the extent of his brain injury, rehabilitation, recovery, and his insight into the support he might require on discharge.

Patient insight is crucial in the recovery process as it enables individuals to recognise their limitations and actively participate in their rehabilitation.

By understanding their own challenges, those we support can collaborate more effectively with the team to set realistic goals and develop personalised strategies for improvement.

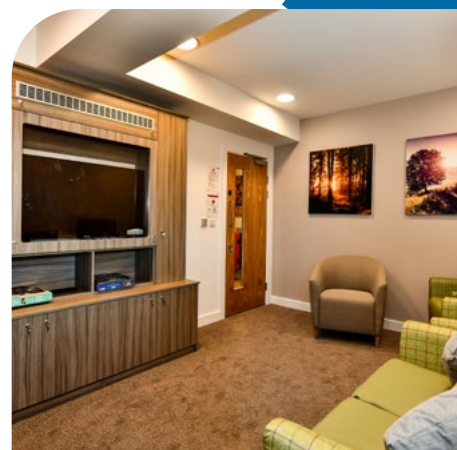
This self-awareness fosters a sense of ownership over their recovery journey, ultimately leading to better outcomes and a more successful reintegration into daily life.

- Cygnet St Williams' Team

Staff also provided Sanjay with advice and guidance on how to manage his brain injury and plan for the future. With more self-awareness and a better understanding of how the team were helping him, Sanjay was open to taking medications that they advised would be helpful.

The team at Cygnet St William's ensured that Sanjay and his family were included in his recovery journey and future planning as much as possible. It was clear his supportive network would be crucial to a successful discharge and future.

Staff provided specific support to his family, to help their awareness of challenges he may face and how they can help him through them. With his family also engaged, it would also provide some consistency through the discharge process.



Sanjay Today

Sanjay is currently preparing to leave Cygnet St William's and return home to his family. He is now well-equipped with insight and coping strategies that will support him to stay well long-term.

His family are looking forward to having him back at home, and have the tools to support him to navigate the next stages of recovery.

The team at Cygnet St William's are proud of Sanjay's progress and wish him well for his impending return home.

*Name has been changed to protect his identity

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