

Sharon's Journey

Case Study



When we first met Sharon*

Sharon is a 28 year old woman with a history of more than 29 admissions and an established diagnosis of emotionally unstable personality disorder and PTSD complicated by substance use, with several agencies expressing concern regarding the escalating incidents of self-harm and suicide attempts.

She was admitted to an acute inpatient service in October 2016 after being intoxicated and damaging property at a local supermarket.

She was first assessed by Bewick Ward at Cygnet Hospital Beckton in January 2017 but was referred to an alternate low secure provider. Following involvement in more than 40 incidents in this placement, including self-harm and aggression, repeated absconding attempts and serious safeguarding incidents, she was re-referred to our service in March 2018.

Sharon's Care

On admission Sharon was engaged in a comprehensive risk assessment and formulation period where a bespoke DBT-informed treatment plan was co-produced with her and delivered by the multi-disciplinary team. This included completion of psychology-led DBT programme and OT-led re-exposure to the community, using a strength-based approach.

The team were able to rapidly build a therapeutic relationship with Sharon, enabling a less restrictive approach, which allowed Sharon to graduate to unescorted leave within 3 months of admission. Nursing care was informed by a collaborative DBT-informed crisis management plan which helped staff manage Sharon's initially frequent dissociative episodes, which previously had been associated with violence.

Sharon progressed well, with a reduction in incidents and subjective distress, re-engagement with her children and carer and improvements in Clinical and Patient-Related Outcome Measures. Her stay was not incident-free, but episodes of relapse were treated with compassion, allowing Sharon to rapidly re-attain previous good levels of functioning.

What's the future like for Sharon?

Towards the end of Sharon's admission her self-harming behaviour was extinguished and Sharon was able to engage positively in relapse prevention work. Due to the improvement she no longer met the criteria for detention on a low secure ward and was eventually discharged to a community setting to continue her recovery.

*Name has been changed to protect their identity

www.cygnethealth.co.uk

To make a referral or for more information about **Bewick Ward** please call **0808 164 4450** or email **chcl.referrals@nhs.net**