

## Meet J...

A case study of a service user at Bromley Road Hospital, diagnosed with schizophrenia and also suffering with substance misuse problems and delusions.

J is a 49 year old man diagnosed with schizophrenia also suffering with substance misuse problems and delusions. J was in an acute ward with no immediate pathway and after a history of non-compliance with treatment, the need for an active rehabilitation plan led the acute care support team to make a referral to Bromley Road Hospital in May 2016.

### Upon Admission

Upon his admission, J had limited insight into his illness and his mental health did not always remain stable as a result. The consultant psychiatrist positively introduced Clozapine. This was a big milestone as previously J had always refused this medication. Over a short period of time, J's mental state stabilised and J began to engage with psychological therapy.

### One to One Sessions

Initially, J did not engage within group sessions and was argumentative with fellow patients and would become verbally and physically aggressive. The team decided that one to one sessions would be a better first step. Despite being reluctant in the beginning he started to engage well. J developed a strong rapport with the psychologist which enabled him to feel comfortable in sharing his feelings and frustrations which in turn could be addressed and discussed in a calm and safe manner.

### *Over time J was able to discuss his hopes and aspirations for the future*

During J's time at Bromley Road, his HoNOS score decreased from 23 to 14, which showed particular improvement in the reduction of aggressive behaviour and delusional hallucinations. The evidence suggests that Clozapine was extremely effective in managing J's mental state, which therefore allowed his efforts in engaging with the psychologist to be effective. He also engaged well with the recovery star with scores increasing from 32 – 41 within the first 6 months, with a further increase to 65 within the subsequent 6 months. J also showed big improvements in addictive behaviour, living skills and responsibilities.

### Discharge Pathway

J is currently on a discharge pathway from Bromley Road to the community in the next few months. Bromley Road is part of Elysium Healthcare and provides specialist rehabilitation for men and women with complex mental health needs. The service has 2 semi- independent flats and a separate 7 bedded ward for female patients only.

The service is led by a strong and experienced multi-disciplinary team whose focus is providing the best possible care for patients with positive and realistic outcomes. The lead psychologist has 17 years of experience and is a qualified DBT therapist who runs an active therapy programme and this is a key strength for the service.

**For further information about Bromley Road Hospital, or for information regarding referrals and admissions, contact Paul Thomson:**

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