

## Meet H...

A case study of a 25 year old Service User at Sturt House, diagnosed with Schizoaffective Disorder and also suffering with complicated substance misuse problems.

H is a 25 year old gentleman with a diagnosis of Schizoaffective Disorder who was admitted to Sturt House in May 2017. The onset of H's mental health problems began around the age of 18. There was a history of repeated relapses, leading to hospital admission, which appear to have been precipitated by non-adherence to treatment and complicated drug use.

### Prior to Admission

Prior to H's admission there had been two placement breakdowns in supported accommodation in the community, associated with aggressive behaviour.

H had a poor relationship with his family, which resulted in an appearance in court following a charge concerning aggressive behaviour towards his family.

### Recovery Journey

H developed a good rapport with his Responsible Clinician and this helped improve his insight and shortly after, a new, medication regime was introduced, which improved his mental state. During his time at Sturt House he began to utilise psychology sessions, most notably the Substance Misuse Treatment Programme, and the Understanding and Managing Psychosis Group. These groups have allowed H to improve his insight into his mental health difficulties and how using substances can impact on his mental health. Over time, H's behaviour settled, with less paranoid thoughts and aggressive behaviour. In turn, H was provided with increasing amounts of section 17 leave which was utilised without incident.

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**Being at Sturt House has helped me a lot and I have changed a lot. The psychology groups have really helped me to manage my emotions better by talking and not acting out violently. I feel like I have completed a 360 degrees turn in my life and I feel positive for the future.**

- H, Service User

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### Smart phones for Service Users

At Sturt House, our Service Users can use their smart phones to maintain close links with family and friends - this along with planned meeting helped H repair relationships with his family. He now has regular visits to his family home too.

### Physical Activity

H's engagement with the activity coordinator in a number of physical activities also helped with his mental state and he really enjoys the Pads & Gloves run on a twice weekly basis as well as utilising the gym in the local community. H has taken on a leading role in the gardening group and the vegetables that have been grown, have been used in the kitchen by our chef.

**For further information about Sturt House, or for information regarding referrals and admissions, contact Paul Thomson:**

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