



My Journey

Sue Denison



**‘Bugger it
Pills!’**

Chocolate....a girls
answer to all her woes!

My story – A timeline

1. August 2004 - Sudden and unexpected death of my husband
2. April 2005 - Breakdown and admitted to local acute ward
3. March 2006 - Transfer to local PICU within the same hospital
4. March 2007 - Transfer to PICU in London (5 hours away)
5. September 2008 - Transfer to PICU in Mansfield (2 hours away)
6. June 2009 - Transfer to final PICU service in Bradford (2 hours away)
7. September 2011 - Transfer to Secure service
8. June 2013 - Present - Removed from MHA section, discharged from hospital and supported by local CMHT
9. Sept 2015 - Began role as a Patient Reviewer within Quality Network
10. Sept 2016 - Began role as Patient Reviewer within PICU Quality Network



Challenges & Barriers



- Prolonged LOS - Institutionalised
- Missed 8 years of my daughter growing up
- Impact of Individual Patients behaviour
- Limited incident debriefing
- Hormonal environments!
- Step into community – huge!

Good Practice & Positive Influences

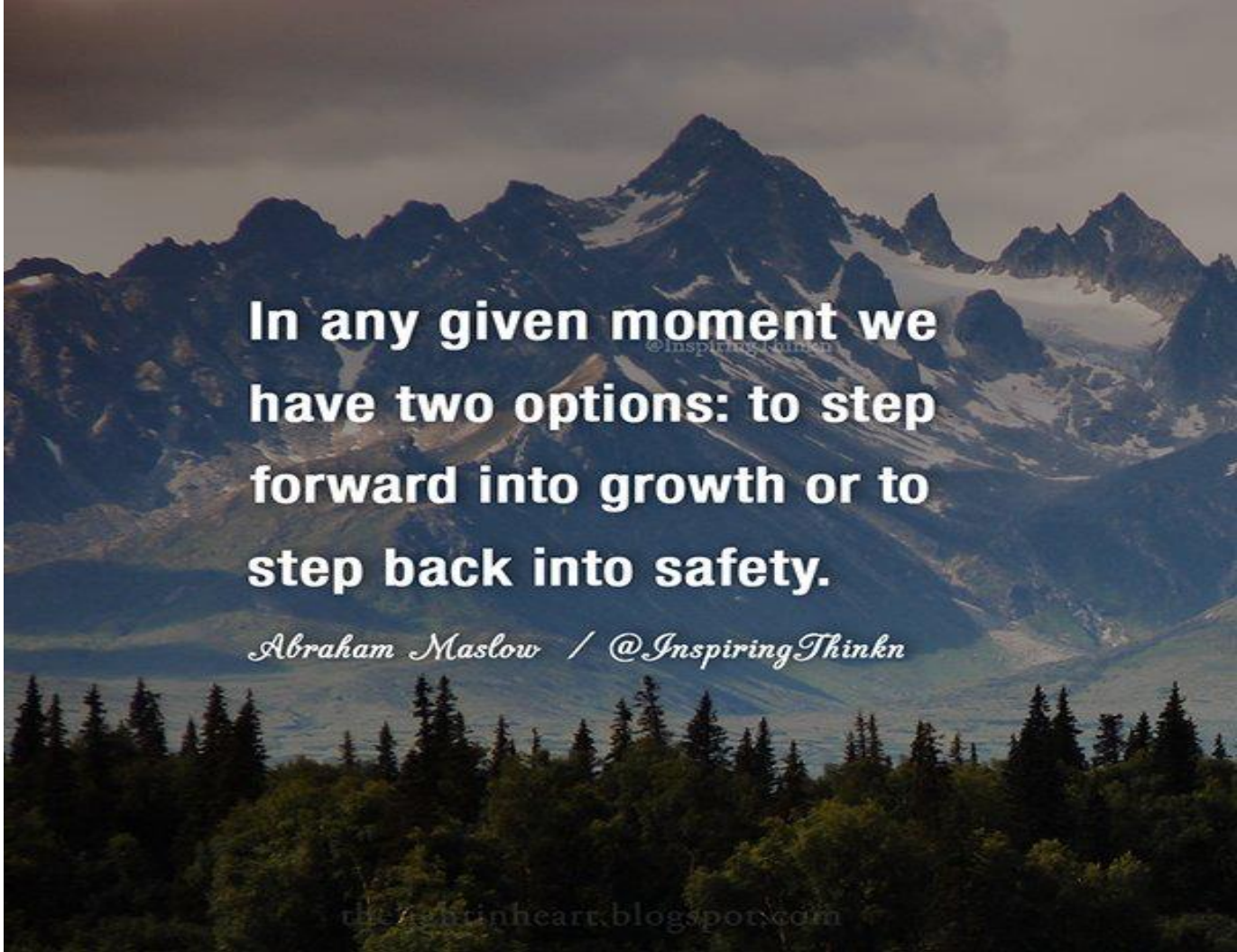
- DBT / Schema Therapy -(insight & management of BPD/ Distress - mindfulness techniques over PRN)
- Transition discharge – 2/3 overnight visits
- External Peer Interactions / SU events
- Compassion, kindness and consistency
- Meaningful activity on wards



Storms
make
trees
take
deeper

r o o t s .

- Dolly Parton



**In any given moment we
have two options: to step
forward into growth or to
step back into safety.**

Abraham Maslow / @InspiringThinkn

theheart.blogspot.com

Thank you