

SOCIAL PRESCRIBING FOR MENTAL HEALTH: WHY LIFE IS GETTING BETTER....



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THE HUMAN STORY

- How has social prescribing impacted on clinicians, what we do, and how we do it?
- What difference has social prescribing made to service-users now and for the future?

THE RECOVERY DILEMMA



THE TREATMENT DILEMMA





Mehrdad Garousi

....the outcome

- Cycles of the same treatment
- Ineffective medication changes
- Poor quality of life
- Profound unhappiness

How does it feel?



Meanwhile.....



AIMS OF THE ROTHERHAM SOCIAL PRESCRIBING SERVICE

- Increase social activity
- Support recovery
- Reduce social isolation and dependence
- Improve confidence and self-esteem
- Focus on quality of life, positivity and happiness
- Support healthy and sustainable discharges from services and create capacity

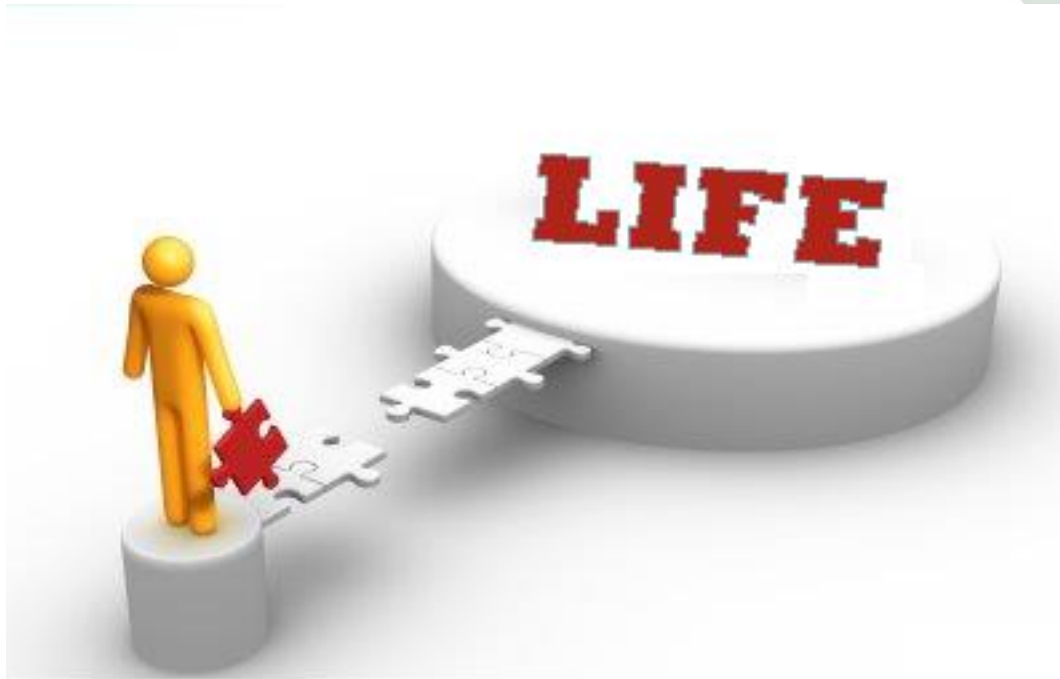
What else have we observed?

- A social prescription can run in parallel with therapy, and improve its outcome
- Some people are not in a position to move on from services, however the care that is provided is more focussed, directed and different in its dynamic.

Less of this.....



More of this....



PAUL

- Paul - Age 51 yrs old.
- Lives alone, has no friends. Only goes out to shop and attend appointments.
- Presented to services in his 20s after finishing university (pharmacology degree).
- Symptoms - unexplained pain that had no identified root cause.
- Diagnosis of delusional disorder.
- Complains of low mood, poor sleep.

THERAPY

- Paul disclosed that he had been criticised as a child.
- He was preoccupied with keeping his father pacified – which meant he did activities he did not enjoy, took subjects at school he didn't like.
- Describes feelings of extreme empathy.
- Wants to act to avoid the distress of others.
- Later disclosed he had been systematically beaten by both his parents as a child.

MEDICATION

- Has been prescribed anti-psychotics for many years – but feels they have probably worsened his pain – takes them anyway – currently 200mg Amisulpride and 37.5mg Venlafaxine for mood.
- He is very calm and unemotional in presentation.

INTERVENTION

- Assertiveness
- Anxiety Management
- CBT
- Compassionate Mind

CHRISTMAS 2015

- “ I was getting my usual Christmas Dinner for one ready, and a terrible, sinister feeling came over me – and I thought to myself, is this what loneliness feels like?”

SOCIAL PRESCRIPTION

- Befriending service to support access to activity
- Gym sessions – addressed pain indirectly, increased confidence
- Volunteered at a church soup kitchen

Outcomes

- Increased assertiveness
- Reduced passivity
- Social activity
- Less pain

Currently....

- “ Everything needs to change, I can be happy, I can have a normal relationship, and I can have the life that I want – I don’t want to sit in playing computer games for the next 40 years”
- “I can’t make that appointment Jo, I’m having refresher driving lessons...”

HELEN

- After a life full of challenges, social prescribing helped her to tackle life differently.
- She has continued her personal development, and has friends and a support network
- Her view on life has changed, and this has meant that she has a better understanding of why she feels the way she does.
- She still has bad days, and indeed weeks, but believes that she can overcome them

How does she feel about social prescribing?

- “ I don’t know what would have happened to me without it – it’s been the best thing ever”
- “ What’s the point of being stuffed full of tablets if you’ve got no purpose in life?”