



*My Shared Pathway*

**INTRODUCTION  
TO MY  
SHARED PATHWAY**

# Introduction to My Shared Pathway

## Welcome to My Shared Pathway!

My Shared Pathway is a way of planning, following and managing our stay in a secure hospital. It is a way of working with staff to help us achieve the life we want to lead both now and in the future. It aims to ensure that we work together with staff to identify, clarify and meet the required outcomes or 'results' that will enable us to leave secure care and move back into the community.

My Shared Pathway encourages us to work together with staff rather than feeling that staff do things to us, and helps us take as much responsibility and control over our recovery as possible. It may take a lot of time to fully explore, reflect and discuss our needs and the needs of others. Throughout My Shared Pathway we can expect to be treated as individuals by looking at our individual needs. We will be encouraged to find new ways of meeting our needs by looking at our whole pathway through secure care.

By working together with staff and others before admission to secure care, during our stay in secure care, and then when we leave, My Shared Pathway helps us find our way through this part of our life that at times can be very confusing and difficult to manage. My Shared Pathway provides guidance and information about how and what should happen along the pathway, as well as a Patient Portfolio of information to help us keep control of our life as much as possible.

My Shared Pathway will also help us to identify how we can test out the management of our own risks through close working with other agencies such as the Ministry of Justice. This will help to ensure as smooth a journey as possible through and out of secure care in the least restrictive environment possible.

My Shared Pathway includes using five Pathway Resource Books and a way of monitoring our progress called My Outcomes, Plans and Progress. The Reaching a Shared Understanding Resource Book will be worked on over the first few months after admission. However, the other four Resource Books can be used flexibly and are there to support your recovery journey if this is useful to you. These Resource Books may help us to identify and understand the shared goals and outcomes that we want to work on to help us move on in our lives and out of secure care.

## Pathway Resource Books

The Pathway Resource Books are called A Shared Understanding, Me and My Recovery, My Relationships, My Health, and My Safety and Risk to Others.

### *Reaching a Shared Understanding*

The first of these, A Shared Understanding is the first book we will try to complete soon after our admission or later if we have already been in hospital for a while. This book gives staff a picture of who we are, how we're feeling, what we think of our mental health and will help us find out what's going to happen to us during our stay in hospital. It also helps us find out what life skills we already have and what other skills we might need to work on during our time in hospital.

### *Other Books*

The second book, Me and My Recovery, helps us to explore and discover our personal goals and strengths, as well as our own hopes and aspirations as part of our recovery. The other workbooks help us to explore what it is about our relationships with others, our mental and physical health, and our safety and management of risks that we need to work on together in order to achieve our hopes and plans as well as move on from secure care.

There may be other recovery tools such as the Recovery Star and WRAP which you may want to use instead of or along side the Resource books. What ever is useful to support you to answer the questions in the My Outcomes, Plans and Progress booklet.



## *Pathway Steps*

Each of the books has an introduction, followed by four Pathway Steps, which each have prompt questions to help us build on our shared understanding at each Step. The first Pathway Step, 'Where am I now?', is a full assessment of our current life situation. Next is the goal-setting stage, 'Where do I want to get to?', which will lead to a series of goals and objectives outlining destinations for our recovery journey. The next step, 'How do I get there?' focuses on the development of our Care Plans and other ways of helping us work towards achieving our goals. The final step, 'How can I tell how I'm doing?' helps us to monitor our progress and looks at how this is measured and assessed.

## *Working Flexibly*

We want to use all the Pathway Resource Books as flexibly as possible. It's not necessary to work through them all in the same order and there might be some questions that are more relevant to us than others. We may already have a good understanding of where we are now in that particular area of our lives and we may want to go straight to the goal-setting Pathway Step, 'Where do I want to get to?'. However we choose to use the books, we want them to be as helpful as possible and enable us to move on to My Outcomes, Plans and Progress in the most informed way we can.

## My Outcomes, Plans and Progress

One of the ways our progress will be followed is called My Outcomes, Plans and Progress. This is something that will also be used to help decide when we can move out of hospital altogether. My Outcomes, Plans and Progress is divided into eight Outcome Areas:

- A. My Mental Health Recovery
- B. Stopping My Problem Behaviours
- C. Getting Insight
- D. Recovery From Drug and Alcohol Problems
- E. Making Feasible Plans
- F. Staying Healthy
- G. My Life Skills
- H. My Relationships

Like the Pathway Resource Books, My Outcomes, Plans and Progress is arranged into the four Pathway Steps. Each Outcome Area has an introduction explaining what that area is all about, together with a list of the Pathway Resource Books that relate to that area.

### *Pathway Step One – ‘Where am I now?’*

In the first Pathway Step, ‘Where am I now?’, there are some Pathway Pointers, prompt questions to help us think about that Outcome Area. There is then a section where we are able to say what information and other evidence we used, together with our team, to answer these questions. This evidence could be the Pathway Resource Books, other recovery tools, such as the Recovery Star, outcome measures, such as risk assessments, and any time we have spent with staff discussing these points.



## *My Outcomes*

We then look at our outcomes in the My Outcomes sections. An 'outcome' is something that tells us how we are doing in a particular area of our life, such as our mental health recovery, and helps us know how our treatment in hospital is going. In each of the My Outcomes sections, there is a series of statements that we give a score saying how much each of these may still be difficult for us and how many are a strength for us. There's a scale from 1 to 5 to help with this. Our clinical team will also score each of these and there is then a section to say where there are any disagreements.

## *Overall Score*

There is then an overall score for each Outcome Area, which says whether that Outcome Area has been achieved or not, or just partially achieved. This will be decided by our clinical team, but we will be able to discuss it with them first. Some of these Outcome Areas will have to be achieved before we can move to a less secure environment and out of hospital altogether, but for others it will be enough for them just to have been partially achieved.

## *The Other Pathway Steps*

We will then move on to the goal-setting Pathway Step, 'Where do I want to get to?', where we will set goals for the future, based on what we have discovered about your outcomes in the first Pathway Step. We then set plans in place to help us achieve those goals in the third Pathway Step, 'How do I get there?' and in the fourth Pathway Step, 'How can I tell how I'm doing?', we will look at what outcome measures we'll use to help us monitor our progress. There'll be timescales and review dates there too to help us keep track of all our plans. Further assessments using the My Outcome, Plans and Progress are then used at regular intervals, such as before each 6-monthly CPA review meeting, to monitor our progress and plan our future care.

Remember, the overall aim of My Shared Pathway is to explore what our stay in secure care means to us, and to arrive at a shared understanding with our service providers of our needs, our hopes and our fears. In this way, we hope to be well placed to journey together on our pathway of recovery.

# What is Recovery?

Recovery is a personal, unique process that changes our attitudes, values, feelings, goals, skills and roles in life. It is about finding a way of living a satisfying, hopeful, and contributing life even within the limitations caused by our mental health problems. Recovery involves the development of new meaning and purpose in life as we grow beyond the effects of our mental health.

The recovery process focuses on the person, not just on symptoms and believes recovery from severe mental health problems is possible for everyone.

Recovery:

- is a journey rather than a destination
- does not necessarily mean getting back to where we were before
- happens in 'fits and starts' and, like life, has many ups and downs
- calls for optimism and commitment from all concerned
- is profoundly influenced by people's expectations and attitudes
- requires a well-organised system of support from family, friends and professionals.

Recovery focuses on building a meaningful and satisfying life as defined by ourselves. Essential features of our recovery include:

**Hope, optimism and strengths** – hope is central to our recovery in regaining and maintaining more active control over our lives. There can be no change without the belief that a better life is both possible and achievable. One way to realise a more hopeful approach is to find ways to focus on our strengths.

**Self-identity** – our identity includes our current and future self-image, separate from our illness. Some people describe being in recovery while still experiencing symptoms. For some it is about recovering a life and identity beyond the experience of mental ill health.

**Meaning** in life, including life purpose and goals, is essential to our recovery. We all find meaning in very different ways, but most people describe the importance of feeling valued and of being contributing members of a community.

**Personal Responsibility** – the ability to take personal responsibility for our own life is necessary to enable recovery to occur. Taking control of our lives can be hard but many people describe how important it is to find a way to take an active and responsible role in their own recovery.

Recovery emphasises that, while we may not have full control over our symptoms, we can have full control over our lives. Recovery is not about 'getting rid' of problems. It is about seeing beyond our mental health problems, and recognising and fostering our abilities, interests and dreams. Mental health problems and social attitudes towards them often impose limits on people and health professionals, friends and families can be overly protective or pessimistic about what someone with a mental health problem will be able to achieve. Recovery is about looking beyond those limits to help us achieve our own goals and aspirations.

## Recovery in a secure hospital

Recovery in a secure or 'forensic' hospital can be more difficult. It may seem that in a secure hospital people only see the worst in us and not the best we can be. We are all detained under the mental health act ('sectioned') and we therefore have less control over our lives while in hospital. Other people hold the keys, decide when we can come and go, and even decide when we have tea and coffee. Almost all of us have committed criminal offences and somehow we have to recover not just from our mental health problems, but also from the times in our lives when we have behaved in an unacceptable way.

It may seem very difficult to move on in our lives while in a secure hospital. We may feel hopeless and very uncertain of the future. We may not want to engage with staff or others and we may be thinking 'what's the point?'. At a time when we don't believe in ourselves it may be that other people have to be the ones believing in us and encouraging us to move forward with our lives. It may be staff, other patients or our family and friends that are the ones that hold on to the hope that our lives can get better.



Recovery is still possible in a secure hospital, but it may be slower and hard work. We have to work within the rules placed upon us and it takes a great deal of effort to get our lives back on track. But, there are still opportunities to do this in a secure hospital – there are people we can build supportive relationships with, there are treatments to help us to stay well, and there are activities we can take part in that will help us to grow as people. We can learn new skills and start to think about the future again.

## *Recovery and My Shared Pathway*

Recovery can be a voyage of self-discovery and personal growth. Experiences of mental health problems can provide opportunities for change, reflection and discovery of new values, skills and interests. With My Shared Pathway we want to start working on getting out of secure services from the day we come in. We are trying to move away from just focusing on our mental health problems and risks and concentrate more on our health, our strengths and our wellness. Throughout My Shared Pathway, we aim to become equal partners with our Multi-Disciplinary Team on this journey of discovery.

My Shared Pathway provides an opportunity for us to take as much control as possible of our pathway into, during, and out of secure care. It provides guidance and information, a series of Pathway Resource Books, together with My Outcomes, Plans and Progress that will help in achieving our goals. Taking responsibility for our journey, engaging with staff and others, working collaboratively and ensuring goals are achieved are all important steps in our recovery and in keeping the length of time we spend in secure care to the shortest time possible.

