



# My Shared Pathway key messages

## What is My Shared Pathway?

My Shared Pathway is a way of helping you work together with staff to make sure that you only stay in secure care for as long as necessary. This is done by setting **outcomes** or goals for you to achieve which will help you to move out of secure care. By following the 4 pathway steps you can work on these outcomes

## The 4 pathway steps are:



To help you decide what outcomes to focus on there are lots of different resources.

## The My Shared Pathway resource books



These books are designed to work alongside other tools to help you have conversations about **outcomes**. You can **choose** if you want to use them and take as long as you need to complete them.

## The Outcomes Framework

The outcomes framework is made up of 8 different areas called **my outcomes plans & progress**.



Each area has a set of **statements** or questions to answer. You can use the resource books, an outcomes star or other tool to help with this.



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## My outcomes, plans and progress

By answering the statements you will be able to see what areas you and your team need to work on. You can then create an **action plan** using the 4 pathway steps.

## Here is an example of how this could work



## MDT Care Planning

Having created care plans that follow the My Shared Pathway principles the next step is to make sure that MDT Ward Rounds are a place where you can work in partnership with your MDT and that the focus of the meeting is the progress that you are making on your goals and outcomes.

## Care Programme Approach

CPA meetings are an important event for people in secure care. CPA should focus on your recovery- based goals and **progress** made against those goals and the outcomes that you want to achieve. Your outcome statements should be reviewed before each CPA meeting.

## The main message

The pathway resources that support My Shared Pathway are useful tools that can be used with other assessment tools. The books and outcomes plan itself will not transform your life however; the principles behind My Shared Pathway could change your experience of care.

*A visual representation of how My Shared Pathway works in secure services.  
(Designed by service users and staff at Cygnet Hospital Kewstoke).*

