



My Health

Introduction

Our health is one of the most important things about us. Keeping good mental and physical health helps us to feel better and helps us to leave hospital. Improving our mental health is an important part of our recovery and helps us to lead the lifestyle we want to live. Problems with our mental health have contributed to our being in hospital because they have affected our safety and our risk to others. We need to try to work out the connection between our mental health problems and our risks and learn how to stay as well as possible so that we can reduce our risks. We may also have physical health problems that affect our sense of wellbeing and we will look at these here too.

What's it all about?

First of all, we will look at the problems you have been having with your mental health and how these problems contributed to your coming into hospital. The links between your mental health problems and your risks are very important and we will think about this in detail. We will have already started to think about this in Pathway Resource Book Five – My Safety and Risks. We will look at the treatment you have had in the past for your mental health problems, what has worked for you and what has not worked, and what you think of the treatment you are having now. Not only will we think about medication, but also other forms of treatment.

Next, we will think about what it means for you to be well. We have already started to think about this in Pathway Resource Book Two – Me and My Recovery. In doing this we will identify what you are hoping to achieve for your mental health with your treatment in hospital and what good mental health would be like for you.

We will then begin to think about what other kinds of treatment might be useful to you both now and in the future and how you can make choices about these. We may discover that we are still looking for ways of treating your mental health problems better and still finding ways to control symptoms and behaviour that have caused you and others problems in the past. It could be possible that some mental health problems will remain, even with successful treatment, but that these will not stop you from moving on or leaving hospital altogether.

An important part of understanding our mental health better is to learn how to tell how well we are and when to ask for help. We need to be sure we know where we can get help from when we need it. This is important for us while we are in hospital, and will be very important for us when we leave hospital.

How to use this Pathway Resource Book

You may find it useful to answer all the questions in this Book, or it may be that you just want to answer some of them. Whichever way you choose to use them, we hope that you'll be able to use the questions that are important to you as the basis for a discussion with your clinical team.

This Pathway Resource Book – My Health will help you and your clinical team gather all the information needed to help answer the questions relating to your health in My Outcomes, Plans and Progress.

Where am I now?

First of all we are going to look at how your mental health is now and how mental health problems contributed to your coming into hospital. We started to look at this in Pathway Resource Book One – Reaching a Shared Understanding and we will think about it in more detail here. We will think about how you are when you are well and how things change for you when you are unwell. We will then look at how these problems affect our behaviour and the way we interact with other people. It is important to know how our mental health affects our safety and risk to other people. We will also look at this in Pathway Resource Book Five – My Safety and Risk to Others.

For us to be able to move on and eventually leave hospital, we need to be able to show that we understand the links between our mental health, our behaviour and our risks. These things can be hard to think about and it may take a while to be able to answer them. It will also be important to find out what other people think about our mental health problems and how they affect those around us.

My Mental Health

What is my mental health like when I am well?
Describe yourself in as much detail as possible.

What are my symptoms and behaviour like when I am unwell?

Try to list as many symptoms as possible, the things you think and feel as well as the things other people might be able to see.

What do other people say about me when I'm unwell?

How do I interact with other people when I'm unwell?

How is this different from when you're well? What things do you regret doing when you're unwell?

What do I think and feel about myself when I'm unwell?

Can you tell when you're unwell or do you find it difficult to know the difference?

What Affects My Mental Health?

What are the things that cause me to become unwell?

What are the things that help me to stay well?

This includes medication, other kinds of treatment and changes to your life.

What else do I think would help?

What other things do you think might help you that you haven't tried yet?

How does being unwell cause problems for me or other people?

Do you harm yourself or other people? Do you put yourself or other people in danger?

What are the links between my mental health and the reasons I came into hospital?

What are all the ways your mental health problems were connected to the things that happened that caused you to come into hospital?

If I had been well, how would I have behaved differently around the time I came into hospital?

Treatment and My Mental Health

What treatment am I receiving now?

This includes all kinds of medication, talking therapies, help from other people and activities you find helpful.

What are all the different kinds of treatment I've had in the past?

What has helped you and what didn't help? What do you think these different forms of treatment were for?

What difference does the treatment I am receiving now make to my mental health?

In particular, think about how your treatment affects your behaviour, your safety and your risk to others.

What are the unhelpful or unwanted side effects of the treatment I am receiving now?

What makes these better or worse?

What do I really think about having to take medication or have therapy?

Be as honest as you can be about the treatment you are on and the therapy you are having.

What are my disabilities or communication needs, if I have any?

List all the ways in which your disabilities affect your life.

How do these affect my mental or physical health?

Are there any links with your mental or physical health?

What help or support do I need because of my disabilities?

Tell us about what support you get or would like to get.

Do I get enough support in hospital?

Will I need more support when I leave hospital?

Tell us about the support you'd like to have in the community.

My Physical Health

What is my physical health like?

How does my physical health affect my mental health?

Do things about your physical health worry you or get you down?

What would help improve my physical health?

What treatment am I on for my physical health?

Do you understand what all your treatment is for?

What are the unhelpful or unwanted side effects of the treatment I am receiving for my physical health?

What makes these better or worse?

What do I really think about having to take medication or have other treatment for my physical health problems?

Be as honest as you can be about the treatment you are on.

We now have a good understanding of your mental and physical health, what affects it, what your treatment is for and how your mental health affects your behaviour. We will now look at how you would like your mental and physical health to improve and what your mental health needs to be like before you can move on and leave hospital. It may not be possible for all your symptoms to disappear, and you may have to learn how to live with some of them.

We will also think about how you can keep yourself as healthy as possible. These changes and improvements are important because they affect your safety and your risk to others and reducing your risks is essential for you to be able to move out of hospital. Other people will be important in helping you know what your mental health needs to be like before you can move on and you will need to be able to show that you have changed and can keep yourself well.

Mental Health

How would I like my mental health to be different?

What are the realistic changes I could achieve with further treatment and therapy?

What is good mental health for me?

What do other people say needs to change about my mental health before I can move on?

Think about what the Multi-disciplinary Team and Ministry of Justice say needs to change before I can move on.

What steps can I take to work towards these changes?

Think about how these changes can be made and ask other people what they think about how to do this.

What are my goals for my mental health for the next few weeks, for the next few months and for the next few years?

What do I think and feel about the changes I need to make?

Do you think these are realistic changes and how difficult do you think it will be to make these changes?

Physical Health

How would I like my physical health to be different?

What are the realistic changes I could achieve with further treatment?

What is good physical health for me.

How would these changes improve my mental health?

Try to think of all the benefits to your mental health of improving your physical health.

What steps can I take to work towards these changes?

Think about how these changes can be made and ask other people what they think about how to do this.

What are my goals for my physical health for the next few weeks, for the next few months and for the next few years?

What do I think and feel about these changes?

Do you think these are realistic changes and how difficult do you think it will be to make these changes?

How do I get there?

We now understand better how you would like your mental and physical health to change and what good health means for you, and for your safety and your risk to others. We have a good understanding of what your mental health needs to be like before you can move on and leave hospital. We will now think about how you can achieve these changes and what steps you can take now to begin changing.

Most of your goals for your mental and physical health and how to achieve them will be identified in your Care Plans and will be discussed at your ward rounds and six-monthly CPA meetings. For many of these changes you will need the help and support of other people and we think about these relationships in Pathway Resource Book Three – My Relationships. You will also need to think about and have a plan for how you can maintain these changes once you leave hospital.

Mental Health

What treatment and therapy will help me achieve my goals for my mental health?

What else can I do to make these changes and who can help me?

Try to think about all the other things you can do to help you make these changes. Ask other people to help you think of things.

What Care Plans do I have in place to maintain my mental health in the long term?

Think about other plans such as the WRAP to help plan for the future.

Physical Health

What treatments will help me achieve my goals for my physical health?

What else can I do to make these improvements?

Who can help me make these improvements?

Think about all the different people that can help you to improve your physical health.

How do my Health Action Plan and other Care Plans help improve my physical health?

Think about your Care Plans and how they are helping to improve your physical health.

How can I tell how I'm doing?

As we take these steps to improve our mental health and reduce our risks, it's good to be able to monitor our progress and see how we're doing. This helps us and other people know what else we might need to be doing before we can move on. Eventually, it will be by seeing what progress we have made and being able to demonstrate this progress to others that will mean we can move to less secure care and out of hospital altogether.

What changes to my mental health tell me and others how I'm doing?

Who can help me to know how I'm doing?

Which of your relationships help you to know how you're doing?

What assessments can I have that help to show me and others how I'm doing?

Ask your Multi-disciplinary Team what assessments can help you know how you are doing.

What assessments can I have that help to show that my risks are reducing?

Find out what assessments can help you know how your risks are reducing.

Additional Pages