

The Power of Innovation

A health care system to meet our needs
NSW Health
Symposium Oct 2012

PECC Inspirations

Empowering Mental Health Consumers

Minister for Mental Health in Excellence in the Provision of Mental Health Services

Introduction

Mental health consumers have powerful stories of recovery.

Some of the consumers of the Nepean/Blue Mountains region have gifted these stories to assist other patients facing similar times of crisis - to provide inspiration and instil a sense of hope for the future through a new book, PECC Inspirations.

Aim

The aim of the project is to reduce the use of the Mental Health Act in the forced treatment of mental health consumers and to empower consumers to make informed decisions by relating to the stories of others. In doing this, the process aims to alleviate anxiety and concerns regarding inpatient admission and treatment.

Method

Consumers admitted to PECC between June and December 2011 were sent a letter two months post-discharge inviting them to reflect on their journeys and consider documenting them to assist others going through similar experiences.

The stories documented were both powerful and inspirational with the authors commenting on how cathartic this process had been.

PECC Inspirations is used in the Nepean Hospital Emergency Department so new consumers can read about the recovery journeys of others.

Extracts

"On a Tuesday afternoon a doctor sent me to hospital with concerns for my safety. After being in Emergency I was taken into the Psychiatric Emergency Care Centre (PECC) I had no idea of what to expect, only that I didn't want to be there and just wanted to go home.

This is where I realised, after 24 hours of being in PECC, that I wanted to live and that I just needed some time out from my family and work. Once I realised that, I began to relax and try to work on some of my issues in which needed to be dealt with, and how I was going to put this into action.

I was able to talk with the team involved in caring for the patients within PECC and also was seen to by a counsellor and a psychiatrist to assist me with issues and where to go from there.

"Since leaving PECC I have followed through on almost all my goals and have a better communication with my family and I have a new job. I decided that things were not going to change unless I try to change them. I have come this far due to my will to change and really that's what it came down to (for me)." - Raylene

"If I had to do it all again I'd start barefoot earlier in the spring and stay that way later in the fall, I'd ride more merry-go-rounds, I'd watch more sunrises and play with more children if I had my life over again - but, you see, I don't!" Tanya



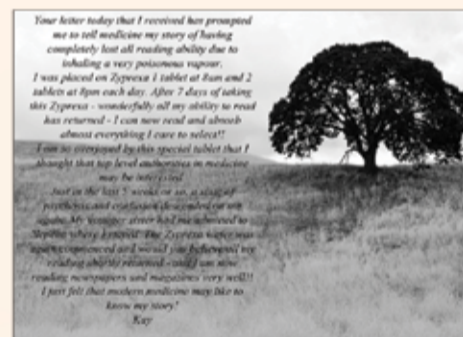
FUTURE - extract from the book

Results

There have been many positive and unexpected reactions to PECC Inspirations from patients and staff alike.

Consumers are reporting reduced anxiety around the admission process as they're now able to relate to the stories of those who have been through the process before them; there has been an increase in the number of voluntary admissions to the PECC unit and patients coming out the other side are writing letters of appreciation, wanting to contribute to other projects and be involved in decision-making processes.

Staff have also benefited greatly from PECC Inspirations, showing improved reflective practice and forming better collaborative engagement with consumers.



RECOVERY - extract from Kay's patient story

*What shall I think when I am called to die?
Shall I not find soon my life has ended?
The years, too quickly, have hastened by
With so little done of all that I'd intended.
There were so many things I'd meant to try
So many contests I had hoped to win;
And, Lo The end approaches Just as I
was thinking of preparing to begin*

Gordon

HOPE - extract from Gordon's patient story

Conclusion

PECC Inspirations has made a major impact on the unit as a whole with staff realising that the care they provide changes the lives of patients, and patients feeling less fearful and anxious of accepting the help they so desperately need.

More than just a book, PECC Inspirations is a powerful beacon of hope for those facing their darkest hours.

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*H - Happiness at the end
of this valley of darkness,
despair and doubts*

*O - Open mind and heart
for help from others*

*P - Positive thinking and attitude;
Prayers and trust in Gods Mercy
and love*

E - Embrace the new light!

Gene

HOPE - extract from Gene's patient story

*We are all angels
with one wing
the only way to fly
therefore is to embrace one
another
Tanya*

*To walk the road of life
is sometimes a journey too
hard
But we have to do it
we must go on for if we don't
we havn't made the journey
and we could be forever lost
Tanya*

INSPIRATION - extract from Tanya's patient story

