



# CRAIG.

## HOLLAND HOUSE

### IN THE EARLY DAYS

Craig is 59 years old and has a diagnosis of Schizoaffective Disorder. He moved to Holland House on 20<sup>th</sup> August 2024 following a hospital admission, referred by Lancashire County Council. When he first arrived, Craig was experiencing considerable instability in his mental health, marked by heightened anxiety, episodes of depression, and periods of significant distress that often resulted in impulsive behaviour. He had become disconnected from his family and friends, contributing to feelings of isolation and low self-worth. He was also not taking his prescribed medication consistently, which further impacted his wellbeing. At the time, he had no long-term accommodation in place and had been involved in several incidents prior to his admission.

Craig also struggled with daily living skills, including preparing meals. In the early days, he often forgot that he had left items cooking, which posed a fire risk and he required close supervision while in the kitchen.

The team began by assessing Craig's immediate risks and gaining an understanding of the complex factors affecting his presentation. It was clear that he was not just dealing with a single mental health issue, but rather a combination of challenges that required individualised, compassionate support. Our team developed a person-centred care and support plan that prioritised Craig's safety, stability, and emotional wellbeing and highlighted key goals:

- ✓ Take prescribed medication routinely
- ✓ Arrange long-term accommodation
- ✓ Use distraction techniques and coping strategies when feeling low
- ✓ Reconnect with hobbies

Key to this process was relationship building. Through empathy, patience, and consistent support, the team gradually helped Craig rebuild trust in himself.

The team remained a steady, supportive presence and as he became more settled enjoyed his sharp sense of humour.

Over time, Craig began to take his medication more consistently, which led to a noticeable improvement in his mood and mental health stability. Alongside this, he became increasingly engaged with hobbies and meaningful activities that helped him establish a structured and fulfilling daily routine.

### CELEBRATING EACH STEP

Since joining Holland House, Craig has made remarkable progress. With guidance from the team, he has developed healthier habits, regained a sense of routine, and achieved greater emotional stability. He now works collaboratively with external professionals including the Community Mental Health Team, his GP, and Lancashire County Council.

One of Craig's most notable achievements has been his transformation in the kitchen. From initially being a fire risk due to forgetfulness, he has grown confident and independent in preparing meals. He now cooks various dishes on his own without supervision and sometimes contributes to group meals, taking pride in helping others.

His personal growth has extended into his passions. Craig has reconnected with his love of music regularly playing the piano, guitar, and drums, singing, and writing songs, often alongside other individuals supported at Holland House. He's also rediscovered a talent for photography, which has helped him express himself creatively.

### LOOKING TOWARDS THE FUTURE

After six months of hard work and support, Craig has reached a major milestone - acceptance into a new supported living placement that offers the structure and stability he needs to keep growing.

This move continues his journey toward independence and confidence. The team believes Craig will thrive, building on the progress he's made. We're proud to have been part of his resilient and inspiring path forward. As he enters this next chapter, Craig does so with renewed hope and the strength of a team that believes in his future.



**For more information regarding our referral process or to discuss life at Holland House:**

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