

# Mental Health Service Users Experiences of Going Home from Hospital

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# Introduction

- Aim of the study
- Background
- Methodology
- Findings
- Summary

# Aim of Study

- The overall aim of this grounded theory study is to provide a coherent theoretical explanation of the psychological and social processes that occur when mental health service users are discharged from the acute mental health services.

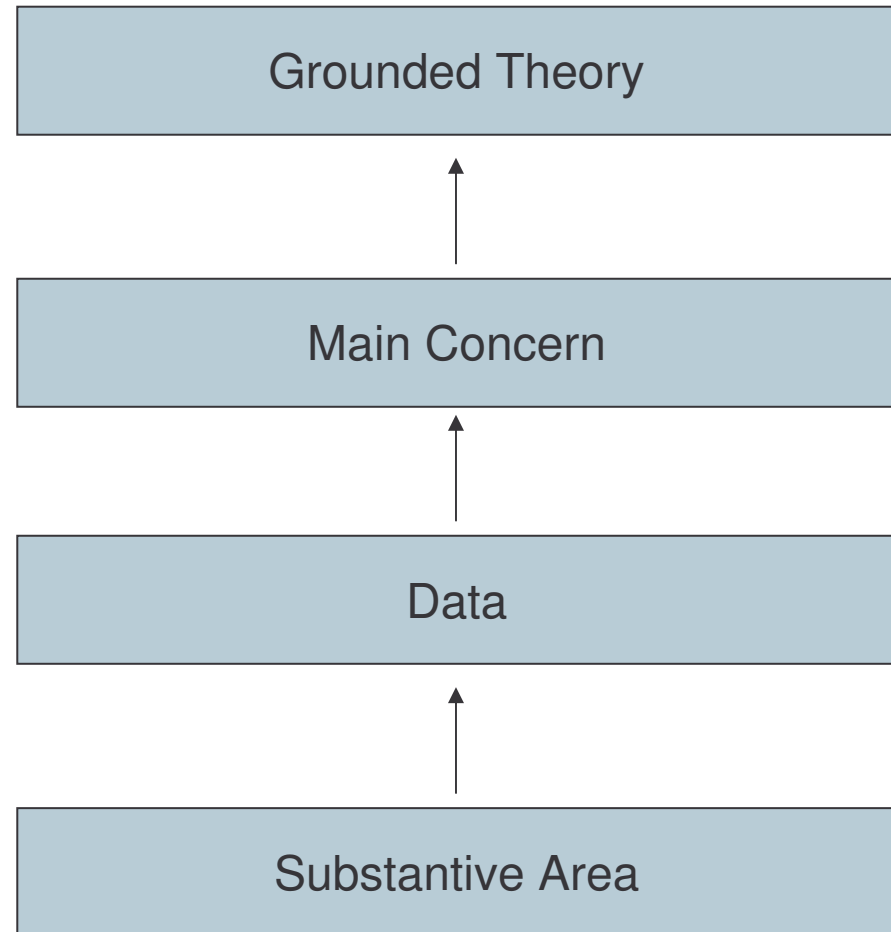
# Background

- It has been acknowledged that the transition from hospital to home for people who use the mental health services can be a vulnerable and difficult time.
- In Ireland, despite the development of community mental health services, approximately 70% of all admissions to mental health units are readmissions.

# Background

- Mental health services in Ireland undergoing a refocusing at present.
- Establishment of the Mental Health Commission in 2001.
- Recovery orientated approach to the orientation and delivery of services.
- Involvement of key stakeholders most importantly service users and their families.

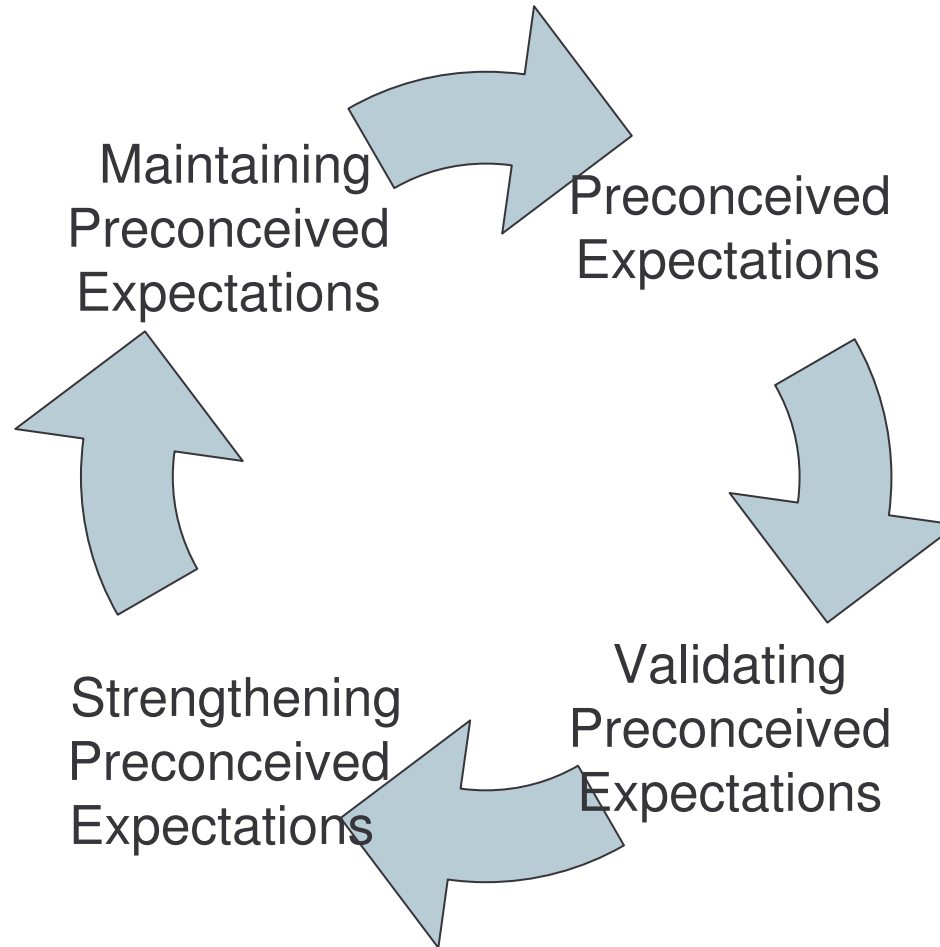
# *Methodology – Grounded Theory*



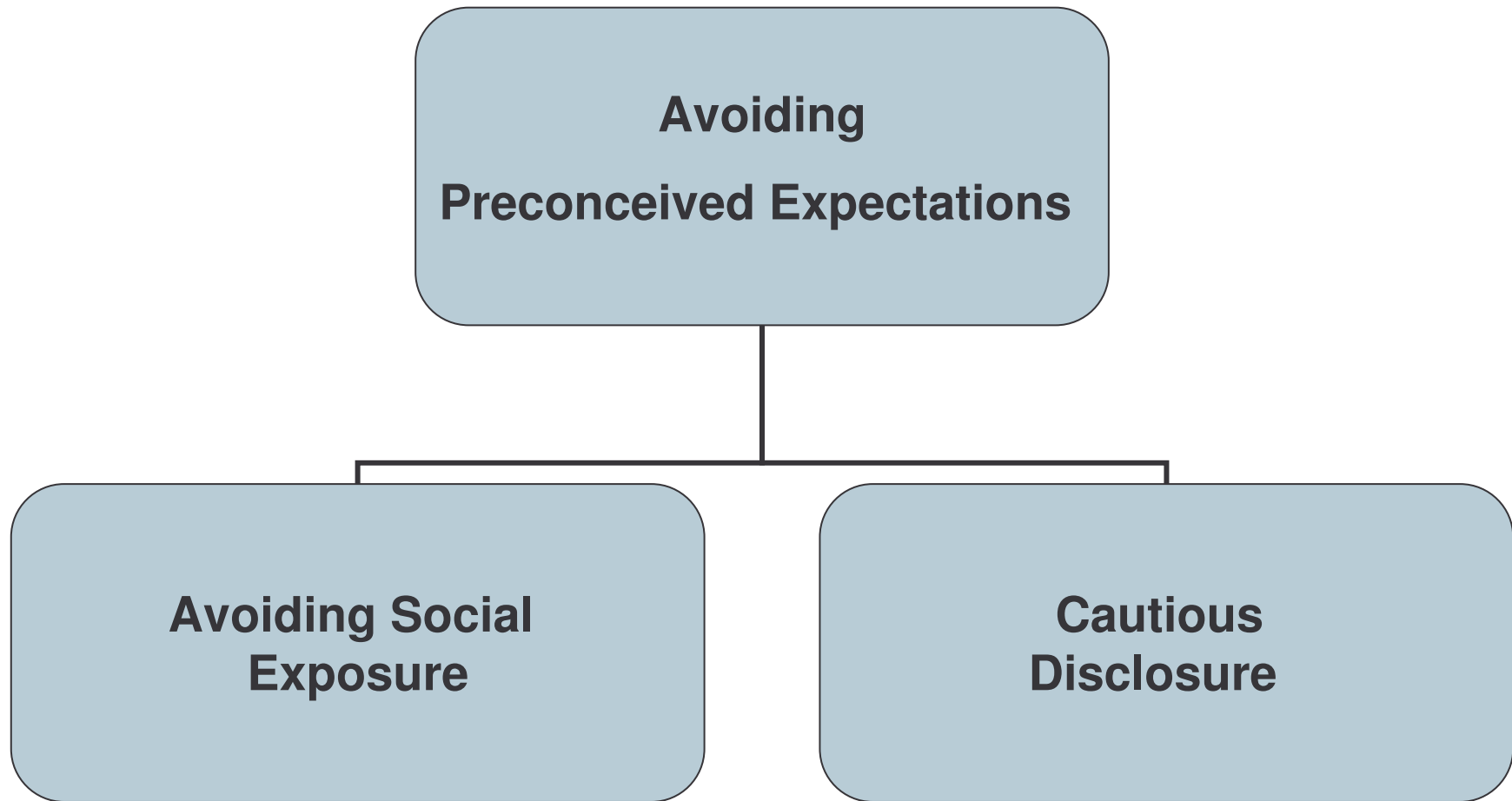
# Methodology

- Ethical issues
- Access and recruitment of participants
- Data collection
- Data analysis

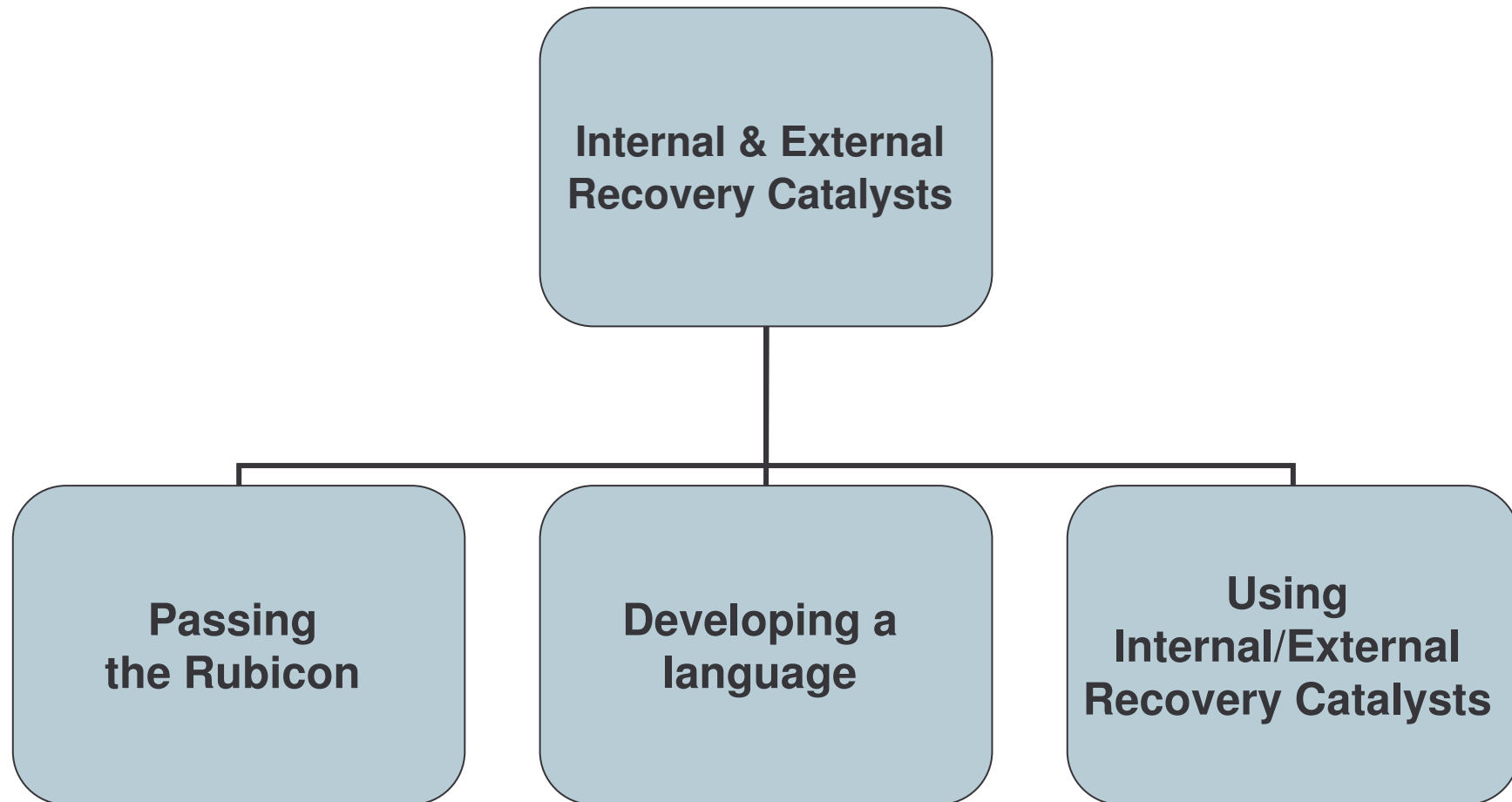
# Managing Preconceived Expectations<sup>1</sup>



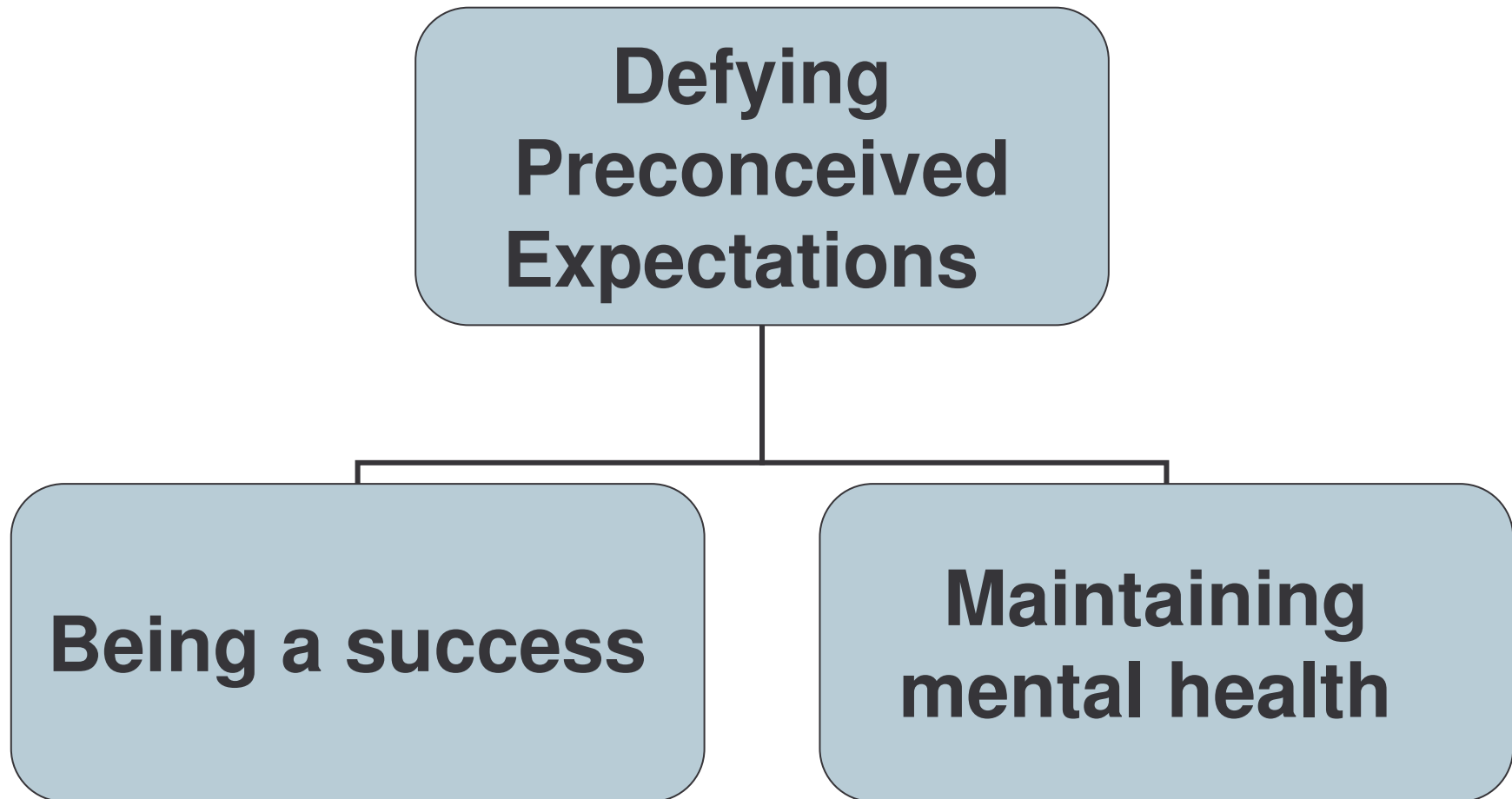
# Managing Preconceived Expectations<sup>2</sup>



# Managing Preconceived Expectations<sup>3</sup>



# Managing Preconceived Expectations<sup>4</sup>



# Summary

- The participant's main concern revolved around how other people perceived them after they were discharged from hospital.
- This was influenced by their own perceptions of mental distress and by their perceptions of people who use the mental health services.
- This perception was reinforced, strengthened and maintained when they were admitted to hospital and when they were discharged.

# Summary

- The participants' managed this concern through social disengagement and cautious disclosure.
- Some of the participants used internal and external recovery catalysts which assisted in their progression to the final stage of the process.
- Here the participants accepted their experience and began to challenge and defy preconceived expectations.

# Acknowledgements

- The Health Research Board.
- The participants
- Professors Agnes Higgins and Patrick Callaghan for their supervision and support.