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EXPERIENCES OF MENTAL HEALTH IN-PATIENT CARE

Narratives From Service Users, Carers and Professionals

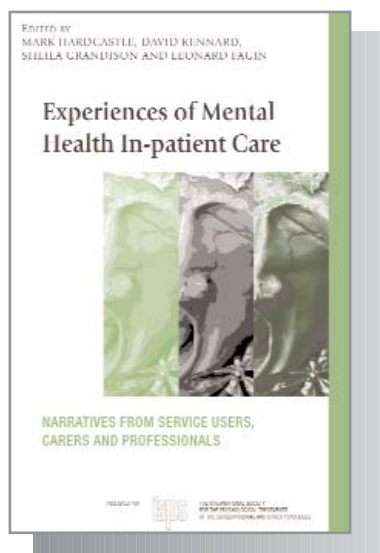
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"On every page of the book I found in the accounts of users, carers and professionals gems that encapsulated so much of my own differing encounters with psychiatric inpatient care".
– **Rachel Perkins**, from the Foreword.

This book offers an insight into the experience of psychiatric in-patient care, both from a professional and a user perspective. The editors highlight the problems in creating therapeutic environments within settings which are often poorly resourced, crisis driven and risk averse.

The contributors argue that for change to occur there needs first of all to be a genuine appreciation of the experiences of those involved in the unpredictable, anxiety-arousing and sometimes threatening environment of the psychiatric ward. Each chapter comprises a personal account of in-patient care by those in the front line: people who have been admitted to a psychiatric ward; their relatives; or those that provide the care. These accounts are followed by two commentaries written from different perspectives, suggesting lessons that can be learnt to improve the quality of care.

Experiences of Mental Health In-patient Care will be useful for all mental health professionals, including mental health nurses, psychiatrists, clinical psychologists, occupational therapists, arts therapists, social workers and trainees, as well as service users and carers organisations.



Contents: Perkins, Foreword. Rae, Foreword. *Part I: Introduction.* Kennard, What is This Book About? Fagin, A Brief Narrative History of In-patient Care in the United Kingdom. Hardcastle, Recent Times. *Part II: Service Users' Experiences.* Short, Turner, Hardcastle, Feeling Misunderstood. Antoniou, Bowers, Christian-Edwards, Bored On the Ward. Norwood, Cañete, Ezquerro, Morriss, Feeling Out of Control. Ockwell, Gournay, Turner, Restraint: a Necessary Evil? 'Gina', Goodfellow, Barry, Feeling Alone: Experiences of a Female Teenager. 'Joe', Fagin, Bhui, Feeling Humiliated: Experiences of a Black Man. *Part III: Carers' Experiences.* Shiers, Why Us? Shooter, Fadden, Feeling Invisible. 'Charlotte', Jones, Johannessen, No Sex Allowed. Varley, Mitchell, Prior, Frustrated and Angry. J. Kirk, D. Kirk, Roberts, Lawton-Smith, Feeling Grateful. *Part IV: Mental Health Staff Experiences.* Duggins, Fagin, Antoniou, Feeling Helpless. Chickwama, Coupland, Fagin, First Experience. 'Louisa', McAleese, Ockwell, Feeling Unprepared. Scally, McGowan, Kilyon, Mixed Feelings. Allen, Short, Kennard, Feeling Marginal. Travers, Grandison, Beales, Feeling Apprehensive. Brennan, D. Fagin, Duggins, Taking Control. Hughes, Hardcastle, Kennard, Feeling Frustrated. McAleese, Wilson, Scally, Taking It Personally. Pritchard, Allen, Rudegair, Finding Meaning. Kennard, Fagin, Hardcastle, Grandison, Afterword: Things You Can do to Make In-patient Care a Better Experience.

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