

Case Study 1 – Community Mental Health Team (CMHT)

21 year old AB has a complex psychiatric history and was known to Mental Health services since October 2011, with prolonged periods of in-patient care at the Berkshire Adolescent Unit and Prospect Park Hospital. Over the past year she was treated under the provisions of Supervised Community Treatment Order. AB has care has been complicated by repeated incidents of self-poisoning coupled with 2 x counts of fire setting behaviour

She has a diagnosis of unspecified non-organic psychosis coupled with emotionally unstable personality disorder.

Although the risks of fire-setting subsided by the time she was to be discharged from hospital, the clinical team remained concerned about this risk. AB was therefore discharged from PPH and was funded to reside in a 24 hr supported living accommodation locally, with support from CMHT.

Over the past 2 years, AB engaged well with the staff from the supporting living placement. She attended outpatient appointments with her psychiatrist and care-coordinator, was concordant with her medication and gradually took ownership of her care plan.

There was no fire setting occurrence and the frequency of reporting auditory hallucinations and delusions gradually lessened. With encouragement & support, she went to the gym and also returned to her part time job at weekends whilst also working as a volunteer for Richmond Fellowship.

AB has been discharged off her Community Treatment Order and is now compliant with her medication (which has been gradually reduced to a maintenance dose). As she became more stable and her confidence grew she enrolled into college in September 2016 and is managing very well academically. Whilst attending college she developed a larger circle of friends and she felt more abled/ready to leave supported living. Recently AB has moved into a 'stepped down' flat where there is less support and where it is less obvious that she has mental health issues.

AB remains motivated to make progress, is less dependent on CMHT and continues to engage in her studies. It is hoped that in time she will feel sufficiently able to be fully discharged from mental health services but in the meantime, the limited support from her support worker is keeping her well and engaged in her studies.

AB was assessed for Self Direct Support – she felt that the support she is receiving from the CMHT and the support available from Housing Solutions is currently sufficient whilst she is undertaking her studies.