

## PSYCHIATRIC REPORT

Mark Stewart (7.6.70)  
89 Pennywell Place, Edinburgh

Presently residing at - Regional Assessment Centre, Howdenhall Road, Edinburgh

Mark was first referred to the Young People's Unit on 24 May 1984 by Mr Malcolm Schaffer, Divisional Reporter, as part of a residential assessment, there being concern about attempts at self-injury and repeated absconsions from St Joseph's School.

For this report I interviewed Mark and his mother separately, at the Assessment Centre on Friday 8 June 1984 and have had an opportunity to review the following reports. The social work reports prepared by Mr David Johnson on 27 February 1979, by Mrs Pauline McHugh of 9 April 1981, and the two by Mrs Pat Parkinson of 25 November 1983 and 22 May 1984; minutes of the assessment meeting convened by Dr Sielely of the 14 April 1981; the educational psychology report prepared by Mrs Galbraith of 24 June 1982; and finally school reports prepared by Craigroyston of 22 November 1982 and by Brother Oliver of St Joseph's School of 23 November 1983.

In view of the considerable detail of Mark's difficulties and home circumstances made available in these reports, I shall not repeat such details in my report except where they particularly pertain to aspects of my interviews with Mark and his mother or to my conclusions and recommendations.

### Interviews with Mark and his mother

Mark presented as an unhappy looking young man, short in stature. He was guarded throughout the interview, notably during the first half; otherwise he was quite co-operative and I gained the firm impression that with further interviews he would warm up and open up more. It became quickly apparent that a major fact in his unforthcomingness was the lack of an assurance on my part of absolute confidentiality; I was able to speak with him on this point, and his responses confirmed my impression.

He acknowledged without hesitation his unhappy mood, and it became clear that he suffers considerable unhappiness, which at times amounts to some suicidal pre-occupation. These depressed moods when they occur seem to last all day, and persist despite his participation in otherwise pleasurable activities, diminishing his enjoyment of them considerably. Although his depressed moods seem to not affect either his appetite or sleep, they evidently affect his concentration at school, at times considerably. He is very reluctant to be drawn on the triggers to such moods, but it is clear that when he is feeling vulnerable the trigger can be very minor indeed, an intensely depressed mood building up rapidly thereafter. He attributed much of his behavioural disturbance in the classroom to this apparently quite often occurring process.

The facts associated with these depressed moods were evidently clear to him, but he was unprepared to disclose them, it would seem because of the problem of confidentiality previously stated. However, he acknowledged that he felt his worries were quite different to those most boys of his age might have. He was not able to state why he felt as unsettled as he recently has done at St Joseph's, and I found no evidence, at this interview at least, for the suggestion that his behaviour has been directed at maintaining himself in the care of the Social Work Department.

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I felt he was relieved to be able to share his depression with someone, and he acknowledged it made sense to him he should see a psychiatrist. I felt that he was interested to communicate more, and that if an assurance of confidentiality was offered would begin to share his worries with me. The limits to such confidentiality would be where he revealed material that would suggest he was a risk to himself. Inevitably offering such confidentiality would prevent others involved with him, and in many instances intimately responsible for him, from benefitting from any relevant information that arose in such sessions with me. I raised this particular issue with his mother when I saw her after my interview with Mark, and she seemed relieved at the possibility that Mark may use an opportunity to talk, and was prepared for the problems that confidentiality might bring.

Mark's mother presented an an unhappy, rather lost woman, now almost alone in the house with the two elder sons apparently simply using the house to sleep in; the elder is at present in prison on drug related offences. She clearly has felt that her younger children have slid almost permanently away from her into care, although on each occasion short term rather than long term care was envisaged. She seemed to see salvation in the possible return of her ex-husband in a couple of years time from the States, apparently he has continued over the last six years since she saw him to offer some financial support, but otherwise seems to lack friends and have no community supports. In her description of those associated with the Social Work Department as "enemies" of her, I gained the firm impression that what she really felt was that all those regarded her as the enemy of her children's good welfare, ie an unhappy, indeed depressive view of herself. Her view of Mark's future placement was clear, that the principal of a trial return home should be made at the hearing, implemented gradually over the next few months, with his attendance thereafter at St Joseph's as a day pupil.

I found Mrs Stewart spoke relatively freely about the difficulties in her life and her background circumstances, and like with her son I gained the impression that further opportunity to talk how she felt would be taken up by her with little hesitation.


Conclusions and Recommendations

I find myself unable to offer a firm recommendation for his next placement, although I can see the merit in his mother's argument for some trial return home having spent more than 18 months at St Joseph's as a residential pupil. Clearly the Social Work Department must carefully consider the welfare of Mark and his two younger brothers, in particular whether it is possible with support to bring them to increasingly come to live together as a family during their adolescence. This may require more intensive social case work report than is ordinarily available from a social work department.

Providing others are in agreement I would like to offer Mark the possibility of regular appointments with me over the next couple of months in which confidentiality is assured. I would also wish for some contact with his mother. It seems vital that Mark finds some way of speaking freely of his depressive pre-occupations; ventilating such thoughts may be beneficial in itself, offer him some different way of understanding himself and his personal predicaments and relationships, and offer some guidance as to how best to deal with him when he appears under stress. Although he himself makes a clear link between his depressed moods and his difficult behaviour the two may prove not to be as linked

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as he believes; however, there may be some hope that as a result of psychiatric attendance he becomes rather more settled and able to make better use of whatever placement he is in. It is possible that once the various anxieties associated with others becoming aware of his pre-occupations are dealt with, Mark may no longer feel he needs to depend on the assurance of confidentiality to disclose what is upsetting him.

  
ROBERT M WRATE  
MB BCh DPM MRCPsych  
Consultant Psychiatrist

Customer Copy



Lothian Region Reporter  
 A. F. Finlayson,  
 1/3 Howden Street, Edinburgh EH8 9HH

Mr N McKernan  
 Principal  
 Regional Assessment Centre  
 Howdenhall Road  
 Edinburgh

*Our reference* MS/JMS  
*Your reference*  
*Date* 24 May 1984

Dear Mr McKernan

MARK STEWART (7 6 70)  
 89 PENNYWELL PLACE, EDINBURGH

I refer to my telephone conversation with Mr John Ballard on 23 May 1984 and wish to refer Mark to Mr Ballard for a residential assessment. A previous assessment has been co-ordinated upon Mark's sisters Michelle and Lee-Anne which I believe was undertaken by Mrs Stark. This took place while the girls were in foster care. Other members of the Stewart family such as Mark's older brothers Anthony and David have I believe been known to the Assessment Centre in the past. Mark himself was first referred to a Children's Hearing in 1979 as being beyond parental control and has spent a period of time in Caldergrove in the past, while on 14 April 1981 a supervision requirement was made naming the Assessment Centre, although this was quickly altered for Mark to return home.

Since 2 December 1982 Mark has been at St Joseph's School, Tranent under a supervision requirement. Recently there have been increasing difficulties with Mark's behaviour at St Joseph's and he was consequently transferred on an emergency basis to the Assessment Centre. A Children's Hearing was held for him on 23 May 1984 but in Mark's absence as he was in camp at Loch Doon at his own request. The request has been made by panel members for full assessment including involvement of the Young People's Unit and Special Educational Services. Panel members are particularly anxious to find out the cause of Mark's recent difficult behaviour. St Joseph's School, Tranent are still prepared to offer Mark a place and would be keen to be involved in the assessment but it is not known whether Mark could use this constructively now. If Mark is rejecting St Joseph's what alternatives could be offered? Should alternative residential schooling be sought for Mark or would an alternative placement such as with community carers be appropriate? Is Mark ready and willing to go home and if so could suitable education be found for him? Difficulty has been experienced by both social workers and members of St Joseph's getting Mark to discuss his true feelings and it is to be hoped that this assessment may help give some answers.

*If telephoning please ask for*

*All communications to be addressed to the Reporter*

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Apart from the Young People's Unit and Special Educational Services, others who could be involved in the assessment are Mrs Pat Parkinson, social worker at Muirhouse and staff from St Joseph's School, Tranent. The next hearing has been arranged for Wednesday 13 June 1984 at 10.15 a.m. and I enclose notification for Mark. I would be grateful for a report in time for the next hearing.

Yours sincerely

Malcolm Schaffer  
Divisional Reporter

Customer Copy



Lothian Region Reporter  
A. F. Finlayson,  
1/3 Howden Street, Edinburgh EH8 9HH  
Telephone: [REDACTED]

Brother Oliver  
Headmaster  
St Joseph's School  
Tranent  
East Lothian

*Our reference* PJW/JMS

*Your reference*

*Date* 18 May 1984

Dear Brother Oliver

MARK STEWART (7 6 70)  
89 PENNYWELL PLACE, EDINBURGH

I understand that it has been found necessary to transfer Mark from St Joseph's School to the Regional Assessment Centre on an emergency basis. The Reporter has been notified, and in such circumstances is required to arrange a review hearing within seven days. Accordingly there will be a hearing for Mark on Wednesday 23 May 1984 at 11.45 a.m.

The grounds for referral to be put to Mark at that hearing are attached for your information. It would be greatly appreciated if a member of the staff from the school could attend that hearing, and if possible despite the short notice if a few comments could be committed to paper for the assistance of the panel members.

The Social Work Department will make the usual arrangements to bring Mark to his hearing.

Yours sincerely

[REDACTED]  
Pauline J Walker (Mrs)  
Assistant Reporter

*13th June 10.15am*

*If telephoning please ask for*

*All communications to be addressed to the Reporter*

[Redacted]

23.04.85

Mark's Panel at which his supervision requirement was terminated after five plus years.

[Redacted]

30.04.85

Farewell to Sally at home - Mark did not turn up!

[Redacted]

[Redacted]