

SM/VM

Department of Adolescent
Psychiatry
Possilpark Health Centre
85 Denmark Street
Possilpark, G22

VALERIE

Telephone: 0141-531 6107
FAX: 0141-531 6106

4th August 1997

COPY TO: Mr Black, 12a Shore Rd, Woodslie, Skelmorlie PA17 5DY
Mrs Black, 1/1, 15 Kelvindale Gardens, G20 8DW
Nicole Black, c/o Mrs Black

Dear

We are sorry that we were unable to have our meeting on Friday 1st August 1997. Ms Alison Andrew, Clinical Nurse Specialist, and myself had hoped that we could look at why Nicole felt that coming here had not been helpful. We felt that it might have been helpful to discuss the difficulties and to address any problems you were encountering here and work through them.

We understand that Nicole you wish to be referred to a private Clinical Psychologist. We think it might have been helpful to discuss this option with you. In your absence, we have spoken to your GP, Dr McLean.

At the moment we plan to discharge Nicole back to the care of your GP but if in the future you would like our help, your GP can re-refer you.

With kind regards,

Yours sincerely

Dr Seonaid McCallum
SHO IN PSYCHIATRY

Alison Andrew
CLINICAL NURSE SPECIALIST

SM/VM

Department of Adolescent
Psychiatry
Possilpark Health Centre
85 Denmark Street
Possilpark, G22

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Telephone: 0141-531 6107
FAX: 0141-531 6106

4th August 1997

Dr J MacLean
Maryhill Health Centre
41 Shawpark Street
Maryhill
Glasgow
G20 9DR

Dear Dr McLean

NICOLE BLACK (24.06.80)
1/1, 15 KELVINDALE GARDENS, GLASGOW G20 8DW

Further to our telephone conversation on Friday 1st August 1997, Mrs Black cancelled an appointment she, Mr Black and Nicole had with me and Ms Alison Andrew, Clinical Nurse Specialist, at the Department. Mrs Black indicated that Nicole had no wish to come back to our Department, and Mr & Mrs Black are not keen to pursue it.

Nicole has moved out of her father's home and is currently renting what appears to be a bedsit in the Wemyss Bay area.

Already Nicole has been creating problems there and the landlord has spoken to her father.

2

4th August 1997

Dr McLean

NICOLE BLACK (24.06.80)

1/1, 15 KELVINDALE GARDENS, GLASGOW G20 8DW

After my last meeting with Nicole on Monday 16th June 1997 she did not display any symptoms of psychosis or depression. I think her main problems are to do with her personality which cause her difficulties in relationships and these appear to have been long-standing as she has been in contact with Psychiatric Services since childhood. It may be that in a few years time she may wish to look at this and some form of long-term psychotherapy might be helpful then. In the meantime, as she does not wish to attend, she leaves me no choice but to discharge her back to your care. I am sorry that our service has not been more helpful.

Thank you for your interest and support with this case.

With kind regards,

Yours sincerely

Dr Seonaid McCallum
SHO IN PSYCHIATRY

910

29

7-7-97

Seonaid

Mrs Black

Nicole

(N) still at her dad's e
not coming to your apt 10da

Will be in touch when she
is back to arrange
another time

Val

3PM
Seonaid 30.7.97

Mrs Black

[redacted]
Susan McLaren.

McOre

Cancel his 18
Mum nor well e nor
coming

Said ya'd phan as
don't know what
arrangements ya
wanted to make

[redacted] Newry Bay

See
Dad's address. James B.
12A Shore Rd
Woodshie.
Skelmarbek

Consultant Psychologist
Susan M. Herten

Nuffield

23.7.97¹⁸
320

Semaid

Mrs Black

Nicole

Just to say re: apr 1-8-97.

Dad is now going on holiday
this Friday for (4) weeks
and he will not be to apr.

Mum & Nicole will be.

Just in case ya were
expecting him. They've
discussed this as a
family and happy to
this for 1-8-97.

Any probs - phone her

ran

930 61
20.5.97

Seonaid

Mrs Black

Nicole

Found last night by Police
in Cambuslang.

(N) now staying c Dad for a
few days on hags.

As far as Mum knows (N)
will keep apr c yr on 30th

Mum knows to phone
in meantime if any probs

Val

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Telephone: 0141-531 6107
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17th June 1997

Mrs Black & Nicole
1/1, 15 Kelvindale Gardens
GLASGOW
G20 8DW

Dear Mrs Black & Nicole

As we discussed, I spoke to Alison Andrew regarding a further family appointment. I understand that you have an appointment with her on Tuesday 1st July 1997 at 2 o'clock. I was unaware of this and I booked our appointment for the day before on the 30th June 1997 at 11 am.

Perhaps we could cancel the appointment with me rather than the 2 of you coming up 2 days in a row. I would be pleased to meet with you the following week on Monday 7th July 1997 at 11 o'clock. I tried to contact you by telephone today to discuss this with you. If this is not suitable, perhaps you could let me know and we can arrange another time.

With kind regards,

Yours sincerely

Dr Seonaid McCallum
SHO IN PSYCHIATRY

SM/VM

Department of Adolescent
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Possilpark Health Centre
85 Denmark Street
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Telephone: 0141-531 6107
FAX: 0141-531 6106

16th June 1997

Dr J MacLean,
Maryhill Health Centre
41 Shawpark Street
Maryhill
Glasgow G20 9DR

Dear Dr McLean

NICOLE BLACK (24.06.80)
1/1, 15 KELVINDALE GARDENS, GLASGOW G20 8DW

I reviewed Nicole on Monday 16th June 1997. She was accompanied by her mother who asked to speak to me after I had seen Nicole.

Nicole told me that she took an overdose 2 days ago. She was up at a friend's house on Saturday night and discovered that her ex-boyfriend was going out with somebody else. She drank some alcohol at the friend's, and subsequently had an argument with her ex-boyfriend. She then proceeded to take an overdose of her Carbamazepine tablets and Co-codomol in front of her boyfriend who made no attempt to stop her or show any concern. Nicole went home to her mother's and told her she had taken an overdose and she did not want to die. Mrs Black took her up to the A&E Department of the Western Infirmary, Glasgow. Nicole told me that she thinks she would not have taken the overdose if she had not had the argument with her boyfriend. She had not planned it. She now regrets the overdose. She was discharged from the Western Infirmary the day before I saw her on condition that she attended her appointment with me today. Since she took the overdose she and her mother have not been getting on well as mum is very angry with her and keeps shouting at her.

I discussed with Nicole different ways of dealing with difficult situations in an attempt to improve her problem solving skills.

Dr McLean

-2-

16th June 1997

NICOLE BLACK (24.06.80)

1/1, 15 KELVINDALE GARDENS, GLASGOW G20 8DW

She did not describe any symptoms of depression and on mental state examination her mood was reactive. Her thought content did not have any suicidal ideas and she was hopeful about the future, particularly a school trip to Italy which she is due to go on next week.

Clearly this was an impulsive attempt at self-harm in response to a crisis. There is no evidence of depression or psychosis. I plan to continue reviewing Nicole and will keep you informed of her progress.

With kind regards,

Yours sincerely

Dr Seonaid McCallum
SHO IN PSYCHIATRY

SM/VM

Department of Adolescent
Psychiatry
Possilpark Health Centre
85 Denmark Street
Possilpark, G22

VALERIE

Telephone: 0141-531 6107
FAX: 0141-531 6106

14th May 1997

Miss Nicole Black
1/1, 15 Kelvindale Gardens
GLASGOW
G20 8DW

Dear Nicole

As promised I am sending you another appointment.

I would be pleased to meet with you again on Monday 2nd June 1997 at 11 o'clock here in Possilpark Health Centre.

Please let me know if there are any difficulties with this time, otherwise I look forward to seeing you then.

Yours sincerely

Dr Seonaid McCallum
SHO IN PSYCHIATRY

SM/VM

Department of Adolescent
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Telephone: 0141-531 6107
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13th May 1997

Dr J MacLean
Maryhill Health Centre
41 Shawpark Street
Maryhill
Glasgow G20 9DR

Dear Dr McLean

NICOLE BLACK (24.06.80)
1/1, 15 KELVINDALE GARDENS, GLASGOW G20 8DW

I met with Nicole Black on the 12th May 1997. She had been referred to me for individual work by Alison Andrew, Clinical Nurse Specialist.

Nicole explained that she had a long-term problem of lying and her friends have become fed up with her as they do not know whether to believe her or not, and she has lost their trust. In the past she attended Yorkhill Hospital and found it very helpful. She told her friend that she was pregnant when she wasn't and then became pregnant a month later. Unfortunately she tells me that she miscarried 6 days ago and was admitted to hospital. She said that she felt upset and shocked but now feels that it was not meant to be and that she was too young anyway.

She told me that she cannot tell the difference between reality and fantasy. On closer questioning however it emerged that she can differentiate the 2 but spends much of her time day dreaming. She is disappointed that her own life does not live up to her fantasies.

There appears to be some conflict with her parents. She tells me that they keep telling her to "grow up" and "take responsibility". Nicole sees this as something which happens overnight and she suddenly becomes "grown up". We discussed the gradual nature of adolescent tasks. We also looked at small ways in which she could start to take responsibility. She told me that she has a very clear ambitious idea for her career. She plans to sit Highers at college and then travel around the world before coming back to train as a Nurse. She tells me that she is planning to start College in August 1997.

Dr McLean

-2-

13th May 1997

NICOLE BLACK (24.06.80)

1/1, 15 KELVINDALE GARDENS, GLASGOW G20 8DW

She told me that she was in a road traffic accident 2 years ago and developed epilepsy as a consequence. She is currently on Carbamazepine 600 mgs per day and complains it causes weight gain.

On examination she presented as an overweight young woman who behaved appropriately. She maintained good eye contact and rapport. Her mood was normal and there was no psychotic symptoms. She had no suicidal ideation and her insight was good.

I plan to review her in 3 week's time.

Yours sincerely

Dr Seonaid McCallum
SHO IN PSYCHIATRY

AA/VM

Department of Adolescent
Psychiatry
Possilpark Health Centre
85 Denmark Street
Possilpark, G22

VALERIE

Telephone: 0141-531 6107
FAX: 0141-531 6106

18 April 1997

Dr J MacLean
Maryhill Health Centre
41 Shawpark Street
Maryhill
Glasgow G20 9DR

Dear Dr MacLean

Nicole Black (24.06.80)
1/1, 15 Kelvindale Gardens, Glasgow G20 8DW

Thank you for referring the above girl to the Department of Adolescent Psychiatry.
I met with Nicole and her mother on 10 April 1997.

Complaint

Nicole introduced herself as a "compulsive liar". She explained that if she sees someone who has something that she wants she will make up a story about that for herself.

She gave the example of a friend who is pregnant at the moment. She said that, when she heard that, she told everyone that she was pregnant because she also wanted a baby. She acknowledged that these lies cause her problems - not least because they get into in deeper and deeper water as she finds herself in the position of having to tell more lies or to lose face. Furthermore it causes problem in the relationship with her mother and with her friends. Mrs Black agreed with this she described herself as wanting to help Nicole but feeling excluded from her life. She feels that Nicole will deal with situations herself and then has to tell lies when she gets into difficulty. Often she does not hear about how far things have gone wrong until much later. This makes her angry which confirms Nicole's views that she was rights not to involve her mother.

Background History

As you know Nicole is adopted. Events prior to the adoption were traumatic in that Nicole was three at the time and had been in the care of foster parents. I understand that her own mother drank heavily and was involved in Prostitution and that on time there were concerns about whether Nicole had foetal alcohol syndrome.

Nicole's parents separated when she was eight and to contact with her father has been somewhat erratic - Nicole feels very hurt about this.

Dr MacLean
Re Nicole Black
18 April 1997 - Page 2

She has since been brought up her adoptive mother. It is clear that Mrs Black feels totally committed by and responsible for Nicole and has involved all her emotional energy in her.

Nicole is a thoughtful and sensitive girl who is aware that her mother may find that her life is quite empty as she grows up and becomes less dependant on her.

All the same time she worries about her mother becoming ill and dying and wonders how she will manage without her. I gather that Mrs Black has had a number of physical problems recently and this has highlighted Nicole's fears.

She acknowledged that part of the reason that she doesn't confide in her mother is in part an attempt to protect her. Unfortunately of course this has the opposite effect and Mrs Black worries more about Nicole when she doesn't know what is happening with her daughter.

Presentation

Nicole presented initially as rather clumsy and socially inappropriate. However as the interview progressed I was struck by her thoughtfulness, honesty and insight into her difficulty. Mrs Black wept a great deal and was terribly self critical. I did wonder if she was depressed at the moment.

Despite their difficulty there was a great deal of warmth and concern between mother and daughter and it was clear that there are many positive aspects of there relationship.

Diagnosis/Formulation

No formal psychiatric diagnosis. However Mrs Black and Nicole are clearly struggling to manage this particular phase of Nicole's development.

I think that they might benefit from a combination of individual and family work.

I have offered this and they seem keen to take this up. Nicole will be seen individually by Dr. Seonaid McCallum (S.H.O.) and I will continue seeing Mrs Black and Nicole together. I will let you know how they get on.

Yours sincerely

Alison Andrew
CLINICAL NURSE SPECIALIST

AA/VM

Department of Adolescent
Psychiatry
Possilpark Health Centre
85 Denmark Street
Possilpark, G22

VALERIE

Telephone: 0141-531 6107
FAX: 0141-531 6106

11th March 1997.

Mrs Black & Nicole
1/1, 15 Kelvindale Gardens.
GLASGOW
G20 8DW

Dear Mrs Black & Nicole

I apologise for the delay in getting back to you with another appointment.

I would be pleased to meet with you on Friday 11th April 1997 at 2 o'clock here in the Department of Adolescent Psychiatry, Possilpark Health Centre.

Please let me know if there are any difficulties with this time, otherwise I look forward to meeting with you then.

Yours sincerely

Alison Andrew
CLINICAL NURSE SPECIALIST

AA/VM

VALERIE

Department of Adolescent
Psychiatry
Possilpark Health Centre
85 Denmark Street
Possilpark, G22

Telephone: 0141-531 6107

19th February 1997

Mrs Black & Nicole
1/1, 15 Kelvindale Gardens
GLASGOW
G20 8DW

2^{ph}
Nicole 2p.m. : Fri 11th April

Dear Mrs Black & Nicole

You have been referred to the Adolescent Psychiatry Services by your GP, Dr McLean, because of your recent concerns with Nicole.

I would be pleased to meet with you on Wednesday 26th February 1997 at 2 o'clock here in the Department of Adolescent Psychiatry in Possilpark Health Centre.

It is helpful if for this first appointment all those living at home were able to attend.

I enclose a map and details of public transport services to the area which may be of help to you.

Please let me know if there are any difficulties with this time, otherwise I look forward to meeting with you then.

Yours sincerely

Alison Andrew
CLINICAL NURSE SPECIALIST

Cancelled : re-arrange.

CONTINUATION SHEET

PAGE No

Surname..... Hosp. No.....
 Other Names..... D of B.....
 Address..... Sex.....
 Clinic Ward.....

DATE

Resumé of file

- Referral 8.7.88 - aged 8 yrs. from G.P.
- telling lies
- taking down park in playground
- refusing to sleep alone
- vomiting
- refusing to go out to play.

S.W. - report

- Adopted - 1983
- prev. 4 foster placements
- Devlat. delay - FAS
- Wondered possibility of prior S.A.

J.S. - input

- viewed exposure as isolated incident
- help in imaginative play
- help in developing & sustaining r/ships

- Discharged - 17.4.89

- Re-referred - 2.8.89 - aged 9 yrs - from G.P.

- parent divorcing
- mother complaining Nicole slow at everything

J.S. - input

- ongoing diffic mixing w other children
- immature motor skills - undermining social confidence

- Re-referred 20.7.90 - aged 10 yrs - G.P.

- telling lies
- diffic. homework
- mother's child management difficult

G.T. - input

- feeling of responsibility & security
- when in control but

- concern re: emotional development

- regression

- learning difficulties

- cog assessment - average range ability

- excels in abstract & divergent thinking

- may have difficulties concentration, which showed later

- general management difficulties - diff. emotional climate

- 1st worked as N.W. - worked well

- Jan '91 - referral to S.D. from G.P.

- May '91

- sch. diff.

- peer relationships

- prob. self-esteem

- need to boost confidence in this area

- Mrs. Black's needs

- prob. self-esteem

- Jan '92

- aged 11

- improvement in sch. work & self-confidence

- concern re: Mrs. Black - taught - difficulties in planning for future

- probs. b/w Nicole & mother

- April '92

- typical support for mother in place

- relationship more relaxed

- May '92

- doing v. well in sch.

- prob. continue in mother/child relationship

- June '92

- self-esteem & confidence fluctuates

- still becomes dependent & takes self away
- feeling as mother or interaction then
- against self

- July '92

- situation more settled - plan more

- May '93

- closed on Dundee

Ext: 4644 Department of Clinical Child Psychology

Ref: SP/KC

19 May 1993

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80
Formerly at: 19 Kintyre Crescent, G77 6SR

As you are aware, Nicole and her family have had frequent contact with this Department between August 1988 and July 1992. In the process of reviewing her situation, I have been informed by your surgery that she is now permanently resident in Dundee and therefore her case is now being closed.

Yours sincerely

S Picton
Senior Clinical Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GKT/KMcC

13 July 1992

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80; HN; 288037
10 Kintyre Crescent, Newton Mearns, G77 6SR

Nicole was reviewed on 8th July. She continues to be coping reasonably well and Mrs Black has no particular complaint about her behaviour. As you may be aware, the family are moving house within the next month and whilst Mrs Black is finding the move itself a traumatic prospect, she is hoping it will be a new start for her and Nicole. I feel that Nicole is showing signs of maturing emotionally although not as quickly as her mum would like.

I will review at the end of August.

Yours sincerely

G K Tutt (Miss)
Senior Clinical Child Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GKT/KMcC

25 June 1992

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80, HN; 288038
10 Kintyre Crescent, Newton Mearns, G77 6SR

Nicole was reviewed on 16 June. The home situation remains relatively stable and I feel Mrs Black looks considerably better and more relaxed at the moment. Nicole's self esteem and confidence level continues to fluctuate and she can still become despondent and take out angry feelings on her mother or internalise them against herself. I have started to work on helping Nicole find more appropriate outlets for her anger and frustrations and Mrs Black is also keen to become involved in helping in this area. I will review on 8 July.

Yours sincerely

G K Tutt (Miss)
Senior Clinical Child Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GKT/KMcC

14 May 1992

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80, HN: 288037
10 Kintyre Crescent, Newton Meads, G77 6SR

Nicole was reviewed on 11 May. Progress continues to be reasonable and Nicole appears to be doing exceptionally well in school at present. The relationship between Nicole and her mother continues to be volatile at times, although in general things are more settled. Mrs Black does, I feel, have rather high expectations of Nicole's behaviour and is surprised when Nicole tries to exert her independence and refuses to do as her mother requests and this leads them into all kinds of difficulties. Mrs Black does however appear much more positive and forward thinking although I am sure she remains emotionally fragile. I will review in one month.

Yours sincerely

G K. Tutt (Miss)
Senior Clinical Child Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GKT/KMcC

1 April 1992

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80, hn; 288037
10 Kintyre Crescent, Newton Mearns, G77 6SR

Nicole was reviewed at this clinic on 25 March. Things appear much more settled at present. I saw Nicole on her own today to help her talk through difficulties at home and she is clearly delighted that her mum is going to gain help in her own right from Psychological Services at Dykebarr Hospital. We have identified a variety of problem areas which occur at home many of which can be resolved in practical ways and Nicole was then able to discuss them with mum and reach a solution within today's session. Mrs Black looked happier in her own right today although she is clearly struggling emotionally underneath. Their relationship today was more relaxed and there was a lot of good natured banter and humour between them on this occasion. I will review in one month.

Yours sincerely

G K Tutt (Miss)
Senior Clinical Child Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GBS/KMcC

2 March 1992

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black. DOB - 24.6.80. HN: 288037
10 Kintyre Crescent, Newton Mearns. G77 6SR

I reviewed Nicole's progress on 28 February. Significant difficulties continue between Nicole and her mother. Nicole's problems are not helped by the mother's own emotional state

I will continue to see the family
and will arrange some further sessions for Nicole on her own.

Yours sincerely

G K Tutt (Miss)
Senior Clinical Child Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GKT/KMcC

3 September 1991

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80, HN: 288037
10 Kintyre Crescent, Newton Mearns, G77 6SR

Nicole was reviewed at this clinic on 30 August. She continues to have problems with self-esteem. Both Mr and Mrs Black have noticed that Nicole presents as much more emotionally mature when she is involved in activities she is good at. They are therefore pursuing the possibility of arranging extra mural activities but it continues to prove difficult. I feel that Mrs Black herself needs constant encouragement to plan such activities with Nicole as she becomes easily despondent and thrown at the first hurdle. Nicole is apparently good at horse riding and wishes to pursue the possibility of working in stables once she leaves school. I feel that if we could help Nicole find a goal to aim for as regards her future it might help take the pressure off her as regards her parents' anxieties. I have discussed these areas again with Mr and Mrs Black and said that I feel there is little more I can offer in the form of advice at present until they can start to help themselves a little more. I will continue to monitor the situation for the foreseeable future and will keep you informed of developments.

Yours sincerely

G K Tutt (Miss)
Senior Clinical Child Psychologist

EXT: 4644 DEPARTMENT OF CLINICAL CHILD PSYCHOLOGY

REF: GKT/KMcC

13 MAY 1991

DR CALDWELL
3 ELMWOOD AVENUE
GLASGOW G77 6EH

DEAR DR CALDWELL

RE: NICOLE BLACK, DOB - 24.6.80
10 KINTYRE CRESCENT, NEWTON MEARNES G77 6SR

NICOLE WAS REVIEWED AT THIS CLINIC ON 8 MAY. THE PREVIOUS APPOINTMENT HAVING BEEN CANCELLED DUE TO MRS BLACK'S ILL HEALTH. THERE HAVE BEEN FURTHER DIFFICULTIES SINCE THE FAMILY WERE LAST SEEN AND MRS BLACK IS AGAIN DESPONDENT ABOUT HER DAUGHTER'S BEHAVIOUR. SCHOOL SEEMS TO BE ESPECIALLY PROBLEMATIC WITH NICOLE FALLING FURTHER BEHIND WITH HER ACADEMIC WORK. - WITH THESE DIFFICULTIES, NICOLE'S PROBLEMS WITH PEER RELATIONSHIPS AND THE RECENT FAMILY TRAUMAS, NICOLE'S SELF-ESTEEM IS EXTREMELY LOW AND SHE IS BECOMING INCREASINGLY APATHETIC TOWARDS HERSELF. I HAVE DISCUSSED ISSUES OF SELF ESTEEM WITH MRS BLACK (WHO HAS DIFFICULTIES IN THIS AREA HERSELF AT PRESENT). AND WE HAVE TALKED ABOUT POSSIBLE WAYS OF HELPING NICOLE IN THIS AREA. IT COULD BE BENEFICIAL TO NICOLE IF SHE WAS ABLE TO JOIN CLUBS AND ACTIVITIES WHICH SHE ENJOYS AND IS GOOD AT SO THAT SHE CAN AGAIN SOME SELF RESPECT. MRS BLACK FEELS THAT NOW THEY NO LONGER HAVE ACCESS TO A CAR, THEY ARE EXTREMELY LIMITED IN THEIR ABILITIES TO GET OUT DUE TO AN APPARENT INFREQUENT BUS SERVICE. MRS BLACK IS CONSIDERING A MOVE OF HOUSE TO A MORE CENTRAL AREA WHICH SHE FEELS MIGHT HELP THEM BOTH. CERTAINLY THEY BOTH NEED TO START PLANNING IN A POSITIVE WAY FOR THE FUTURE RATHER THAN DWELLING IN THE PAST AND I THINK MRS BLACK IS NOW BEGINNING TO REALISE THIS. MRS BLACK ALSO NEED TO DISTINGUISH BETWEEN MANIPULATION AND OPPOSITIONAL BEHAVIOUR WHICH HAS ALWAYS BEEN AN ISSUE WITH NICOLE AND EMERGING ADOLESCENT FEELINGS OF INSECURITY AND INDEPENDENCE. I HAVE EXPLORED SOME OF THESE ISSUES AS WELL. I WILL REVIEW IN ONE MONTH.

YOURS SINCERELY

G K. TUTT (MISS)
SENIOR CLINICAL CHILD PSYCHOLOGIST

Ext: 4644 Department of Clinical Child Psychology.

Ref: GKT/KMCC

12 February 1991

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80, HN: 288037
10 Kintyre Crescent, Newton Mearns, G77 6SR

Nicole was reviewed at this clinic on 6th February. The "homework Contract" drawn up at the last appointment has worked well and both Nicole and her mother are keen to continue with this. At our recent session, we targetted further areas of work which are causing concern for the family including Nicole's almost obsessional slowness in completing tasks and her refusal to tidy her bedroom and put dirty clothing out for washing. The latter we are working on by using a further contract system and the former by designing a variety of competitive speed games with Mrs Black for household and self care tasks to improve speed of processing of tasks as well as completion of. We are also looking at ways of helping Nicole become more independent and responsible for organising certain aspects of her daily life. At present Nicole seems genuinely motivated to work on all of the above areas and I suspect Mrs Black's successful at keeping the motivation and interest going will be the key to how far we get.

The family have a review appointment for 1 months' time. I will let you know how things progress.

Yours sincerely

Miss G K Tutt
Senior Clinical Child Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GK/C/McC

21 January 1991

Dr Caldwell.
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Blackm DOB - 24.6.80, HN: 288037
10 kintyre Crescent, Newton Mearns, G77 6SR

Further to my previous letter, Nicole has been seen on 2 further occasions at this clinic for psychometric assessment. Results find Nicole to be functioning within the average range in both verbal and perceptual motor areas of development. Her reading and comprehension skills are good for her age. She tends to be a little distractable and also ponderous in answering questions but her responses are appropriate. I do not find therefore that she has any specific area of learning difficulty which would be affecting her school work. I suspect that difficulties on the home front are much more likely to be the factor which has affected her progress in class. Mrs Black is clearly finding Nicole difficult to manage just now, I am sure at least in part due to her own emotional state. Nicole has always been emotionally immature with specific vulnerable areas eg. taking objects which do not belong to her, which become worse when she is under stress. Mrs Black can clearly cope with these vulnerabilities better at some times than others depending on what else is happening. Mrs Black tells me that Nicole is being particularly demanding, attention seeking and oppositional at present and we are beginning to discuss the best ways of handling this in sessions. Due to the stress at home I felt it best to start with small and specific areas of Nicole's behaviour (her homework) rather than attempting to elicit general change which is unlikely to be successful under the present climate. We are therefore working out a contingency contracting plan for encouraging Nicole to complete homework unaided. The family have a review appointment for 1 month's time and I will keep you informed of developments.

Yours sincerely

Miss G K Tutt
Senior Clinical Child Psychologist

Ext: 4644 Department of Clinical Child Psychology

Ref: GKT/KMCC

13 December 1990

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80, HN: 288037
10 Kintyre Crescent, Newton Mearns, G77 6SR

Thank you for your re-referral of the above named your lady whom I reviewed on Dr Sharp's behalf on 10 December. Clearly Nicole has a lot to contend with both at home and school at the moment and I suspect showing her feelings of anger, unhappiness and insecurity by her current behaviour. Mr and Mrs Black are clearly concerned about Nicole's emotional development and feel that she is now regressing to acting like a much younger child. I'm sure the latter reflects Nicole's insecurity and poor self-esteem. On top of everything else she also appears to be having learning difficulties in certain areas at school which is of concern to her teachers.

Both Mr and Mrs Black attended for this appointment and we spent a long time discussing the possible reasons for Nicole's behaviour. Clearly it is going to take time for things to settle and it may well be that Dr Sharp will wish to do further family and individual work here when he returns from sick leave in the New Year. In the meantime I will commence a cognitive assessment of Nicole to see what learning difficulties she may have if any on the academic side. I will also continue to monitor the situation at home until Dr Sharp's return.

Yours sincerely

Miss G K Tutt
Senior Clinical Child Psychologist

Ext. 4644 Department of Clinical Child Psychology

Ref: JBS/KMcC

17 October 1989

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80, HN: 288037
10 Kintyre Crescent, NEWTON MEARNS G77 6SR

Thank you for asking me to see Nicole again. I saw her at my clinic on the 18 September together with both parents. As you said in your referral, the parents are now separated and living in separate addresses. Nicole continues to have contact with her father on a regular basis and the relationships seem to be quite reasonable. Access is by mutual agreement and this seems to be working.

The problems with Nicole seem to relate to her ongoing difficulties in mixing with other children. In some ways her difficulties reflect her slightly slow and ponderous reaction to events which does not go down well with the others, but in other respects I think she tends to over-report the behaviour of the other children to her mother who then slight over-amplifies it. I think the mother needs to take a more educational and social skills oriented approach with Nicole, rather than simply one of sympathy giving followed by a discussion with the parents of the other children. In addition Nicole still seems to be easily upset by being less than perfect in her competence at any activity. Since her motor skills are still somewhat immature, this means that she is less than competent in some physical activities and she feels badly about this. This to a degree also undermines her social confidence. I think the mother and father need to work on these areas by boosting confidence and also encouraging Nicole simply to cope with her own deficiencies without making a big thing of them. The parents need to take the lead themselves by not making a big thing of them in their turn.

I have a feeling that there are going to be some further difficulties in the future with the mother and daughter living on their own together and perhaps a rather inward looking atmosphere developing but I think they can simply meet these as and when they arise.

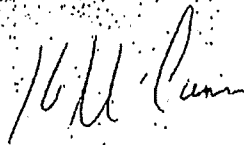
Dr Caldwell

- 2 -

17 October 1989

I have left it on a request basis that the mother should 'phone me when she wishes to discuss any further situation and I have suggested that this does not need to be a crisis but can simply be on an advice basis. I am now running a "telephone clinic" and Nicole's name is on that list.

Yours sincerely



Dr J D Sharp
Consultant Clinical Child Psychologist

p.p. K McCann, Secretary
Signed in Absence.

112 JUL 1988
 Please arrange for this patient to attend the Psychology Out Patient clinic of Dr/Mr John Sharp.
 Patient's Surname: BLACK
 Patient's Name: Nicole
 Address: 10 Kintyre Crescent, Newton Mearns, G77 6SL
 Postal Code: G77 6SL Telephone Number:
 Has the patient attended hospital before YES/NO If YES please state:
 Name of Hospital: Hospital No:
 Year of Attendance: If the patient's name and/or address has/have changed since then please give details:
 Maiden Surname:
 Single/Married/Widowed/Other:
 Date of Birth: 24-6-80
 Patient's Occupation:
 Name, Address and Telephone Number of MEDICAL/DENTAL PRACTITIONER:
 DR LAMONT, CALDWELL & MARSH
 3 ELMWOOD AVENUE
 NEWTON MEARN'S, GLASGOW G77 6EH
 Tel. 041-639 2478/6700
 Please use rubber stamp

I would be grateful for your opinion and advice on the above named patient. A brief outline of history, symptoms and signs is given below:
 Dear Dr Sharp

Thank you for seeing this little girl, who is adopted. Mother was involved in prostitution in Edinburgh and was said to be alcoholic and there were fears that Nicole might have had post natal alcohol syndrome. At the age of 18 months she was fostered and had three foster parents in all before being adopted by Mr. and Mrs. Black.

At school and home Nicole had been found to be continuously telling lies. At school, a boy is said to have "exposed himself", and much to mother's distress, Nicole had been taking down her pants in the playground. Since the above incident she has refused to sleep alone and until recently had refused to go out to play. There has been recurring vomiting.

The social worker who has been involved here is a Miss Lesley, London, who can be contacted at 031-553-8359. I believe she has liaised with you in the past. I would value your further opinion.

Yours sincerely

K Caldwell
 Kenneth W. Caldwell MB ChB

9.30
 29 Aug
 Carla A

Diagnosis/provisional diagnosis:
 Present drug treatment and potential special hazards:
 X-ray 10 day rule (women of childbearing age). Date of first day of L.M.P.
 Relevant X rays available from: No. (if known)
 Signature:

PARTICULARS OF PATIENT
IN BLOCK LETTERS PLEASE

Hospital use Only	Clinic	Day Date	Time	Hospital No.	GP112
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REQUEST FOR OUT-PATIENT CONSULTATION
THE INFORMATION IN THIS SECTION MUST BE COMPLETED

Appointment Category
Routine ☐ Soor. ☐ Urgent ☐

Hospital Possilpark Health Centre Date 10.2.97 CHI No. 2 4 0 6 8 0 6 4 2 1

Please arrange for this patient to attend the Child & Adolescent Psychiatry clinic of Dr/Mr

Patient's Surname Black Maiden Surname

First Names Nicole Single/Married/Widowed/Other

Address 1/1 15 Kelvindale Gardens Date of Birth 24.6.80

Glasgow Patient's Occupation

Postal Code G20 6EJ Contact telephone number 946 3190

Has the patient attended hospital before? YES/NO YES *YES* please state:

Name of Hospital Western

Year of Attendance 1995 Hospital No. 972559

If the patient's name and/or address has/have changed since then please give details:

Can patient attend at short notice? YES/NO

If YES, minimum notice required days

Name, Address and Telephone number of MEDICAL/DENTAL PRACTITIONER
<u>Dr J MacLean</u> <u>Maryhill Health Centre</u> <u>41 Shawpark Street</u> <u>Maryhill</u> <u>Glasgow G20 9DR</u> <u>0141 531 8840</u>

531 8845

Please use rubber stamp

PRACTICE CODE 43011

I would be grateful for your opinion and advice on the above named patient. A brief outline of history, symptoms and signs is given below:
Dear Doctor

Thank you for seeing Nicole. She is now 16 and has come today with her mother requesting some help. Nicole is adopted and her parents separated, though she still has some contact with her father. She was seen in the Department of Child Psychology by Dr Sharp as far back as September 1988 when at that time the problems were merely related to school. She was seen on and off over that time and attended Miss Tutt in the early 1990s.

Mrs Black has certainly found Nicole quite difficult to manage, and she herself has had some medical problems with an anxiety/depressive element, and I think this is probably a contributory factor. Currently Nicole is telling a number of lies, each of which gets her into an increasing number of further lies, and I would be grateful if you would see them. Should you wish any further information, a look at her case notes etc, I would be happy to do this.

Yours sincerely,

Dr J MacLean

Thurs 24 Feb

2.00 p.m. : Wed 26 Feb

Mo. Gnl.

1912 / Psychology notes, RHC requested

Diagnosis/provisional diagnosis:

Present drug treatment and potential special hazards:

X-ray (women of childbearing age). Date of first day of L.M.P.

Relevant X-rays available from: No. (if known)

Signature

COMMUNITY AND MENTAL HEALTH SERVICES NHS TRUST

					
WEIGHT					070949
Date	Kgm.	St.	Lbs.	Own Clothes/O.C. Hospital Clothes/ H.C.	BLACK NICOLE 1/1 15 KELVINDALE GARD F GLASGOW S 24/06/1980 G20 8DW G.P.Prac.43011
					TEL. NO. 046 0484.
					PATIENT'S OCCUPATION
					NEXT OF KIN
					ADDRESS
					TEL. NO.
					FAMILY DOCTOR Dr McNeal
					ADDRESS Marshall H. C.
					TEL NO. 531 8840
					CHANGE OF FAMILY DOCTOR
					ADDRESS
					TEL NO.

PRIMARY

SUMMARY OF ATTENDANCES (OUT-PATIENTS AND IN-PATIENTS)

[illegible]

NAME NICOLE
BLACK

Hospital No.

Age

Sex

PHYS/
SURG.

Dept.
Ward

OUT PATIENT
HISTORY

DATE

12/5/97 Referred by Alison Andrew for individual work.

Had long term problem of lying - attended Yorkhill in the past & found it helpful. Recently her friends have become fed up with her as do not know if to believe her or not.

Had 1st friends she was pregnant when she wasn't & then became pregnant, a month later. Unfortunately she miscarried 8/7 ago. Lost a shocked last week. Now she says she feels it wasn't meant to be.

Says she can't tell the difference b/w reality & fantasy. On closer questioning, it emerges that she can but spends much of her time day-dreaming & is disappointed that her own life does not live up to fantasies.

Says parents keep telling her to 'grow up' & 'take responsibility'. Nicole sees this as something which happens o/n & suddenly become 'grown up'. Discussed gradual nature of adolescent-tasks. Looked at small ways in which she could take responsibility - already cooks dinner every night - now ~~plans to~~ will try to plan meals.

Has very clear, ^{ambitious} idea of career which was positive - plans to sit higher at college, 'travel the world' & then come back & train as a nurse.

O/E. Appropriate behaviour. Obese. Recent change of hair

HISTORY
(USE OTHER SIDE FIRST)

Date

colour. Good eye contact + rapport No suicidal
ideation Nil psychotic Good insight

NB Has epilepsy after RTA 2 yrs ago
On Carbamazepine 600mg/day

Review 3/52

Christine M. M. C.

NAME

NICOLE

Hospital No.

Age

Sex

PHYS/
SURG.Dept.
WardOUT PATIENT
HISTORY

DATE

16/6/97. Review.

Episode of self harm $\frac{2}{3}$ ago (Sat night). Up at friends house, ^{had some alcohol} - argument & ex-bf. Took 2/3 of epilepsy tablets - carbamazepine & co-codamol in front of bf. Went home, said she didn't want to die so told mum who took her to A&E. WIG - kept in overnight.

Thinks she wouldn't have taken O/D if hadn't had argument & bf. Regrets O/D - didn't like st of carbamazepine. No thoughts of self harm at present. Discharged from WIG, coming here today.

"Mum just screams at me" - since O/D.
Dr @ WIG A&E mum to speak to me.

Talked to friend who is a counsellor for single parents organisation - advised Nicole if she likes that again. Discussed & Nicole different ways of coping with difficult situations.

No initial insomnia. No ↑ fearfulness, appetite good, concs good. No ↑ irritability. ~~too~~
MSE

Obese. Good eye contact & appropriate behaviour during i/v blood - reactive. Thought Speech - normal rate & content. Thought form - normal. Content - no suicidal ideas. Spoke about school trip to Italy next week. All thoughts normal. Cognition - intact. Insight good.

Mum. 1/7/97 2pm.

HISTORY
(USE OTHER SIDE FIRST)

Date

1/6 E mum

Feels its the last straw. Pregnancy & how this
o/d. worried things getting worse.

Has to speak to school this pm about Nicole going to
Italy. Angry that she has to do this.

Mum feels a failure & blames herself. Encouraged
Mum to appreciate that Nicole must take some
responsibility for her actions. Talked E Mum about
having something of her own - a hobby or time E a
friend which Nicole is not part of in order to
encourage self esteem. Mum receptive to this.

Review 2/52.

Stewart H M

17/6/97 Phone call from mum & police.

Nicole missing from home since 8.30 am. Mum has
reported Nicole missing to police. If Nicole contacts defendant
Constance Mackay (C326) Tel 532-3700 to be informed.
& mum.

Stewart H M

30/6/97 Found by police couple of days after went missing.
Staying at Dad's for a while so OTH appears on
~~30/6/97~~ 7/7/97

Stewart H M

NAME	NICOLE	Hospital No.	
	BLACK	Age	
		Sex	
PHYS/		Dept.	
SURG.		Ward	

OUTPATIENT
HISTORY

DATE

4797

Contacted by GP Dr McLean

He had meeting w/ parents of Nicole - requesting private referral to a psychologist so that she can "talk things through". Dr McLean unsure whether ~~we~~ this would be appropriate. Tells M+D are clatching at straws (Dad has private medical insurance) / agreed that the family may be looking for a "magical cure", explained that Nicole has been putting off appointments to me ~~for~~ generally & so it would appear she has had difficulty engaging. As Alison Andrew is main worker, I asked Dr McLean if I could recontact him today once I have d/cd Alison. He is very agreeable to this. He has already contacted the Nuffield to find out how he would refer - they require that she be seen by a psychiatrist first & then I would refer to psychology if appropriate.

(USE OTHER SIDE FIRST)

Date _____

[illegible]

U.O.B.

UNIT No. _____

GRH

[illegible]

NAME NICOLE
BLACK

Hospital No.

Age

Sex

PHYS/
SURG.Dept.
WardOUT PATIENT
HISTORY

DATE

1/8/97 DNA.

Mum telephoned & indicated Nicole didn't want to
 come. [redacted] Father is
 bent to remarry.

Family reluctant [redacted] mother
 asked from us. Want referral to private psychologist
 Susan McLaren at the Nuffield. Explained reasons
 why this may not offer 'magic solution' & how / thought
 it more helpful if Nicole came back & discussed
 problems & engaging here.

Mum feels at end of tether - Nicole moved out
 into flat at Kennedy's Bay & Dad is supporting
 her financially altho both parents opposed to idea
 she is creating difficulties there.

Advised we would not stand in way of private
 referral & discuss to GP.

⇒ Contacted GP & explained situation. He will deal
 w any private ref. Mrs Black seeing him today.

(McCauley 5100)

(USE OTHER SIDE FIRST)

[illegible]

VIDEO CONSENT FORM

An important part of the way that I work when seeing families is the use of videotape to record sessions. This allows me to review sessions with my colleagues which gives me a clearer perspective on what the problems are and how I might be able to help.

On occasions videos may be used for training purposes with other professionals.

The will not be used for any other purpose.

I require your written permission for this. Could you please sign below.

Alison Andrew
CLINICAL NURSE SPECIALIST

We hereby give our permission for family meetings to be videotaped.

We understand that the use of videotape is

(a) To assist the therapist to gain a clearer perspective
of our difficulties ☒

(b) To assist with teaching of other professionals ☐

Signed: Nicole Black Alison Andrew

Date: 11.4.96

ACTION PLAN:

1. Career. ✓
2. 'Growing Up'
 - How Nicole sees the world + fits in
 - How the world sees Nicole
3. Friendships
4. Nicole + Mum's relationship - Alison Andrew
5. Lying.

gn

Royal Hospital for Sick Date 20/7/90

Department of the Royal Hospital for Sick, the Paediatric Psychology Unit of Dr M.

Parent's Surname: BLACK Maiden Surname: [blank]
First Name: [blank] Single Married Widowed Other: 24/6/80

Address: 10 Kilmorye Crescent
Newton Mearns G77 1LJ
639 7001

Postal Code: [blank] (Country telephone number: [blank])
Has the patient attended hospital before? YES NO YES please state: [blank]

Name of hospital: [blank] Hospital No: [blank]
Year of attendance: [blank]

(If the patient's name and/or address has changed since then please give details)

Can patient attend without notice? YES/NO
If YES, minimum notice required: [blank] days

Name, Address and Telephone Number of
MEDICAL/DENTAL PRACTITIONER

Dr LAMONT CALDWELL & MARSH
3 ELMWOOD AVENUE
NEWTON MEARNS, GLASGOW G77 6EH
TEL: 0143 574474

Please use rubber stamp

I would be grateful for your opinion and advice on the above named patient. A brief outline of history, symptoms and signs is given below

Dear Doctor:

Thank you for seeing this patient again. Her mother has requested a further appointment at the Clinic. Her parents divorce is now proceeding, after some prolonged difficulties. Nicole unfortunately is increasingly telling lies at school and at home, and is regularly falling back with her homework. Mother, at times, finds her management most difficult.

Yours sincerely,


Kenneth W. Caldwell, M.B., Ch.B.

Diagnosis (provisional diagnosis)

Present drug treatment and potential special hazards

X-ray (women of childbearing age: Date of first day of LMP)

Relevant X-rays available from

No. (if known)

Signature

Ext: 402 & 438 Department of Clinical Child Psychology

Ref: JDS/KMcC

12 September 1988

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80
10 Kintyre Crescent, NEWTON MEANS G77 6SR

Thank you for asking me to see this little girl in relation to the recent events in her school situation. I saw her with her adoptive parents at my clinic on the 29 August. I was also in receipt of very full information from the child's Social Worker Miss London, which was very helpful.

When I saw them there had been no recurrence of the incident involving exposure to boys at the school and it would seem that this was probably an isolated piece of relatively modest risk taking behaviour. There is a great danger however with adoptive children of reading a great deal into these episodes and quite irrespective of the degree of abuse to which a child may have been subject, the management of such episodes is very much low-key and has to be in terms of social appropriateness rather than any question of promiscuity or sexual problems being involved. The school and the family seem to have managed this quite effectively and I think the anxiety has gone down again.

There are some other areas in which the father has anxieties about the school's adequacy. Exploring these a little revealed that the father in fact is extremely proud indeed of his adoptive daughter and I think is exhibiting some of the classical adoptive parents wished for the world and the parents themselves to be better than perfect to make up for the child's past. Nicole is a strikingly good looking child of considerable social skills and maturity and of course this adds to the sense of obligation to do well by her. I have encouraged the parents to allow her to be ordinary rather than work too hard at making the world produce perfection for her.

In general relationship terms I was really quite impressed by the closeness of the relationship and the commitment of these parents to the child. The mother was very quiet and not very forthcoming and the father seems to act very much as spokesman in spite of the fact that he acknowledges freely that his wife is the main caretaker.

Dr Caldwell

- 12 -

12 September 1988

I think we have to build on the positives here and simply allow isolated episodes to belong to history. In terms of basic functioning, there were no signs of any symptoms of anxiety, or adjustment difficulty. School seems to be proceeding quite well at present and the parents seem relatively relaxed now. I am reviewing again on the 10 October.

Yours sincerely

Dr J D Sharp
Director
Department of Clinical Child Psychology

c.c. Miss A London, W.W. Shrubhill House, Shrub Pl. Edinburgh EH7.

Ext: 402 & 438 Department of Clinical Child Psychology

Ref: JDS/KMcC

12 October 1988

Dr Caldwell
3 Elmwood Avenue
GLASGOW G77 6EH

Dear Dr Caldwell

Re: Nicole Black, DOB - 24.6.80
10 Kintyre Crescent, NEWTON MEARNS G77 6SR

I reviewed Nicole at my clinic on the 10 October with both her parents. The situation remains favourable. Nicole is attending school quite happily though she still has difficulty sustaining friendships. She is getting on well at home though she remains rather prone to white lies of a very innocent nature though they do concern the parents. Her health remains excellent and in general terms she is doing very well. What is quite clear is that this child is now making up for the loss of imaginative play and opportunity in her early childhood and is showing considerable energy and enthusiasm for this type of play. I have encouraged the parents to make allowances for this but to encourage Nicole to keep it within socially acceptable settings and boundaries. I think the depth of her relationship will improve but that she will need help and the parents guidance to sustain relationships and accept some of the responsibility of enjoyment of the other party. I have given the parents guidelines on how to promote this. I will review in six months time unless asked before then.

Yours sincerely

Dr J D Sharp
Director
Department of Clinical Child Psychology