



Chief Officer
David Williams
MA(Hons) CQSW

North East Mental Health Services
North East PCMHT
Anvil Centre
81 Salamanca Street
Glasgow
G31 5ES

0141 211 8450

www.glasgowcity.hscp.scot
www.glasgow.gov.uk
www.nhsqgc.org.uk

To Whom It ay Concern:

Date: 12.04.2019

Our ref: TOB/ 250 770 6163

To Whom It May Concern:

Re: **Donna Sullivan** **CHI: 250 770 6163**
Main Door, 1 Corsehill Path, Glasgow G34 0PJ

I write to confirm the above named patient was allocated to my caseload in January 2019 from the Cognitive Behavioural Therapy (CBT) treatment waiting list. Ms Sullivan presented with symptoms of anxiety which manifested following her experiencing an unprovoked attack from her neighbour which is documented in her mental health case notes. She described acute symptoms of anxiety which are activated when attempting to leave her home. She also described symptoms of hyper arousal, hyper vigilance, and engagement in avoidance and safety behaviours. She reported engagement in rumination which often led to activation of symptoms and described intrusive memories at night which negatively impacted on her sleep.

Ms Sullivan attended 3 CBT therapy sessions. We agreed to initially focus on trauma informed psycho education to help her understand the difference between trauma memories and everyday memories. This also included the physiology of the brain and why anxiety symptoms are activated. Ms Sullivan found sessions helpful and began to engage in graded exposure. However she began to experience physical health difficulties which led to further hospital admission which impacted on her ability to maintain engagement in psychological therapy.

Ms Sullivan has complex health difficulties hence we agreed that her physical health should be prioritised at this time. This is the second time that Ms Sullivan has attempted to engage in brief change based psychological therapy within PCMHT but physical health continues to be a barrier to this.

Yours sincerely

Theresa O'Brien
CBT Therapist

Glasgow - Proud Host City of the 2014 Commonwealth Games

Read our Privacy Statement at www.glasgow.gov.uk/privacy



Private & Confidential

Dr Goldie
Newhills Medical Practice
Easterhouse Health Centre
9 Auchinlea Rd
Glasgow
G34 9QU

Date: 12.04.2019

Our ref: TOB/ 250 770 6163

Dear Dr Goldie

Re: **Donna Sullivan** **CHI: 250 770 6163**
Main Door, 1 Corsehill Path, Glasgow G34 0PJ

The above named patient was allocated to my caseload in January 2019 from the Cognitive Behavioural Therapy (CBT) treatment waiting list. Ms Sullivan presented with symptoms of anxiety which manifested following her experiencing an unprovoked attack from her neighbour which is documented in her mental health case notes. She described acute symptoms of anxiety which are activated when attempting to leave her home. She also described symptoms of hyper arousal, hyper vigilance, and engagement in avoidance and safety behaviours. She reported engagement in rumination which often led to activation of symptoms and described intrusive memories at night which negatively impacted on her sleep.

Ms Sullivan attended 3 CBT therapy sessions. We agreed to initially focus on trauma informed psycho education to help her understand the difference between trauma memories and everyday memories. This also included the physiology of the brain and why anxiety symptoms are activated. Ms Sullivan found sessions helpful and began to engage in graded exposure. However she began to experience physical health difficulties which led to further hospital admission which impacted on her ability to maintain engagement in psychological therapy.

Ms Sullivan has complex health difficulties hence we agreed that her physical health should be prioritised at this time. This is the second time that Ms Sullivan has attempted to engage in brief change based psychological therapy within PCMHT but physical health continues to be a barrier to this. I have reiterated the importance of maintaining support via Pain Management Services.

Yours sincerely

Theresa O'Brien
CBT Therapist

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SULLIVAN, Donna (Mrs)
Main Door
1 Corsehill Path
Glasgow
G34 0PJ

Date: 27th March 2019
Our ref: TO'B/PP/250 770 6163

Dear Mrs Sullivan

I was sorry that you did not attend your appointment on 20th March 2019.

If you still wish to be seen, please could you contact the Team Secretary on the number above **by Wednesday 3rd April 2019.**

If I do not hear from you by this date, I will unfortunately have to discharge you from the service. Thereafter, should you wish to seek a re-referral, please contact your GP.

Yours sincerely

Theresa O'Brien
CBT Therapist



Chief Officer
David Williams
MA(Hons) CQSW

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Donna Sullivan
Main Door
1 Corsehill Path
Glasgow
G34 0PJ

Date: 21/12/18

Our ref: TOB/LG/ 250 770 6163

Dear Miss Sullivan

I can offer you an appointment with Theresa O'Brien, CBT Therapist, as detailed below:

Day: Wednesday 9th January 2019

Time: 2:30pm

Address: Easterhouse Health Centre, 9 Auchinlea Road, Glasgow, G34 9HQ

Please take a seat in the waiting area. There is no need to report to reception.

If this time or venue is not suitable, please call the above number to discuss.

As there is a great demand for this service and availability is limited, we would be very grateful if you could telephone us on the number above if you are unable to attend.

If you do not attend without letting us know, you will be immediately discharged from our service back to your GP.

Yours sincerely

**Team Secretary
On Behalf of North East Glasgow PCMHT**



Chief Officer
David Williams
MA(Hons) CQSW

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www.nhsggc.org.uk

Donna Sullivan
Main Door
1 Corsehill Path
Glasgow
G34 0PJ

Date: 27/9/2018

Our ref: AJM/S/250 770 6163

Dear Donna

Further to your telephone assessment today, it was agreed that our Team could meet your needs in respect of the following:-

We will refer you to speak to one of our CBT Therapists (specially trained in trauma work) for a programme of CBT (Cognitive Behavioural Therapy) to address the issues we discussed during your assessment.

This will be time limited and typically lasts for 6-8 sessions. Therapy is most effective when you are an active participant and can commit to attending regularly. It is anticipated that this will lead to some form of change.

I would also like to encourage you to make use of the following self help websites whilst you are waiting:

- **Living Life To The Full - lltf.com**
- **Moodjuice - moodjuice.scot.nhs.uk**
- **Wellbeing – www.wellbeing-glasgow.org.uk**

You will receive an appointment from the appropriate team member when you reach the top of our waiting list.

If you remain concerned about your mental health, please consult your GP.

Yours sincerely

Alan J McNeill
Primary Care Counsellor

cc Dr Goldie, Newhills Practice, Easterhouse HC

If phoning, call 0141 211 8450

NE Glasgow Primary Care Mental Health Service

Initial Assessment

Date of self-referral or opt-in: 20/08/2018		<input type="checkbox"/> M <input checked="" type="checkbox"/> F	
Call taken by: JD			
Name	Donna Sullivan		
DOB/CHI	2507706163		
Address	Main Door, 1 Corsehill Path, Glasgow, G34 0PJ		
Tel/Mobile	07743 956 178	Permission to leave message <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
GP Detail	Dr Goldie, Newhills Medical Practice, EHC	Opt-out of Text Reminder <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
Ethnicity WS	Employment no		
OUTCOME OF ASSESSMENT		DATE	
<p>Formulation 48 year old lady victim of more than one assault. Also struggling with physical health issues. Started psychology treatment with Claire Moynan 2016 but was unable to continue due to health problems. Looking to continue this work on PTSD. Physical health more stable but still dealing with several issues.</p> <p>Agreed Plan: Discussed with psychology. Agreed to allocate to CBT Therapist trained in trauma-based work.</p>			
CORE10 (if applicable)			
CORE10		Risk	
Allocated to	<input type="checkbox"/> Psychology <input type="checkbox"/> Counselling CBT: <input type="checkbox"/> Low intensity <input checked="" type="checkbox"/> High intensity <input type="checkbox"/> Mindfulness Class <input type="checkbox"/> CBT in Action Class <input type="checkbox"/> Discuss with team		
Suggested Onward Referral	<input type="checkbox"/> CAT <input type="checkbox"/> CMHT <input type="checkbox"/> Lifelink <input type="checkbox"/> Psychotherapy <input type="checkbox"/> GAMH <input type="checkbox"/> Other		

Telephone Assessment

Presenting Problem and History

Had been accessing psychology 2017, had to stop due to brain tumours diagnosis. Now more stable although tumours are still affecting her, vision & hearing.

Had been getting treatment for ptsd. Now still having horrible nightmares, horrible anxiety, feeling still very vulnerable although she has been moved from where she was attacked.

Last year she was told the attacker had escaped from secure unit and he had been seen back in old locale. Feeling still very insecure outside although he does not know where she now lives.

Also having flashbacks and reliving what happened. Cannot get it out of her mind, haunting her.

Felt the psychology approach was helpful although she had just started.

Also has diverticulitis, about to have colonoscopy investigation as she is losing blood, low iron. Also has cyst at the bottom of her spine being monitored.

If she needs to go out, her daughter will take her. Otherwise does not leave house.

Lives alone. Mum died in Feb 2018.

Risk factors

no

Support available

Daughter, son, family, friends

Any issues in relation to domestic violence

no

Medication

Amitriptyline

Drug Usage

no

Alcohol Usage

no

Care Responsibilities

no

Access/Mobility/Language needs

Mobility limited

Patient expectations of what would be helpful

Hoping to develop tools to cope.

Something to help with grief.

Getting past trauma of assault event where she was attacked

Signed: Alan McNeill

Date: 27/9/2018

Time: 11:00

Designation: Primary Care Counsellor



Chief Officer
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MA(Hons) CQSW

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Donna Sullivan
Main Door
1 Corsehill Path
Glasgow
G34 0PJ

Date: 14/08/18

Our ref: TS/LK/ 250 770 6163

Dear Miss Sullivan

Your GP has referred you to the Parkview Community Mental Health Team and it has been agreed that our part of the service in Primary Care Mental Health is most appropriate for your needs. We operate a telephone opt-in system which will result in you being allocated an assessment time to discuss how we can best assist you.

I am therefore enclosing a leaflet giving you information about this system and inviting you to phone in to arrange a time for one of our team members to contact you. I hope the leaflet will give you all the information you require, but please do not hesitate to ask any questions you may have when you phone in.

It would also be helpful for us to know if you do not wish to make use of our service and would therefore be grateful if you could call us and let us know if you do not wish to proceed at this time.

We will not contact you again until we hear from you and if you have not responded by **Tuesday 21st August 2018**, we will assume you do not wish to be seen at this time.

Yours sincerely

Team Secretary
On Behalf of North East Glasgow PCMHT

Enc: Leaflet

Private & Confidential

North East Primary Care Mental Health Team
Anvil Centre
81 Salamanca Street
Glasgow
G31 5ES

Date Received: 10 August 2018
Date Typed: 13 August 2018
Your Ref:
Our Ref: CMHT/GMcM
CHI: 2507706163

Dear Colleagues

**RE: Donna Sullivan, D.O.B. 25/07/1970, CHI: 2507706163
Main Door, 1 Corsehill Path, Glasgow, G34 0PL**

Following discussion at our screening meeting and subsequent discussions within your own team meeting, it was agreed that this referral is more appropriate for your service, PCMHT Psychology. Accordingly we are enclosing the referral and have advised the patient's GP of this redirection.

Yours sincerely

**On Behalf of Screening/Allocation Meeting
Community Mental Health Team**

ENC

c.c. Dr J Goldie, Newhills Medical Practice, Easterhouse Community Health Centre
9 Auchinlea Road, Glasgow, G34 9HQ

Private & Confidential

Dr Goldie
Newhills Medical Practice
Easterhouse Health Centre
9 Auchinlea Rd
Glasgow
G34 9QU

Our ref: CM/AH/2507706163

Date: 7th September 2016

Dear Dr Goldie,

**Re: Donna Sullivan, CHI: 250 770 6163
0/2, 5 Duntarvie Place, Glasgow, G34 9JB**

Further to my letter dated the 2nd August 2016 I have offered Ms Sullivan two further appointments. However due to her physical health difficulties she has been unable to attend either session. In a recent letter to Ms Sullivan, and following a phone conversation with her, she expressed that she didn't feel able to engage with therapy at this time. She acknowledged that she would prefer to concentrate on her physical health difficulties and contact us in the future if she feels she requires further support for her mental health.

As noted in my previous letter, in our first two sessions we managed to complete psycho-education on anxiety in addition to exploring the formulation of her current difficulties. Her CORE-10 score, a measure of clinical distress, also decreased from the severe to the mild range. Ms Sullivan acknowledged that prior to her deterioration in physical health she was finding it easier to get out of her house and engage in enjoyable activities.

I will now discharge Ms Sullivan from the Primary Care Mental Health Team. Should you have any questions please do not hesitate to contact me.

Yours sincerely

**Dr Claire Moynan
Clinical Psychologist**

If phoning or visiting call 0141 211 8450

Donna Sullivan
0/2, 5 Duntarvie Place,
Glasgow,
Lanarkshire
G34 9JB

Our ref: CM/HO/250 770 6163

Date: 29.8.2016

Dear Donna,

I was sorry that you did not attend your appointment on Monday 29th August 2016. The last time I met with you the psycho-education we completed on anxiety appeared to have helped you to increase your daily activities and reduce the anxiety you were feeling. I understand that you have had an increase in physical health difficulties more recently and I hope you are feeling better.

If you still wish to be seen, please could you contact the Team Secretary on the above number by **Monday 5th September 2016**.

Sometimes people don't feel ready to engage in therapy, due to other issues taking priority in their lives so if you feel that this is not the right time for you to attend therapy, that is fine too.

If I do not hear from you by this date, I will unfortunately have to discharge you from the service. Thereafter, should you wish to seek a re-referral, please contact your GP.

Yours sincerely

Dr Claire Moynan
Clinical Psychologist

If phoning or visiting call 0141 211 8450

Dr Goldie
Easterhouse Health Centre
9 Auchinlea Road
Glasgow
G34 9HQ

Our ref: CM/HO/ 250 770 6163

2ND August 2016

Dear Dr Goldie,

Re: **Donna Sullivan** CHI: **1407706163**
0/2, 5 Duntarvie Place, Glasgow, G34 9JB

Ms Sullivan was referred to the PCMHT on 12th January 2016. To date I have seen Ms Sullivan on two occasions the 11th and 25th July 2016 in order to begin treatment for her reported low mood and anxiety.

Current Difficulties

Ms Sullivan reported that she has been experiencing anxiety and low mood following a traumatic event seven months ago. This has led to her stopping work and becoming increasingly isolated. She described having frequent nightmares which disturb her sleep and often ruminates on the idea that she "could have prevented what happened". She said that her antidepressants have helped, particularly with her sleep, but she continues to feel low in mood and energy. Her mental health issues have been antagonised by family difficulties at present as she is not talking to a younger sister following a heated. Ms Sullivan reported that she has many physical health conditions including Carpel Tunnel, anaemia, type-II diabetes and low oxygen levels. She said that she is also undergoing liver function tests. She noted that a recent head CT showed the presence of multiple meningiomas. She said that although there is no immediate concern or requirement for surgery their presence does cause her some increased anxiety. She said that she will undergo tests for this as an outpatient.

Recent Trauma

Ms Sullivan noted that she used to live below a 21 year old man who had mental health difficulties. She said that during the time he lived there police were called to help manage noise complaints and because he was in the possession of a weapon. Seven months ago Ms Sullivan said that her aunt and now ex boyfriend were in the house when she heard knocking on her close door. She said that her boyfriend did not look to see who it was before opening the door and was subsequently stabbed by the young man in the head. Ms Sullivan said that she was pushed and cut with a Stanley Blade that he had concealed in his hand. She said her aunt phoned police for support. Ms Sullivan said that since this day she has felt unsafe in her house.

Ms Sullivan described the court case as very distressing. She said that although she is aware that he is currently in a secure unit she is worried that he will soon be released. Ms Sullivan has sought to move home from the housing authority.

Relevant Background History

Ms Sullivan said that she grew up in Easterhouse with her mother, father and two sisters, [REDACTED] and [REDACTED]. She said her

father was often absent as his work was based in Germany. She described her early life as strict and although she felt she was always provided for, did not feel able to discuss her worries and concerns with her parents. Ms Sullivan recalled witnessing domestic violence between her parents. As a consequence Ms Sullivan said that she grew up as the "tough one" and felt the need to look after her siblings. She believed herself to be a strong person, as a result of these experiences. She said her parents separated after 25 years of marriage when she was 12 years old but felt at the age of 16 that she needed to leave her family home in order to get some distance from them and consequently moved to Jersey. She said she returned at the age of 19 to Glasgow and recalled being attacked outside a pub at this time. She said that she attended therapy after this incident but didn't engage as the therapist was male which she found unhelpful. Ms Sullivan got married in her earlier 20's and had two children [REDACTED] who is now aged 24, and [REDACTED] who is now aged 22 and has two of her own children [REDACTED] and [REDACTED]. She said her marriage ended a few years ago and after this time she had to declare herself as homeless in order to obtain a flat. She said her children are very supportive and she noted that she enjoys spending time with her grandchildren,

Provisional Formulation

Ms Sullivan always described herself as a strong individual who protected those around her. However, the recent trauma appears to have affected how she views herself. Being alone in her house at night appears to trigger the trauma memory leading to increased nightmares and poor sleep. Her anxiety is further antagonised by her conditional belief that she could have prevented the incident from happening. This may develop within her feelings of guilt and shame which ultimately affects her general mood. Her low motivation and mood has meant that she has become increasingly isolated which serves to maintain her difficulties at present. Positively Ms Sullivan is motivated to engage in therapy and has very positive support in her children and sister. Following our first assessment session she has begun to increase her activity level in order to support an improvement in her mood.

Plan

Ms Sullivan noted that she would like to learn "new tools for coping" with her feelings of anxiety and hopelessness. She said that she would like to be more happy which she described as getting more involved in social activities and is currently looking to complete a college course. In order to achieve this Ms Sullivan and I agreed to follow a Cognitive Behavioural approach in order to identify the thoughts and behaviours that are contributing to her low mood and anxiety at present. To date we have completed psychoeducation on anxiety and have begun to increase her daily activities.

I will continue to update you on her progress however should you have any questions please do not hesitate to contact me on the number below.

Yours sincerely,

Dr Claire Moynan
Clinical Psychologist

If phoning or visiting call 0141 211 8450

Date: 21st June 2016
Ref: TS/HO/ 250 770 6163

Private & Confidential

Donna Sullivan
0/2, 5 Duntarvie Place,
Glasgow,
Lanarkshire
G34 9JB

Dear Donna,

I can offer you an appointment with Dr Claire Moynan, Clinical Psychologist, as detailed below:

Day: Monday 11th July 2016

Time: 1.30pm

Address: Easterhouse Health Centre, 9 Auchinlea Road, Glasgow, G34 9HQ

Please take a seat in the waiting area. There is no need to report to reception.

Please bring this letter with you.

If this time or venue is not suitable, please call the above number to discuss.

As there is a great demand for this service and availability is limited, we would be very grateful if you could telephone us on the number above if you are unable to attend.

If you do not attend without letting us know, you will be immediately discharged from our service back to your GP.

Yours sincerely

**Team Secretary
On Behalf of Primary Care Mental Health Team**

**If phoning or visiting
Telephone 0141 211 8450**

Referral History and Patient Alerts as at 09/05/2016

Patient Details

CHI Number: 2507706163
Patient Name: Donna Sullivan
Patient DOB: 25/07/1970
Current Address: 0/2, 5 Duntarvie Place, GLASGOW, Lanarkshire G34 9JB

Referrals

Referral Date	Referral Source	Referred By	Referred To	Referral Closure Date
12/01/2016	Self Referral		PCMHT North East	
05/02/2015	Self Referral		PCMHT North East	27/05/2015
19/10/2010	Self Referral		Former PCMHT East Glasgow	02/12/2010
06/11/2009	CMHT- Resource Centre	Auchinlea CMHT	Former PCMHT East Glasgow	18/12/2009
04/11/2009	GP Referral	Dr. KA LINDSAY	Auchinlea CMHT	05/11/2009
03/09/2003	GP Referral	Dr. JGS GOLDIE	Auchinlea CMHT	24/09/2003

Referral History and Patient Alerts as at 09/05/2016

Patient Details

CHI Number: 2507706163
Patient Name: Donna Sullivan
Patient DOB: 25/07/1970
Current Address: 0/2, 5 Duntarvie Place, GLASGOW, Lanarkshire G34 9JB

Current Alerts

Alert Category	Active From	Recorded By	Comments
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Patient Identifiers as at 09/05/2016

Identifier Type	Identifier	Start DateTime	End DateTime
Casenote No	P/0023199	01/01/1900	
CHI Number	2507706163	25/07/1970	
New NHS Number	2507706163	03/09/2003	
PIMS Patient	1436079	25/07/1970	

Our Ref: GL/AH/1436079
Date: 10th March 2016

Ms Donna Sullivan
0/2,
5 Duntarvie Place
Glasgow
G34 9JB

Dear Donna,

Further to your telephone assessment on Tuesday 1st March 2016, it was agreed we could address your needs within our service in respect of the following:-

You have been placed on the list of our Psychology waiting list.

You will receive an appointment letter from the appropriate team member in due course.

Yours sincerely

Gary Liddell
Mental Health Practitioner
On Behalf of North East Primary Care Mental Health Team

c.c. Dr Goldie, Easterhouse HC

If phoning or visiting
Telephone 0141 211 8450

<input type="checkbox"/>	<u>Inappropriate Referral</u>
--------------------------	--------------------------------------

Presenting issue: Trauma/serious assault/nightmares/flashbacks	Ethnicity w/b
A/Ds <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Employment no

*NE Glasgow Primary Care
Mental Health Service
Telephone Enquiry*

Date:	04/02/16	PIMS 1436079	<input type="checkbox"/> M <input checked="" type="checkbox"/> F
TS initials	HO		
Name:	Donna Sullivan		
DOB/CHI:	25/07/70		
GP details:	Dr Goldie Easterhouse Health Centre, 9 Auchinlea Road, Glasgow G34 9HQ		
Address:	0/2, 5 Duntarvie Place Glasgow G34 9JB		
Tel / Mobile No and Contact times	07743 956178 Tuesday 1 st March 2016 at 1.30pm	Text Reminder <input checked="" type="checkbox"/>	
OUTCOME OF ASSESSMENT			
Advice	Placed on psychology waiting list.....		
Allocated to:	<input checked="" type="checkbox"/> Psychology <input type="checkbox"/> Stress/Anxiety Control Class <input type="checkbox"/> Counselling <input type="checkbox"/> Mindfulness Class <input type="checkbox"/> Mental Health Practitioner <input type="checkbox"/> Personal Development Group <input type="checkbox"/> CBT <input type="checkbox"/> CBT in Action Group <input type="checkbox"/> Behavioural Activation Group		
Suggested Onward Referral	<input type="checkbox"/> CAT <input type="checkbox"/> CMHT <input type="checkbox"/> Lifelink <input type="checkbox"/> Psychotherapy <input type="checkbox"/> GAMH <input type="checkbox"/> Other.....		

Telephone Assessment

Date: 01/03/16	Time: 1.30pm	Location: Anvil
Name: Donna Sullivan	DOB: 25/07/70	
Presenting Problem and History Seriously assaulted by a neighbour a few months ago, hes now in custody, due up in court soon. Describes panic symptoms both inside and outside the home, no longer goes out by herself, her daughter has moved back in with her. She describes playing the incident over and over again in her mind like a film, constantly relives it, has nightmares about it, wakes up in a panic, feels like someone is holding her throat, describes panic symptoms, now narrowed down her life, terrified of going out alone, feels like she is constantly in danger.... Struggles to sleep, flat and tearful, little daily structure, ok levels of self care, poor concentration. Is in contact with women's aid and victim support		
Risk factors None identified	Support available Support from women's aid, victim support, daughter.....	
Medication: mirtazipine 30mg Drugs: nil Alcohol: nil		
Care Responsibilities none		
Expectations of our service	Access/Mobility/Language issues no	
Signed: Gary Liddell Designation: MHP		

<input type="checkbox"/>	<u>Inappropriate Referral</u>
--------------------------	--------------------------------------

Presenting issue:	Ethnicity
A/Ds <input type="checkbox"/> Yes <input type="checkbox"/> No	Employment

*NE Glasgow Primary Care
Mental Health Service
Telephone Enquiry*

Date:	12/01/16	PIMS 1436079	<input type="checkbox"/> M <input checked="" type="checkbox"/> F
TS initials	AF		
Name:	Donna Sullivan		
DOB/CHI:	25/07/70		
GP details:	Dr Goldie Easterhouse Health Centre, 9 Auchinlea Road, Glasgow G34 9HQ		
Address:	0/2, 5 Duntarvie Place Glasgow G34 9JB		
Tel / Mobile No and Contact times	07743 956178 Monday 25 th January 2016 at 3pm	Text Reminder <input checked="" type="checkbox"/>	

OUTCOME OF ASSESSMENT

Advice	Requested a further appointment due to feeling unwell		
Allocated to:	<input type="checkbox"/> Psychology <input type="checkbox"/> Stress/Anxiety Control Class <input type="checkbox"/> Counselling <input type="checkbox"/> Mindfulness Class <input type="checkbox"/> Mental Health Practitioner <input type="checkbox"/> Personal Development Group <input type="checkbox"/> CBT <input type="checkbox"/> CBT in Action Group <input type="checkbox"/> Behavioural Activation Group		
Suggested Onward Referral	<input type="checkbox"/> CAT <input type="checkbox"/> CMHT <input type="checkbox"/> Lifelink <input type="checkbox"/> Psychotherapy <input type="checkbox"/> GAMH <input type="checkbox"/> Other.....		

North East Glasgow PCMHT
Carswell House
5-6 Oakley Terrace
Glasgow
G31 2HX

Private & Confidential

Dr Goldie
Newhills Medical Practice
Easterhouse Health Centre
9 Auchinlea Road
Glasgow
G34 9HQ

Date: 1st June 2015
Our Ref: EH/1436079
Phone: 0141 342 3200
Fax: 0141 232 0132

Dear Dr Goldie,

Re: Donna Sullivan CHI: 2507706163

After initial assessment from within the Primary Care Mental Health Team, the above named person was referred to our Anxiety Class.

The most recent class ended on the 26th May 2015. The above named person attended 1 of the 6 sessions.

They are not on any other waiting list and therefore will be discharge from our service.

Please do not hesitate to encourage his/her self-referral for this class if deemed appropriate at a future date.

Yours sincerely

**Erin Highlands
Mental Health Practitioner**

Private & Confidential

Donna Sullivan
0/2
5 Duntarvie Place
Glasgow
G34 9JB

North East Glasgow PCMHT
Carswell House
5/6 Oakley Terrace
Glasgow
G31 2HX

Date as postmark

Our Ref: EH/JL/1436079
Phone: 0141 342 3200
Fax: 0141 232 0132

Stress Control Class

We would like to invite you to attend our Stress Control Class. The aim of the class is to give individuals a better understanding of stress and anxiety and how to control them. There will be a number of people in the class but you will **NOT be asked to contribute anything about your own personal issues.**

The six session course will run on a Tuesday evening in:

**Eastbank Health Promotion Centre,
22 Academy Street,
Shettleston,
Glasgow,
G32 9AA
(Map enclosed for directions)**

Time: 5:00pm – 7:00pm.

There are a number of topics covered each week. These being:

1 st Class	What is Anxiety?
2 nd Class	Controlling the Body's Reaction to Anxiety
3 rd Class	Controlling the Stressful thoughts
4 th Class	Coping with Anxiety
5 th Class	Controlling Panic Attacks
6 th Class	Depression, Sleep and Irritability

The dates of the next classes are as follows:

**Tuesday 21st April 2015
Tuesday 5th May 2015
Tuesday 19th May 2015**

**Tuesday 28th April 2015
Tuesday 12th May 2015
Tuesday 26th May 2015**

We would ask that you contact us on the number above to confirm your place in this class. If you have any queries please do not hesitate to contact us.

Handouts and advice are given after every session and participants are encouraged to attend every class. However, we understand some people may not be able to attend due to other commitments. If this is the case don't worry as we will provide you with the materials from the previous session/s.

Yours sincerely

Erin Highlands
Mental Health Practitioner

Jennifer Lai
Trainee CAAP

Private & Confidential

Donna Sullivan
0/2
5 Duntarvie Place
Glasgow
G34 9JB

North East Glasgow PCMHT
Carswell House
5-6 Oakley Terrace
Glasgow
G31 2HX

Date Typed: 12 March 2015
Our Ref: TOB/LK/1436079
Phone: 0141 342 3200
Fax: 0141 232 0132

Dear Donna

Further to your telephone assessment on Friday 6th March 2015, it was agreed we could address your needs within our service by allocating you to the Stress Class which commences in April 2015. a letter regarding dates and times will be sent prior to the class commencing.

Yours sincerely

**Theresa O'Brien
Mental Health Practitioner**

Cc Dr Goldie, Newhills Medical Practice, Easterhouse HC

<input type="checkbox"/>	<u>Inappropriate Referral</u>
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Presenting issue: Anxiety/Depression	Ethnicity White Scottish
A/Ds <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Employment None

*NE Glasgow Primary Care
Mental Health Service
Telephone Enquiry*

Date:	05/02/2015	PIMS 1436079	<input type="checkbox"/> M <input checked="" type="checkbox"/> F
TS initials	HMCG		
Name:	Donna Sullivan		
DOB/CHI:	25/07/1970 (6163)		
GP details:	Dr Goldie, Easterhouse Health Centre		
Address:	0/2, 5 Duntarvie Place, Glasgow, G34 9JB		
Tel / Mobile No and Contact times	07743956178 Friday 6 th March 2015 at 10.30am	Permission for Text Reminder <input type="checkbox"/>	
OUTCOME OF ASSESSMENT			
Advice			
Allocated to:	<input type="checkbox"/> Psychology <input checked="" type="checkbox"/> Stress/Anxiety Control Class <input type="checkbox"/> Counselling <input type="checkbox"/> Mindfulness Class <input type="checkbox"/> Mental Health Practitioner <input type="checkbox"/> Personal Development Group <input type="checkbox"/> CBT <input type="checkbox"/> CBT in Action Group <input type="checkbox"/> Behavioural Activation Group		
Suggested Onward Referral	<input type="checkbox"/> CAT <input type="checkbox"/> CMHT <input type="checkbox"/> Lifelink <input type="checkbox"/> Psychotherapy <input type="checkbox"/> GAMH <input type="checkbox"/> Other.....		

Telephone Assessment

Date: 6 th March 2015	Time: 10.30	Location: Carswell House
Name: Donna Sullivan	DOB: 25/07/1970	
Presenting Problem and History <p>Past few months "not been feeling like myself", she initially thought it was related to menopause changes however has undergone investigations no physical causes found. States she can be feeling really low, irritable, increased sleep, spending long periods in bed away from others. "I just shut down". Mother was unwell last year and Donna helped nurse her through diabetes and heart attack. "I'm always the one who pulls others through". Relationship breakup two years ago, 13 year relationship. Declared self homeless last year and was in homeless accommodation 6 to 7 months. Stopped work in August 2014 as a support worker and part time bar work. Acute symptoms of Diverticulitis - hospitalised for a brief period. Since then has become withdrawn from friends and reduced social contact.</p> <p>New relationship with [REDACTED] commenced June 2013. Describes anxiety symptoms when going to shops, supermarket, in public places. Anxiety symptoms began in December 2014. Can go out with grandson and doesn't experience anxiety symptoms doing this however when is attempting to go out on her own this trigger symptoms and leads to avoidance.</p>		
Risk factors None	Support available Family and friends but finds it difficult to take support from friends.	
Medication: Propranolol 10mg T.I.D, Fluoxetine 60mg daily (increased a month ago). Drugs: None Alcohol: Stopped 4 weeks ago.		
Care Responsibilities Helps looking after her grand children.		
Expectations of our service Agreed to attend Stress Class in first instance to improve her understanding of anxiety.	Access/Mobility/Language issues Back surgeries but pain manageable	
Signed: Theresa O'Brien		
Designation: Mental Health Practitioner		