file 2017

Addiction Psychology Service

Patient Discharge Record

Patient Name: Elizabeth Wilson		CHI number: 5027	
Date of first attend: 5-10-17		Date of last attend: 5-10-17	
No. of sessions *attended*: 1		DNAs: /	CNAs:
Initial measures:		Follow-up measures:	
Measure	Score	Measure	Score & date

Date of discharge:	
Discharge code 1= end of therapy; 2= patient refused appt; 3= transfer; 4= DNA; 5= other (planned); 6=other (unplanned)	4
Therapy goals met 1= fully; 2= partially; 3= unmet 3	
Locality: Wishaw	
Allocated psychologist: [illegible]	
Signed:	

W

ADDICTION PSYCHOLOGY SERVICE

CLIENT DATA FORM

CLIENT DETAILS

CLIENT NAME ELIZABETH WILSON (LIZ ANN) CHI 5027

ADDRESS 5 WISHAW HILL ST DATE OF BIRTH 17/12/87

WISHAW TEL: 07391 050596

POSTCODE: ML2 7PY

REFERRAL DETAILS

REFERRER GILLIAN WILSON GP DR MURPHY

AGENCY NLIAS ADDRESS KENILWORTH AVE

ADDRESS WISHAW WISHAW

DATE REFERRED 29/6/17 (2016)

PAST HISTORY DETAILS

PREVIOUSLY SEEN BY APS? (YES) NO IF YES, DATE LAST SEEN FAILED TO ATTEND

PSYCHIATRY? (YES) NO IF YES, NAME DR GUNN (2016)

ASSESSMENT FORMS (PLEASE TICK WHEN COMPLETED)

CHILD PROTECTION DATA FORM DATE COMPLETED.....

CORE-10 SCORES DATE COMPLETED..... SCORE.....

DATE COMPLETED..... SCORE.....

DATE COMPLETED..... SCORE.....

DATE COMPLETED..... SCORE.....

DATE COMPLETED..... SCORE.....

OTHER MEASURES: .....DATE COMPLETED.....SCORE.....

DATE COMPLETED.....SCORE.....

DATE COMPLETED.....SCORE.....

DATE COMPLETED.....SCORE.....

DATE COMPLETED.....SCORE.....

INFORMATION (PLEASE TICK WHEN COMPLETED)

PATIENT INFO SHEET EXPLAINED CONFIDENTIALITY DISCUSSED

INITIAL REPORT SENT TO REFFERER DATE.....

CLOSING REPORT SENT TO REFFERER DATE.....

PATIENT SATISFACTION FORM GIVEN DATE.....

Addictions Psychology Service
Coathill Hospital
COATBRIDGE
ML5 4DN

TEL: 01236-707183
FAX: 01236-707739

NHS Lanarkshire

Referral Screening Form

Service user name: ELIZABETH WILSON CHI number: 171287 5027.

Date of review: 11/7/17 Reviewed by: DR ISOBEL TRAYNOR
Print name & title: CLINICAL PSYCHOLOGIST.

Locality:

	☐ Cumbernauld	☐ Airdrie	☐ Coatbridge
	☐ Bellshill	☐ Motherwell	☑ Wishaw
☐ Hamilton	☐ East Kilbride	☐ Camglen	☐ Clydesdale

Sufficient detail in referral? Yes ☑ No ☐

Suitable for a group? Yes ☐ No ☑ (From discussion in GW)

Outcome: ☑ Accepted for waiting list ☐ Not accepted at this time

Comments (see also overleaf):

Notes for first appointment:

- ☐ Please find previous casenotes
- ☐ Issues regarding risk (specify below)
- ☐ Not suitable for trainee
- ☐ Other: .....

Discussed on 16/6/17.

Addictions Psychology Service

Douglas Street Community Health Clinic
19 Douglas Street
Hamilton, ML3 0BP
Tel: 01698 368710

Referral Form

RECEIVED
29 JUN 2017

Client Details

NAME: Elizabeth (Liz Ann) Wilson **DATE OF BIRTH:** 17-12-87

CHI NUMBER: 5027

ADDRESS: 5 Wishawhill Street, Wishaw, ML2 7PY **POSTCODE:**

TELEPHONE NUMBER 07391050596 (may not work as Liz Ann stated she has no phone currently)

GP Details

GP **Dr Murphy, Wishaw Health Centre, Kenilworth Avenue, Wishaw, ML2 7BQ**

Referral Details

Date first seen by your service **2010**

Will you be continuing to meet with the client? **YES** If no, please provide details of reason for this.....

Has the client been seen by psychiatry? last seen by,**Dr Gunn, 2016**

Has the client been seen by psychology? **Referred 2016, failed to attend**

What preparatory work has been undertaken with the client prior to referral to the Addictions Psychology Service? (Please tick all that apply)

Anxiety management: **tobecompleted** Anger management Coping skills Relapse Prevention ☐

Community Reinforcement Approaches ☐ Motivational Interviewing ☐ Working with the effects of Trauma ☐

Treatment Process Model ☐ If yes, what stage: Phase 1 ☐ Phase 2 ☐ Phase 3 ☐

Please indicate what areas of TPM worked through.....

Other ☐ (Please state.....)

Has client been advised of this referral, and the nature of psychological therapy discussed? .

Please provide any indicators of current functioning from outcome/ screening measures:

Please identify any risk factors: (please provide details and use space overleaf as necessary)

To self .....

To others .....

Child Protection issues **Liz Ann has three children who reside in her care, her oldest child stays with maternal gran. Children open case to social worker Lauren Casey, not due to concerns around Liz Ann**

Forensic history- Non-violent ☐ .....

Violent

-

- MAPPA ☐.....

Is the client a veteran? **NO**

Name of psychologist with whom you discussed referral Dr Isabel Traynor

Date referral was discussed.... 16-06-2017

RETURN THIS FORM TO YOUR SECTOR PSYCHOLOGIST

or to Addictions Psychology Service, Douglas Street Community Health Clinic, Hamilton

Please note the Addiction Psychology Service will not be able to proceed with this referral unless all questions have been answered.

Substance Use:

Liz Ann is no longer prescribed methadone, she reduced same and managed to stop taking same. She reports no drug use for around 6 years. Liz Ann stated she has no issues with alcohol.

Liz Ann has history of crack cocaine and heroin use. She has also used amphetamines.

Please state reasons for referral and focus of psychological intervention in line with referral criteria. (Please also attach any additional relevant reports or assessments.)

Liz Ann has been open to addiction service in Wishaw since 2010, she had been staying down in Southampton and moved back up around this time, she was pregnant with her second child and had been in an abusive relationship. Liz Ann reported she took an overdose aged 19 and received kidney dialysis for a short period of time after same.

Liz Ann reported she was in care for a period as a teenager, she reported to Dr Gunn last year her sister was sexually abused by her brother, Liz Ann reported this to her mum aged 9 but this was not acted on. Liz Ann has also hinted that she has been sexually abused but has not disclosed the details related to this.

Liz Ann has history of self harm, she is currently pulling at her hair, bald patches and abrasions visible. She has self harmed in the past through cutting at her arms and thighs. This has become a way of coping for Liz Ann when her mood is low. A couple of months ago Liz Ann found out that her children, James aged 6 and Eva aged 4 had been sexually abused by an older child, Liz Ann has found this extremely difficult to cope with and has reported it has brought back some of the traumatic thoughts and feelings she had as a child. She reports she finds it difficult to let the children go to school and go out and play, the children are currently not going to school or nursery. She feels responsible for what has happened to the children as she feels she hasn't protected them. Liz Ann has also lost weight and and reports she struggles with anxiety at times when she leaves the home.

Liz Ann has also divulged information regarding obsessive type behaviour to Dr Gunn, this includes checking rituals such as checking locks and sockets a number of times.

I will continue to work with Liz Ann and will try to complete anxiety management work and some basic safety work. I would be most grateful if you could assess her suitability for psychological services.

YOUR NAME Gillian Wilson SIGNED .....

DATE 20/06/2017 SERVICE Integrated addiction service Wishaw YOUR TEL NO 01698 274070

RETURN THIS FORM TO YOUR SECTOR PSYCHOLOGIST

or to Addictions Psychology Service, Douglas Street Community Health Clinic, Hamilton

www.nhslanarkshire.org.uk
Addictions Psychology Service

Motherwell/Wishaw Team
Airbles Road Centre
49 Airbles Road
ML1 2TJ

NHS Lanarkshire

Ms Gillian Wilson
Charge Nurse
Integrated Addiction Services
Kings House
King Street, Wishaw
ML2 8BS

Date Dictated: 28/12/2017
Date Typed: 29/12/2017
Ref: 5418
Letter Ref: IT/jh
CHI Barcode:

1712875027

Consultant: Isabella Traynor

Dear Ms Wilson,

Patient Name: Elizabeth Wilson
Patient date of birth: 17/12/1987
Patient Address: 37 St Catherine□s Crescent, Shotts, ML7 4JG

Thank you for referring the above named patient to the Addiction Psychology Service (APS).

As you are aware, I offered Ms Wilson an initial assessment appointment on 05.10.2017, to which she turned up 35 minutes late. During that appointment I gathered limited information and the discussion mainly focused on her current situation.

She told me that she has four children, three of which are in her care and one who resides with her mother.

She was visibly anxious throughout the appointment. She reported experiencing panic but did not give me too much information about this.

She said that her anxiety is not as bad as it was in the past. For instance, she said she never used to leave the house and would avoid people and places. However, because she has to get her children up and ready for school she has no choice but to leave the house and face her anxiety.

She described her mood as being 5 on an arbitrary scale of 0 to 10. She went on to describe her mood as erratic. She said that she can go from 0-100 in a matter of seconds and she also frequently cries out of the blue.

From her descriptions it would appear that she has a general negative view of self and also believes that others judge her in a negative way.

To cope, she said that she just tries to keep as busy as she possibly can and continues to avoid people. She reported intermittent use of self harming since age 12; mainly cutting her arms and legs.

During the brief appointment, she told me that she is currently preoccupied with her relationship with her ex-partner who is serving time in prison for domestic violence offences. She acknowledged that this relationship is unsafe and volatile. Despite this she was unclear whether she would reconcile with him when released from prison.

We agreed to meet again in a fortnight after our initial assessment appointment. However, Ms Wilson failed to attend (on 17.10.2017). Subsequently, she did not respond to a letter requesting that she get back in touch with the department.

Unfortunately, I, therefore, have no choice but to discharge her from the service.

Ms Wilson was referred to the APS approximately one year before her current referral and did not attend appointments offered to her at that time. As such, I would suggest that some further preparatory work is carried out before any subsequent re-referrals are considered, focussing on her motivation and, perhaps, helping her with her anxiety.

Please do not hesitate to contact me if you would like to discuss anything further

NHS Lanarkshire

Yours sincerely

Dr Isabel Traynor
Clinical Psychologist
Addiction Psychology Service

Authorised on 11/01/2018 16:02:32 by Isabel Traynor.

(P) Dr J W Murphy
Branchalwood Medical Practice
Houldsworth Centre
Kenilworth Avenue
Wishaw
ML2 7LP

(P) Dr B Gunn
Staff Grade Psychiatrist
Protective Medication Clinic
49-59 Airbles Road
Motherwell
ML1 2TP

NHS Lanarkshire

Health&Social Care
North Lanarkshire

www.nhslanarkshire.org.uk
Addictions Psychology Service

Coathill Hospital
Hospital Street
Coatbridge
ML5 4DN

NHS Lanarkshire

Elizabeth Wilson
37 St Catherines Crescent
Shotts
ML7 4JG

Date Dictated: 20/10/2017
Date Typed: 20/10/2017
Ref: 100275014
Letter Ref: IT/jh
CHI Barcode:

Consultant: Dr Isabella Traynor, Clinical Psychologist

Dear Elizabeth Wilson

Patient Name: Elizabeth Wilson
Patient date of birth: 17/12/1987
Patient Address: 37 St Catherines Crescent, Shotts, ML7 4JG

Please get in touch with the Addiction Psychology Service.

As you recently missed your appointment with me it would be good if you could get in touch as soon as possible so that I can arrange a new appointment. The phone number is **01236 707183.**

However, if you don't feel able to attend for another appointment at the moment, please also call the service to let us know and we may be able to assist you by providing further guidance.

It is important to note that if we do not hear from you within the next two weeks, we will assume that you wish to be discharged from the Addiction Psychology Service. If this happens, then you can discuss your ongoing support with other addiction workers or your GP.

Yours sincerely

Dr Isabel Traynor
Clinical Psychologist
Addiction Psychology Service

Authorised on 20/10/2017 11:22:35 by Typist Joanne Howard, on behalf of Isabel Traynor.

(D) Dr PD Flanigan,
Branchalwood Medical Practice
Houldsworth Centre
Kenilworth Avenue
Wishaw
ML2 7LP

(P) Ms Gillian Wilson
Charge Nurse
Integrated Addiction Services
Kings House
King Street, Wishaw
ML2 8BS

*****Please let us know if you notice any errors in our contact details*

NHS
Lanarkshire

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Health&Social Care
North Lanarkshire

www.nhslanarkshire.org.uk
Addictions Psychology Service

Coathill Hospital
Hospital Street
Coatbridge
ML5 4DN

NHS Lanarkshire

Elizabeth Wilson
5 Wishawhill Street
Wishawhill
Wishaw
ML2 7PY

Date Dictated: 26/09/2017
Date Typed: 26/09/2017
Ref: 100266483
Letter Ref: IT/CM
CHI Barcode: *1712875027*

Dear Ms Wilson

Patient Name: Elizabeth Wilson
Patient date of birth: 17/12/1987
Patient Address: 5 Wishawhill Street, Wishawhill, Wishaw, ML2 7PY

Following your referral, I have arranged an appointment for you at **Airbles Road Centre, 49 – 59 Airbles Road, Motherwell, ML1 2TP on Thursday, 5th October 2017 at 3.00pm.**

If you are unable to attend this appointment, please contact my secretary as soon as possible to arrange a new appointment (Tel: 01236 707183).

Yours sincerely

Authorised on 26/09/2017 09:54:31 by Typist Claire McHugh, not verified by Consultant.

Dr Isabel Traynor
Clinical Psychologist
Addictions Psychology Service

Cc Gillian Wilson, NLIAS, Kings House, King Street, Wishaw

Health&Social Care
North Lanarkshire

www.nhslanarkshire.org.uk
Addictions Psychology Service

Coathill Hospital
Hospital Street
Coatbridge
ML5 4DN

NHS Lanarkshire

Elizabeth Wilson
5 Wishawhill Street
Wishawhill
Wishaw
ML2 7PY

Date Dictated: 13/07/2017
Date Typed: 13/07/2017
Ref: 100245149
Letter Ref: DW/CM
CHI Barcode:

Consultant: Dr Deborah Wilson
Tel: 01236 707183

Dear Ms Wilson

Patient Name: Elizabeth Wilson
Patient date of birth: 17/12/1987
Patient Address: 5 Wishawhill Street, Wishawhill, Wishaw, ML2 7PY

You have been placed on the waiting list for an assessment appointment with the Addiction Psychology Service. We will write to you with an appointment in due course.

Please see the enclosed leaflet for more information on the service and what you can expect at your appointments. If you have any questions about this you will find our phone numbers in the leaflet and we would be more than happy to answer any queries you may have.

Additionally, there is information in the leaflet about what to do if you feel that you need help urgently. Please also note the extra information at the bottom of this letter.

Yours sincerely

Dr Deborah Wilson
Consultant Clinical Psychologist
Co Head of Addiction Psychology Service

Authorised on 13/07/2017 11:40:51 by Typist Claire McHugh, not verified by Consultant.

(P) Dr J W Murphy
Branchalwood Medical Practice
Houldsworth Centre
Kenilworth Avenue
Wishaw
ML2 7LP

(P) Ms Gillian Wilson
Charge Nurse
Integrated Addiction Services
Kings House
King Street, Wishaw
ML2 8BS

NHS Lanarkshire

*****Please let us know if you notice any errors in our contact details*

Extra Information:

For information and access to a wide range of mental health and well-being resources please visit any of our 50 libraries across Lanarkshire which now have a Healthy Reading Section, which makes it easier to access a wide range of mental health and well-being leaflets, books, CDs, DVDs and web-based support. You will also find a wide range of self-help information for mental health and well-being at Lanarkshire's Mental Health and Well-being Website called "elament" (www.lanarkshirementalhealth.og.uk)

Remember, should your problems persist or you feel you need help urgently please contact your GP, NHS 24 (tel:111, www.nhs24.com) or Breathing Space (tel:0800 838587 evenings and weekends, www.breathingspacescotland.co.uk)

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Health&Social Care
North Lanarkshire

COMPLETE THE TABLE AS FAR AS POSSIBLE FOR EACH APPOINTMENT

	DATE	CLINIC	PSYCH	OUTCOME	COMMENTS
1	5.10.17	ARC	17	A	
2	17.10.17	PRC	17	D.	16 day letter sent.
3					
4					
5					
6					
7					
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26					
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28					
29					
30					

The different outcomes for an appointment are:

Attended .....A
Did Not Attend.....DNA
Cancelled C
Psychologist Cancelled .....PC

For each appointment made an outcome must be given

5.10.17 at 3pm at HCC.

MENTAL HEALTH & LEARNING DISABILITIES SERVICE PSYCHOLOGICAL THERAPY NOTES

Name: Elizabeth Wilson **CHI:** 1712875027

Liss-anne - 29 years. # between 10-2 ↓ would be better. neurodiversity?

4 years kids

3 in care ...

Social Care.

learners - few times per week ...

Gillian Wilson

No prescription ... - main res her - overdosed.

11 yrs Girl - have a friend - reliable ...

6 yrs boy - CP for 3 months.

4 yrs Girl - Sexually abused by a runner.

1 yrs boy - ↓ abused for support.

(45 years.

ex in partner. - not up for domestics.

CP meeting

6 months - domestics ...

medication - 225 mg venlafaxine

200 mg Pre-Gaban.

anxiety / Panic → not effective.

DSH since 12 yrs - on + off

- cutting arms / legs in past

Smoking more - 20 per day.

warners 17.

never used to go out.

can phones in -

anxiety = ex boyfriend bus.

Typical day:

up, walks to school,

baby = safe...

bed: 9pm - no problems sleeping.

mood 5 - not aware of triggers...

Fly of knuckle - hand out horse.

0-100 in matter of secs -

Cry out of blue

Fell out in own year age

Grew up in care.

Dad's family -> isolated...

entire, Cyprus.

like keeping busy -> it ease

exhausted...

For years - People phoning me.

Panic - JUNE

half hour late, but called in to say.
Social worker came for support.
- looking anxious + started same.
- explained process / confidentiality, explored risk.
- main difficulties:
  - del. i ex - (in jail for crime against her).
  - emotions (numb / forgetting)
  - guilt not alive
  - loss of self?
  - oldest daughter in mums care (believes she's "pissed" her mind - lady at getty (contact with siblings).

- Agreed to meet in x2 weeks.
  1 Trajan
  Unit 4.

17.10.17 at 11 am at ARC.
DNA app. 14 day letter to be sent.
1 Trajan
Unit 4.

MENTAL HEALTH & LEARNING DISABILITIES SERVICE

PSYCHOLOGICAL THERAPY NOTES

Name: _____ **CHI:** _____