

CONDITION MANAGEMENT PROGRAMME CASE STUDY

Date Referred to SET CMP

27th April 2021

Telephone Screening

30th April

Initial Assessment

5th May 2021

Commencement

1:1 Occupational Therapy

18th May 2021

Completed 3 SPIRIT workbooks using CBT approach demonstrating link between thoughts, behaviour and feelings

Development of structure and routine and improvement in physical health & fitness

Relapse prevention plan drawn up to enable him to continue to maintain the gains he made this included noting supports, triggers and wellness tools

Completion

5 Occupational Therapy sessions with final one on 5th July 2021 where his progress was noted and relapse prevention plan confirmed

Situation at Assessment.

23 year old male, unemployed with no work history, attended University in England where he completed his degree. Throughout his time at University struggled with his mental health and was unable to gain employment on return to Northern Ireland

Main issues included poor sleep, anxiety, low self-esteem with significant self-doubt leading to low mood

Lives in a rural, remote area with no access to public transport leading to feelings of isolation

Caring responsibilities for his disabled father

Summary of Intervention

Following Initial Assessment John was allocated to Occupational Therapy with all 5 interventions conducted via zoom

The Occupational Therapist worked with John using SPIRIT Cognitive Behavioural Therapy tool. Completed 3 of the modules using the 5 areas approach exploring how thinking, behaviour and feelings are connected in relation to anxiety and low mood

Sleep quality was explored and he was able to utilise strategies to optimise his sleeping environment and bedtime routine

A positive routine & structure were developed and he returned to hill running regularly

Reported significant difficulties with socializing and feeling that he was “being taken advantage of by others” and relationships were “all one way”. Work was completed on developing confidence and assertiveness skills. John made choices regarding relationships that he recognised as “toxic “ to him and were having a negative impact on him and from then made significant improvements in his mental health

Progress

John is highly motivated to continue to move forward; he has now developed links with social groups, is going out now to meet friends feeling confident in himself and believes his relationships are more balanced. John has and improved quality of sleep and is regularly using mindfulness and relaxation techniques

Goals - Actively seeking work, John hopes to obtain employment in order to fund return to University and afterwards gain fulltime employment in an area of particular interest to him which will be different to his original degree

All assessments that were completed at the beginning and end of CMP demonstrated significant improvements in all domains which very much supported his self-report

“I feel so calm it’s great”

“I feel so much more comfortable in my skin, being assertive and having faith in myself”

“I could not have made my life change without this help”