

Appendix C - Compass Case Study

Case Study

XX is a 15 year old male living at home with his mum, dad and older sister. He attends mainstream education and intends to progress on to sixth form once he has completed his GCSE's.

XX was referred by CAMHS following his admittance to A&E due to his use of Xanax and vodka, which was reportedly a means to control difficult emotions and low mood. XX has a history of self-harm and suicidal thoughts along with a pattern of daily cannabis use and experimental MDMA use. CAMHS assessed XX whilst in hospital and have placed him on a waiting list for Family Therapy

XX has engaged positively with his intervention attending all pre-arranged appointments and using the time to explore his emotional health and use of illicit substances as a coping strategy to manage his anxiety and moods.

XX has been able to explore the aspects of his daily life that increase his anxiety levels and lead to his self-harming behaviour. He has also been able to explore the protective factors that enable him to reduce his anxiety and manage the situations and activities that heighten his anxiety levels.

XX set his care plan goal as abstinence from all illicit substances in order to focus on addressing his mental health needs and ensuring CAMHS would be able to provide a service that met his emotional health needs.

Through the one to one motivational work carried out in the sessions, XX was able to achieve abstinence from illicit substances and develop an increased level of understanding and awareness of the negative impact his substance use was having on his emotional health.

Following his assessment by CAMHS whilst in hospital XX was placed on a waiting list for family therapy which was expected to take place in six months' time. However due to the escalating severity of his anxiety levels resulting in increasing levels of self-harm and suicidal ideation, XX and his mum were encouraged to make

an urgent appointment to see his GP to reassess his mental health needs and upgrade his risk level with CAMHS.

Through his Compass session XX was able to explore his emotional health needs prior to this GP appointment and ensure he was able to verbalise what he was experiencing and get the mental health support that he needed. XX attended his GP and was able to clearly explain the high levels of anxiety he was experiencing, increased self-harming behaviour and suicidal thoughts. The outcome from this appointment was that XX was referred back to CAMHS by his GP and is now due to be seen as an urgent case with the offer of individual support.

XX continues to access weekly Compass sessions to maintain his drug free status and explore short term strategies to manage his emotional health whilst waiting for CAMHS intervention to begin.

Interventions Used:

- Harm Reduction
- Information/Guidance
- Motivational Interviewing
- Cognitive Behavioural Therapy
- Cost/benefit analysis
- Identifying barriers to change
- Protective behaviours work - support strategies and networks

Outcomes To Date:

- XX is reporting to have a drug free status
- XX has a better understanding of his emotional health and what has a negative impact on it.
- GP is aware of XX's mental health needs and severity of anxiety and self-harm.
- XX and his mum are now aware of what they can do if JH has a particularly bad time and needs immediate support. This includes having contact details for the Crisis Team, GP and CAMHS. XX's mum has access to support via Compass to talk about how she manages the situation and her own emotional health.