

ACT Clinical Coaching Service: client profiles (V1)

18th October 2021

David, 59 years old.

I'm David, I drink heavily to try and forget about how horrible my life is. Services won't touch me as they say I have to stop drinking before they can give me the support I need.

I feel life isn't worth living and don't know where to go. I drink to forget so can't stop drinking because when I do, I hear the torture in my head.

I feel like jumping off a bridge yet the crisis team have said they can't support me.

Build relationship to understand David's situation.

Refer into alcohol service appropriate to needs; Evolve/AA etc

Develop WRAP, explore every aspect of David's life and situation. Link into services and community activities to build his resilience and develop healthier coping mechanisms

Abdul, 37 years old.

I'm Abdul, I have a diagnosis of antisocial personality disorder.

I contact my GP almost every week. She's supportive but has exhausted all forms of treatment with me and my situation is no better.

My wife says she's leaving me and taking the kids as she says they can no longer be around me because of my unpredictable behaviour.

I feel like giving up on life and will if I don't have my family

Build relationship with Abdul to understand his situation and which treatments he has received previously. Develop a treatment plan with Abdul.

Develop positive links to signpost and refer Abdul to services and community facilities that enable Abdul to better manage his mental health.

Rebecca, 29 years old

I'm Rebecca, I was brought up in care and have no family around me.

I regularly self harm to cope with all my feelings and sometimes feel like cutting myself deeper to escape from it all.

I've no friends and don't know where to turn. Antidepressants aren't helping as I still feel desperate all of the time and I've tried counselling and CBT through my GP many times.

I give up... I don't know where to turn anymore...

Build relationship with Rebecca. Understand which therapies she has tried previously. Help Rebecca to understand options and work through these with her.

Explore Rebecca's lack of social networks and work with her to attempt to increase these. Link Rachael with activities and support groups

Diversion and wellbeing; the ACT team not only focuses on the crisis itself but also supports and promotes lifestyle changes to help clients to address and solve key problems and needs that contribute to their poor mental health