

## The Network Case Studies

### Access to Education

James was referred to the Network following suicide attempt and hospital admission. At the time of referral James was very low in mood, lacked motivation but knew he wanted to train to be a chef.

Following attendance at enablement groups, he began working with a Community Access Worker to find Chef Courses; this involved visiting relevant colleges, application process and much more. James successfully applied for chef's certificate at Southgate College; the course was funded using his personal budget for whites and knives.

James has been discharged from the Network, last reported doing very well, continuing his studies to become a chef and is hoping to attend a culinary course in Spain.

### Building Confidence

Charlie was referred to The Network by North East Community Mental Health Team to socialise, become more involved in the community and build confidence. He was diagnosed with Bipolar Disorder, Depression and Anxiety.

Charlie had Masters in Investment Banking but was socially isolated and very dependent on parents before he was referred to the service. He was referred to Enablement programmes that equipped him with tools and skills to take control of his life.

By the time Charlie was discharged from the service, he had started going to the gym twice a week and now plays badminton and football weekly. He now researches recipes online to cook for himself and he works part time in an Estate Agents 5 days a week with the aim to build his confidence before searching for a job as a Stock broker.

### Goal Setting

Amy attended the Network after long history of struggling with mental health and accessing mental health services. Through attending enablement groups she learnt about goal setting, this led Amy to set a number of goals for herself one of which was to learn how to knit.

Following on from the groups, with the help from her Keyworker and Community Access Worker, Amy was able to find local knitting groups in the community. Amy began to attend the knitting group at Hendon Library every month; from here Amy started attending other library knitting groups throughout the borough. Amy found that by attending the knitting groups, she has made new friends and feeling motivated to continue developing her knitting skills and knowledge base. Amy

successfully applied for a pbq to attend a knitting course to do so. Amy feels that this has aided her in her recovery, increasing her self confidence and enabling her to realise her true potential which has been reflected in the comments she has received from family and friends.

Amy started by making small items and has developed her skills knitting for friends, the church she attends and charity. Amy now aims to complete the knitting course with the aim of using her skills learnt from the course to set up groups to teach others to knit, especially those who have been through mental health services.

### **Overcoming Social Challenges**

The Network has focused and built on the inner strength of clients through Enablement Programmes and 1-1 key working sessions that enable them to thrive beyond recovery.

Mike was referred to the Network in September 2010 to learn social skills and put structure in his day. He was diagnosed with emotionally unstable personality disorder – borderline type traits.

Mike started experimenting on drugs and alcohol at age 12, dropped out of school by the age of 14 and was homeless for a period of time. He suffers from depression and anxiety; he was socially isolated, anxious around people and suffers from panic attacks in enclosed spaces. He was dependent on his mum to do his shopping and manage his finance.

At point of referral, Mike could not see any future for himself.

Enablement programmes gave Mike the skill to challenge negative thoughts, identify obstacles and develop new ways to overcome such obstacles in order to live his life as he would want.

Today, Mike goes into shops without any anxiety, he has learnt budgeting skills that enables him to manage his finance and has become less dependent on his mum. He is now able to think about his future and now works as a volunteer with Disabled children. He will be going to College in September to study Health and Social Care level 2. Mike told his key worker *“it seems I am getting my life back”*