



## Case Study: March 2021

### Referral Information:

Alun\* was referred via the Crisis Team, his support worker had concerns as he was appearing a lot quieter around the home and had mentioned to that he was feeling another 'breakdown coming along' noting that during a previous, similar episode Alun's emotion's 'got the better of him' and he threatened somebody with a knife.

Alun was having difficulties with concentration and had increased anxieties. Alun stated he was experiencing panic attacks and was nervous to go outside as he was thinking too much about his past which enhanced his anxiety.

Alun had thoughts of harming himself and had stated he was taking all his prescribed medication however had requested to be prescribed with Diazepam to aid with his thoughts. Alun was prescribed medication from out of hours GP, and he was happy and consented to be referred to the sanctuary.

### Sanctuary Intervention:

- Alun received 1 telephone support session and 1 further follow-up call over the course of 1 week

Alun was sign posted to the SCVS as this would be a good opportunity to volunteer and it was explained this would enable him to become a peer mentor or befriender. Alun was informed that most charities have volunteer opportunities including Hafal and the Wallich which he could explore and value individuals with lived experiences. Alun was also signposted to Alison.com and Udemy this was to encourage him to search online resources for support with enrolling on free courses to accommodate with writing his autobiography.

### Outcome:

- Alun has maintained the support from the range of services offered to him such as Barod, the Wallich and Psychiatric appointments.
- Alun now feels empowered to continue moving forward due to the positive outcomes he has achieved; he feels the overriding factors being the whole range of support he has received and that between it all he can look positively toward the future.
- Alan stated that if he had not reached out for help and support his future would be looking a lot different than it does now, for this he is grateful.
- Due to these factors Alun was happy for the support from our service and took on board advice and was very appreciative of the help we offered; he was reassured if he were at a point of crisis again, he could be rereferred back to our service at any point.
- Alun was successfully exited from the service having met his identified goals

\*Please note no real names have been used in this case study.