

Reflective Practice Case study

1801507

SJSI5022

Risk 1:

- ▶ Lengthy housing waiting list
- ▶ failure by social worker in conveying application process
- ▶ Resulting in deterioration of mental health

Overcoming Risk 1:

- ▶ When applying for housing you should give a full explanation of your health and social situation
- ▶ If your health condition or mental health problem is worsened by your living situation you should be given better priority

Overcoming Risk 1:

- ▶ Review of application
- ▶ Full consideration of health and mental health conditions
- ▶ Advantage if your application for a review could be supported

(Shelter Cymru, 2019; *The Housing (Wales) Act 2014*; Citizens Advice, 2018)

Risk 2:

- ▶ Different perception of capacity
- ▶ Ability to receive support relied solely on self referral
- ▶ Ms A feared sectioning under the Mental Health Act 1983

Overcoming risk 2:

- ▶ Mental Health Act 1983
- ▶ Community health teams can be based on referral not only by the service user, but by GP's and Social services

(Dicks, 2019; *The Mental Health Act, 1983*; Rethink Mental Illness, 2017; NHS 2019(a))

Overcoming risk 2:

- ▶ Better knowledge and understanding of the outcome of Ms A's self referral
- ▶ Understanding into the appeal process
- ▶ Mental health advocate

Overcoming risk 2:

- ▶ Understanding that sectioning is not definite
- ▶ Community mental health team benefits:
 1. comfortable locations
 2. Understanding of needs, worries and ways in which to overcome
 3. Confidentiality

Risk 3:

- ▶ Death of brother
- ▶ Infliction of mental health problems
- ▶ Bereavement having the ability to make one angry, sad, guilty, or overwhelmed

Overcoming Risk 3:

- ▶ Bereavement counselling
- ▶ Enabling one to come to terms with a death of a loved one
- ▶ Avoid development of mental health problems

Overcoming risk 3:

- ▶ Over the phone bereavement services
- ▶ Support line
- ▶ Support from your own home

Overcoming risk 3:

- ▶ Cognitive behavioural therapy
- ▶ Talking therapy
- ▶ Helps to breakdown negative interlinked thoughts and feelings

Conclusion

(Shelter Cymru, 2019; NHS,
2019 (B); NHS 2019 (d))

References

- ▶ Citizens Advice (2018) *Challenging the council's decision about your housing application*. Accessed at: <https://www.citizensadvice.org.uk/housing/social-housing/applying-for-social-housing/challenging-the-councils-decision-about-your-housing-application/> (Accessed on: 06/01/2020)
- ▶ Dicks, K (2019) 'Reflective Practice Case Study' *SJSI5022: The Reflective Practitioner* University of Wales Trinity Saint David. Unpublished
- ▶ Mind (N/D) *Advocacy in Mental Health* Accessed at: <https://www.mind.org.uk/information-support/guides-to-support-and-services/advocacy/#.XhRzHm52vIU> (Accessed on: 07/01/2020)
- ▶ National Health Service (2019) (a) *Referrals for specialist care*. Accessed at: <https://www.nhs.uk/using-the-nhs/nhs-services/gps/referrals-for-specialist-care/> (Accessed on: 07/01/2020)
- ▶ National Health Service (2019) (b) *Mental Health Act* Accessed at: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/mental-health-act/> (accessed on: 07/01/2020)
- ▶ National Health Service (2019) (c) *Greif after bereavement or loss* Accessed at: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/> (Accessed on: 07/01/2020)
- ▶ National Health Service (2019) (d) *Cognitive Behavioural Therapy* Accessed at: <https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/> (Accessed on: 07/01/2020)
- ▶ Pembrokeshire County Council (2017) *Deaths* Accessed at: <https://www.pembrokeshire.gov.uk/deaths/coping-with-bereavement> (Accessed on: 07/01/2020)
- ▶ Rethink Mental Illness (2017) *Community Mental Health Team* Accessed at: <https://www.rethink.org/advice-and-information/living-with-mental-illness/treatment-and-support/community-mental-health-team-cmht/> (Accessed on: 07/01/2020)
- ▶ Shelter Cymru (2019) *Who gets priority?* Accessed at: <https://sheltercymru.org.uk/get-advice/finding-a-place-to-live/council-and-housing-association-waiting-lists/who-gets-priority/> (Accessed on: 06/01/2020)
- ▶ SupportLine (N/D) *About Support Line* Accessed at: <https://www.supportline.org.uk/about/about-supportline/> (Accessed on: 07/01/2020)
- ▶ *The Housing (Wales) Act (2014)* Accessed at: <http://www.legislation.gov.uk/anaw/2014/7/section/85/enacted> (Accessed on: 06/01/2020)
- ▶ *The Mental Health Act (1983, c. 20)* Accessed at: <http://www.legislation.gov.uk/ukpga/1983/20/contents> (Accessed on: 07/01/2020)