

## Addiction Psychology Service

## Patient Discharge Record

|                                |         |                      |  |
|--------------------------------|---------|----------------------|--|
| Patient Name: Elizabeth Wilson |         | CHI number: 5027     |  |
| Date of first attend:          |         | Date of last attend: |  |
| No. of sessions attended: 0    | DNAs: 1 | CNAs: 1              |  |

Initial scores

Follow-up scores

Measure

Score

Measure

Score &amp; date

|  |  |  |  |
|--|--|--|--|
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|                                                                                                                               |   |
|-------------------------------------------------------------------------------------------------------------------------------|---|
| Date of discharge:                                                                                                            |   |
| Discharge code<br>1= end of therapy; 2= patient refused appt; 3= transfer; 4= DNA;<br>5= other (planned); 6=other (unplanned) | 4 |
| Therapy goals met<br>1= fully; 2= partially; 3= unmet                                                                         | 3 |
| Locality: Wigan                                                                                                               |   |
| Allocated psychologist: Isabelle Traynor                                                                                      |   |
| Signed: [Signature]                                                                                                           |   |

# ADDICTIONS PSYCHOLOGY SERVICE

## CLIENT DATA FORM

### CLIENT DETAILS

CLIENT NAME ..... ELIZABETH WILSON ..... CHI ..... 5027 .....  
 ADDRESS ..... 5 WISHAWHILL STREET ..... DATE OF BIRTH ..... 17/12/87 .....  
 ..... WISHAW ..... TEL: .....  
 ..... POSTCODE: ..... ML2 7PY .....

### REFERRAL DETAILS

REFERRER ..... DR B GUNN ..... GP ..... DR MURPHY .....  
 AGENCY ..... AIRBLES ROAD ..... ADDRESS ..... HOULDSWORTH CENTRE .....  
 ADDRESS ..... MOTKPENELL ..... BRANCHWOOD PRACTICE .....  
 ..... DATE REFERRED ..... 16/12/16 ..... WISHAW

### PAST HISTORY DETAILS

PREVIOUSLY SEEN BY APS? YES / NO IF YES, DATE LAST SEEN .....  
 PSYCHIATRY? YES / NO IF YES, NAME ..... ABOVE .....

### ASSESSMENT FORMS

(PLEASE TICK WHEN COMPLETED)

CHILD PROTECTION DATA FORM

DATE COMPLETED.....

INITIAL BAI

DATE COMPLETED..... SCORE.....

FINAL BAI

DATE COMPLETED..... SCORE.....

INITIAL BDI

DATE COMPLETED..... SCORE.....

FINAL BDI

DATE COMPLETED..... SCORE.....

### INFORMATION

(PLEASE TICK WHEN COMPLETED)

PATIENT INFO SHEET EXPLAINED

CONFIDENTIALITY DISCUSSED

INITIAL REPORT SENT TO REFFERER DATE.....

CLOSING REPORT SENT TO REFFERER DATE.....

PATIENT SATISFACTION FORM GIVEN DATE.....

### DISCHARGE DETAILS

DATE OF DISCHARGE ..... REASON .....

PSYCHOLOGIST NAME ..... SIGNED.....

## Addictions Psychology Service

Coathill Hospital  
COATBRIDGE  
ML5 4DN

TEL: 01236-707183  
FAX: 01236-707739



### Referral Screening Form

Date of review:

Reviewed by: Dr Fraser Morrison

Team: ☒ Neuro ☐

Sufficient detail in referral?

Yes ☒ No ☐

Evidence of current engagement in treatment services?

Yes ☐ No ☐

Outcome:

☐ Assessment appointment to be allocated

☒ Routine

☐ Urgent

☐ Referral to LCoA

☐ Referral to Day Programme

Other .....

More Information required

o Information needed:

☐ Return to Referrer

o Reason:

If outcome is "more information/return to referrer", follow up is by:

☐ Dr Jaclyn Kehoe

☐ Dr Michelle Cook

☐ Dr Maria Bowens

☐ Dr Carin Killips

☐ Dr Fraser Morrison

☐ Dr Deborah Wilson

☐ Dr Lyndsey McNair

*Dr I Traynor*

Received 16/2/16

**Airbles Road Addiction Centre**  
**49 -59 Airbles Road**  
**MOTHERWELL**  
**ML1 2TP**  
**Tel: 01698 266717**  
**Fax: 01698 210033**



**PRIVATE & CONFIDENTIAL**

Dr. Isabel Traynor,  
Psychologist,  
Wishaw Integrated Addiction Service.

Clinic Date: 9<sup>th</sup> February 2016  
Date Typed: 9<sup>th</sup> February 2016  
Enquiries to: 01698-242441  
Our Ref: BG/mg/HW1584274

Dear Dr. Traynor,

**Re: Elizabeth Wilson,**  
**D.o.B.: 17/12/87 ~ 5027**  
**5 Wishawhill Street, Wishaw, ML2 7PY.**

**DIAGNOSIS:**

Anxiety  
Obsessionality  
Low Self Esteem  
Problems with Anger

I would be grateful if you could arrange to assess this 28 year old girl who is Opiate dependent. She currently takes Methadone 25mls once daily. I saw her in the Addiction Psychiatry Clinic at Airbles Road Addiction Centre on 9<sup>th</sup> February 2016 and changed her antidepressant from Venlafaxine XL to Paroxetine 10mg once daily.

She has problems with obsessionality. In particular she has problems with symmetry, counting (the magic number is 10) and she has number of checking rituals, for example, checking electrical sockets and door locks.

She has been in a number of abusive relationships and has four children, three of whom are in her care.

She has severe problems dealing with any minor reversal or criticism and will find herself being anxious and self critical for the rest of the day after some minor difficulty.

I would be grateful if you could see her in the near future to assessment her for her problems with anxiety and obsessionality and I plan to see her again in around three months time. I have enclosed a copy of my new patient letter to her G.P.

Many thanks.

Yours sincerely,

*Electronically authorised on 12/02/16*

**Dr. Bill Gunn, M.R.C.Psych,**  
**Speciality Doctor to**  
**Dr. Yameen Qureshi, Consultant Psychiatrist.**

**c.c.** Mrs. Gillian Wilson, Charge Nurse, Wishaw Integrated Addiction Service.  
Dr. J.W. Murphy, Branchalwood Medical Centre, Houldsworth Clinic.

**Airbles Road Addiction Centre**  
**49 -59 Airbles Road**  
**MOTHERWELL**  
**ML1 2TP**  
**Tel: 01698 266717**  
**Fax: 01698 210033**



**PRIVATE & CONFIDENTIAL**

Dr. J.W. Murphy,  
Branchalwood Medical Centre,  
Houldsworth Clinic,  
Kenilworth Avenue,  
Wishaw,  
ML2 8BQ.

Clinic Date: 9<sup>th</sup> February 2016  
Date Typed: 9<sup>th</sup> February 2016  
Enquiries to: 01698-242441  
Our Ref: BG/mg/HW1584274

Dear Dr. Murphy,

**Re: Elizabeth Wilson,**  
**D.o.B.: 17/12/87 ~ 5027**  
**5 Wishawhill Street, Wishaw, ML2 7PY.**

**DIAGNOSIS:**

Anxiety / Obsessionality

**MEDICATION:**

Methadone 25mls O.D.

***Please Discontinue*** Venlafaxine XL

***Please Commence*** Paroxetine 10mg mane

I saw Elizabeth Wilson in the Addiction Psychiatry Clinic at Airbles Road Addiction Centre on 9<sup>th</sup> February 2016. She was referred in by her Addiction Worker, Gillian Wilson (Charge Nurse, Wishaw Integrated Addiction Service).

In the past, she has been tried on a number of different antidepressants including Prozac, Mirtazapine and Trazodone. She is adamantly against anything which she perceives to be sedative.

She denies taking any street drugs over the past six years. She doesn't drink alcohol. She has no drug allergies. She smokes two cigarettes per day. She is currently buying Brufen from the chemist but only uses her own medications.

**FORENSIC HISTORY:**

She talked about "all sorts". She claimed not to have been in trouble with the Police for the last eight years. She had served a six month sentence in prison for what she described as "an armed robbery". She claimed her only part in it was shoplifting.

**Continued .../...**

~ 2 ~

**Elizabeth Wilson**  
**17/12/87 ~ 5027**  
**(9<sup>th</sup> February 2016)**

**PREMORBID PERSONALITY:**

She found discussing her premorbid personality somewhat difficult. In the past she described herself as being happy. She has no religious affiliations and has no time for any hobbies.

**PAST MEDICAL HISTORY:**

She spent a period of time receiving kidney dialysis having taken a mixed overdose a number of years ago. She denied any major operations or illnesses. She has never been knocked out.

**PERSONAL HISTORY:**

She was born in Lanark and raised in Wishaw. She moved down to Southampton eight years ago when she was 21 years old with her then partner and stayed there for around three years. She subsequently moved back to the West of Glasgow.

Her mother and father separated before she was born. Her father is aged 54 and lives in Whitburn. Liz Anne is not in touch with him. Her mother is aged around 50 and suffers from depression. She lives locally. Liz Anne initially told me that she grew up in care but in fact modified this to say she was in care for the age of 14 until 17½ years. There are long standing problems in her relationship with her mother. She said "I hated her" and went on to say that they somehow weren't allowed to do things that she wanted. She has two siblings; Liam Wilson aged 32 who lives in Bellshill and Kelly Wilson aged 32 who lives locally. She told me her brother had sexually abused her sister but not her. She had told her mother the facts of this sexual abuse when she was around 9. She told me her brother is autistic and spent a good deal of time in care.

At age 17½, she was pregnant with her first child. She has four children Billie Wilson aged 9, James Wilson aged 5, Eva Wilson aged 3 and Scott Johnston aged 14 weeks. Billie Wilson was a result of her first relationship. Both James and Eva were to her second partner and Scott Johnston is to a third partner.

She started taking drugs around eight years ago. She initially smoked Heroin and claimed to have injected it only six or seven times. She has been checked out for blood borne viruses and is negative. She admitted to smoking Crack Cocaine constantly for around two years and has taken Amphetamines on occasion. She took at least six Ecstasy tablets every weekend for around 2½ years from the age of 16 onwards when she was in care. She no longer drinks alcohol. She did go through a stage of drinking dragon soup a year or two back. She has never had shakes or sweats or delirium tremens.

**Continued .../...**

~ 3 ~

**Elizabeth Wilson**  
**17/12/87 ~ 5027**  
**(9<sup>th</sup> February 2016)**

In the past, she has cut herself multiple times. She showed me multiple superficial scars on both forearms. She told me that some weeks back she had cut the upper aspect of one of her thighs. She thinks cutting makes her feel better and reduces anxiety. She excessively pulls her hair out with tweezers and showed me a large bald spot on the right frontal area of her scalp. She has problems with thoughts of symmetry and counting. The magic number seems to be ten. If she is interrupted counting, she said "I flip". She has no concerns with contamination but has multiple checking rituals, for example, checking locks and checking electrical sockets and so on. If she resists any of these obsessional thoughts or behaviours, she becomes profoundly anxious. I note that she has never had any previous psychological help for these difficulties.

When I saw her she was casually dressed. She maintained good eye contact throughout. She was a bit tearful very briefly when discussing some of the previous difficulties in her family but quickly recovered. Her speech was normal in rate, rhythm and content. She appeared normally assertive. She did not appear unduly depressed. She was unable to rate her mood on an arbitrary scale of zero to ten. She thinks her main problems is that she can't cope with minor stresses and for example will react very badly to minor criticisms or reversals and will become profoundly upset and angry for the rest of the day. She suffers from low self esteem and thinks her children would be better off being looked after by someone else. Eventually, she said "I can't control my anger".

I have faxed you regarding discontinuing Venlafaxine XL. She told me that she has had none for four days prior to me seeing her and I have suggested that she should commence Paroxetine 10mg once daily. I have made it clear to her that she needs to persist with this religiously for the next twelve to sixteen weeks and take it at the same time every day.

I will refer her to psychology for her problems with anxiety and obsessionality and I plan to see her again in around three month's time.

Yours sincerely,

*Electronically authorised on 12/02/16*

**Dr. Bill Gunn, M.R.C.Psych,**  
**Speciality Doctor to**  
**Dr. Yameen Qureshi, Consultant Psychiatrist.**

**c.c.** Mrs. Gillian Wilson, Charge Nurse, Wishaw Integrated Addiction Service.  
Dr. Isabel Traynor, Psychologist, Wishaw Integrated Addiction Service.

Dr Bill Gunn  
Speciality Doctor in Psychiatry  
Airbles Road Addiction Centre  
49-59 Airbles Road  
MOTHERWELL  
ML1 2TP

Date Dictated: 02/06/2016  
Date Typed: 03/06/2016  
Ref: 4103  
Letter Ref: IT/CM  
CHI Barcode:



Dear Dr Gunn

**Patient Name:** Elizabeth Wilson  
**Patient date of birth:** 17/12/1987  
**Patient Address:** 5 Wishawhill Street, Wishaw, ML2 7PY

Thank you for referring the above named patient to the Addictions Psychology Service.

I offered Ms Wilson an initial assessment appointment on 28<sup>th</sup> April 2016 which she cancelled. Upon her request I rearranged an appointment for 12<sup>th</sup> May 2016 however she failed to attend.

Subsequently, Ms Wilson has not responded to a letter requesting that she gets back in touch with the Addictions Psychology Service to arrange a further appointment.

As such, I am assuming that she is not in a position to engage with psychology at the present time and I therefore have no choice but to discharge her from my caseload.

Please do not hesitate to contact me if you have any questions or concerns.

Yours sincerely

*Authorised on 03/06/2016 14:00:45 by Isabel Traynor.*

**Dr Isabel Traynor**  
**Clinical Psychologist**  
**Addictions Psychology Service**

Cc Dr Murphy, Branchalwood Medical Practice, The Houldsworth Centre, Kenilworth Avenue, Wishaw  
Gillian Wilson, Charge Nurse, NLIAS, Kings House, King Street, Wishaw

*Unless otherwise stated the information within this document is confidential and should not be disclosed or copied to a third party without prior consultation with the Department.*

**Airbles Road Addiction Centre  
49 – 59 Airbles Road  
Motherwell  
ML1 2TP**

**Tel: 01698-266717**

**Fax: 01698-210033**



Clinic Date: 2<sup>nd</sup> June 2016

Date Typed: 8<sup>th</sup> June 2016

Enquiries to: 01698-242441

Our Ref: BG/mg/HW1584274

**PRIVATE AND CONFIDENTIAL**

Dr. J.W. Murphy,  
Branchalwood Medical Centre,  
Houldsworth Clinic,  
Kenilworth Avenue,  
Wishaw,  
ML2 8BQ.

Dear Dr. Murphy,

**Re: Elizabeth Wilson,  
D.o.B.: 17/12/87 ~ 5027  
5 Wishawhill Street, Wishaw, ML2 7PY.**

Ms. Wilson failed to show for her review appointment at Airbles Road Addiction Centre on 2<sup>nd</sup> June 2016. She had previously failed to show on 3<sup>rd</sup> May 2016. I have therefore discharged her.

Many thanks.

Yours sincerely,

*Electronically authorised on: 16/06/16*

**Dr. Bill Gunn, MRC Psych,  
Speciality Doctor to  
Dr. Yameen Qureshi, Consultant Psychiatrist.**

**c.c.** Mrs. Gillian Wilson, Charge Nurse, Wishaw Integrated Addiction Service.  
Dr. Isabel Traynor, Addiction Psychologist, Wishaw Integrated Addiction Service.  
Ms. Liz Ann Wilson, 5 Wishawhill Street, Wishaw, ML2 7PY.

Elizabeth Wilson  
5 Wishawhill Street  
Wishaw  
ML2 7PY

Date Dictated: 13/05/2016  
Date Typed: 13/05/2016  
Ref: 100127656  
Letter Ref: IT/CM  
CHI Barcode:



Dear Ms Wilson

**Patient Name:** Elizabeth Wilson  
**Patient date of birth:** 17/12/1987  
**Patient Address:** 5 Wishawhill Street, Wishaw, ML2 7PY

Please get in touch with the Addiction Psychology Service.

As you recently missed your appointment with me it would be good if you could get in touch as soon as possible so that I can arrange a new appointment. The phone number is **01236 707183**.

However, if you don't feel able to attend for another appointment at the moment, please also call the service to let us know and we may be able to assist you by providing further guidance.

It is important to note that if we do not hear from you within the next two weeks, we will assume that you wish to be discharged from the Addiction Psychology Service. If this happens, then you can discuss your ongoing support with other addiction workers or your GP.

Yours sincerely

*Authorised on 13/05/2016 11:04:01 by Typist Claire McHugh, not verified by Consultant.*

**Dr Isabel Traynor**  
Clinical Psychologist  
Addictions Psychology Service

Cc Dr Gunn, Speciality Doctor in Psychiatry, Airbles Road Centre, Motherwell

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**Airbles Road Addiction Centre  
49 – 59 Airbles Road  
Motherwell  
ML1 2TP**

**Tel: 01698-266717  
Fax: 01698-210033**



Clinic Date: 3<sup>rd</sup> May 2016  
Date Typed: 4<sup>th</sup> May 2016  
Enquiries to: 01698-242441  
Our Ref: BG/mg/HW1584274

**PRIVATE AND CONFIDENTIAL**

Dr. J.W. Murphy,  
Branchalwood Medical Centre,  
Houldsworth Clinic,  
Kenilworth Avenue,  
Wishaw,  
ML2 8BQ.

Dear Dr. Murphy,

**Re: Elizabeth Wilson,  
D.o.B.: 17/12/87 ~ 5027  
5 Wishawhill Street, Wishaw, ML2 7PY.**

Ms. Wilson failed to show for her review appointment in the Addiction Psychiatry Clinic at Airbles Road Addiction Centre on 3<sup>rd</sup> May 2016. I will send her one further appointment. (Thursday, 2<sup>nd</sup> June 2016)

Yours sincerely,

*Electronically authorised on: 05/05/16*

**Dr. Bill Gunn, MRC Psych,  
Speciality Doctor to  
Dr. Yameen Qureshi, Consultant Psychiatrist.**

**c.c.** Mrs. Gillian Wilson, Charge Nurse, Wishaw Integrated Addiction Service.  
Dr. Isabel Traynor, Addiction Psychologist, Wishaw Integrated Addiction Service.  
Ms. Liz Ann Wilson, 5 Wishawhill Street, Wishaw, ML2 7PY.

Elizabeth Wilson  
5 Wishawhill Street  
Wishaw  
ML2 7PY

Date Dictated: 29/04/2016  
Date Typed: 29/04/2016  
Ref: 100124040  
Letter Ref: IT/CM  
CHI Barcode:



Dear Ms Wilson

**Patient Name:** Elizabeth Wilson  
**Patient date of birth:** 17/12/1987  
**Patient Address:** 5 Wishawhill Street, Wishaw, ML2 7PY

I have arranged an appointment for you at **Airbles Road Centre, 49 – 59 Airbles Road, Motherwell, ML1 2TP on Thursday, 12<sup>th</sup> May 2016 at 1.00pm.**

If you are unable to attend this appointment, please contact my secretary as soon as possible to arrange a new appointment (Tel: 01236 707183).

Yours sincerely

*Authorised on 29/04/2016 11:06:57 by Typist Claire McHugh, not verified by Consultant.*

**Dr Isabel Traynor**  
**Clinical Psychologist**  
**Addictions Psychology Service**

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Elizabeth Wilson  
5 Wishawhill Street  
Wishaw  
ML2 7PY

Date Dictated: 25/02/2016  
Date Typed: 25/02/2016  
Ref: 100107409  
Letter Ref: FM/CM  
CHI Barcode:



Dear Ms Wilson

**Patient Name:** Elizabeth Wilson  
**Patient date of birth:** 17/12/1987  
**Patient Address:** 5 Wishawhill Street, Wishaw, ML2 7PY

You have been placed on the waiting list for an assessment appointment with the Addiction Psychology Service. We will write to you with an appointment in due course.

Please see the enclosed leaflet for more information on the service and what you can expect at your appointments. If you have any questions about this you will find our phone numbers in the leaflet and we would be more than happy to answer any queries you may have.

Additionally, there is information in the leaflet about what to do if you feel that you need help urgently. Please also note the extra information at the bottom of this letter.

Yours sincerely

*Authorised on 25/02/2016 12:35:42 by Typist Claire McHugh, not verified by Consultant.*

**Dr Fraser Morrison**  
**Consultant Psychologist/Head of Service**  
**Addiction Psychology Service**

cc Dr Gunn, NLIAS, Airbles Road Addiction Centre, Motherwell  
Dr Murphy, Branchalwood Medical Centre, Houldsworth Centre

*\*\*\*\*Please let us know if you notice any errors in our contact details*

**Extra Information:**

For information and access to a wide range of mental health and well-being resources please visit any of our 50 libraries across Lanarkshire which now have a Healthy Reading Section, which makes it easier to access a wide range of mental health and well-being leaflets, books, CDs, DVDs and web-based support. You will also find a wide range of self-help information for mental health and well-being at Lanarkshire's Mental Health and Well-being Website called "elament" ([www.lanarkshirementalhealth.org.uk](http://www.lanarkshirementalhealth.org.uk))

Remember, should your problems persist or you feel you need help urgently please contact your GP, NHS 24 (tel:111, [www.nhs24.com](http://www.nhs24.com)) or Breathing Space (tel:0800 838587 evenings and weekends, [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk))

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Elizabeth Wilson  
5 Wishawhill Street  
Wishaw  
ML2 7PY

Date Dictated: 14/04/2016  
Date Typed: 14/04/2016  
Ref: 100120012  
Letter Ref: IT/CM  
CHI Barcode:



Dear Ms Wilson

**Patient Name:** Elizabeth Wilson  
**Patient date of birth:** 17/12/1987  
**Patient Address:** 5 Wishawhill Street, Wishaw, ML2 7PY

Following your referral, I have arranged an appointment for you at **Airbles Road Centre, 49 – 59 Airbles Road, Motherwell, ML1 2TP on Thursday, 28<sup>th</sup> April 2016 at 1.00pm.**

If you are unable to attend this appointment, please contact my secretary as soon as possible to arrange a new appointment (Tel: 01236 707183).

Yours sincerely

*Authorised on 14/04/2016 10:06:16 by Typist Claire McHugh, not verified by Consultant.*

**Dr Isabel Traynor**  
**Clinical Psychologist**  
**Addictions Psychology Service**

Cc Dr B Gunn, Airbles Road Addiction Centre, Motherwell  
Dr Murphy, Branchalwood Practice, Houldsworth Centre, Wishaw

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**COMPLETE THE TABLE AS FAR AS POSSIBLE FOR EACH APPOINTMENT**

|    | DATE    | CLINIC | PSYCH | OUTCOME | COMMENTS   |
|----|---------|--------|-------|---------|------------|
| 1  | 08/4/16 | ARC    | IT    | CNA     | TLC to CNA |
| 2  | 12/5/16 | ARC    | IT    |         |            |
| 3  |         |        |       |         |            |
| 4  |         |        |       |         |            |
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| 29 |         |        |       |         |            |
| 30 |         |        |       |         |            |

The different outcomes for an appointment are:

Attended .....A  
 Did Not Attend.....DNA  
 Cancelled .....C  
 Psychologist Cancelled .....PC

*At least one outcome must be given*

Name: Elizabeth WilsonCHI: 1712875027

28/4/16

TLC from EW to MA appointment requested  
letter. One sent for 12/5/16 at 1pm.

J Traynor

Clinical Psychologist.

12/5/16 at 1pm

EW DNA her appointment. 14 day letter to be  
sent.

J Traynor, Clinical Psychologist.