

Background

Based within Coatbridge, Salus consists of one of the largest NHS based multi-disciplinary teams in Scotland.

Through its various services Salus Case Management Services offer a comprehensive service to clients who are:

- In work and experiencing health problems
- Off sick and requiring help to get back to work
- Seeking work, training or further education and experiencing barriers due to a health problem.
- Experiencing barriers due to being involved in the criminal Justice system.



Rob's Story

Rob was unemployed and claiming Incapacity Benefit when he was referred to the project by his Probation Officer. Since leaving the army due to personal circumstances, Rob had been working and bringing up 2 children on his own. Previously diagnosed with depression, this worsened after the death of his mother in 2007. He lost his last job due to the amount of sick time taken. He began drinking more heavily, often binge drinking to the point of hospitalisation.

Rob had recently started taking anti-depressant medication and his mood was still very low. He was also anxious and de-motivated.

Rob was not dealing with his financial affairs and his bills were mounting up. He felt he had nothing to look forward to in life and was skeptical of how the project could help him.



What help did Rob receive along his employability journey?

Rob was initially referred to Cognitive Behavioural Therapy (CBT) as he wanted to change aspects of his thinking and behaviour. He missed his second appointment due to being hospitalised after binge drinking. He was kept in for tests and missed a court date. The Case Manager liaised between the hospital, his lawyer, social worker and the CBT therapist. Rob finished his CBT and was referred for debt management where a debt plan was drawn up. Rob was shocked to receive news that he had alcohol-induced organ damage and requested referral into alcohol counselling. He also wanted to address his back and leg pain and was referred to physiotherapy. Rob was then referred for employability support as he felt more ready to 'move on'.

How valuable was the help?

In Rob's own words *"I feel that the Salus Case Management Service has been very helpful in my situation, in putting forward proposals for the future and helping me see things in a positive light. Helen Lawrie's experience and sympathetic attitude was a great help."*

What has been the outcome for Rob?

Rob has completed his probation and is now in full-time voluntary employment with the Citizen's Advice Bureau. He continues to attend alcohol counselling and is abstinent from alcohol. Rob has stuck with his debt management plan and he has applied to study with the Open University. Physically his back and leg pain is much more manageable. Overall Rob feels happier, less anxious and has a purpose in life once more.

