

Case study- OW 2 Boxley Road Journey.

Headline- OW is a 37-year-old male who has had support with Phoenix for the last 2 years, He currently lives in a room in a hostel with 12 other male residents of all ages and different disabilities.

When OW came to phoenix he was of an average weight and was very quiet and reserved, OW didn't trust easily and it took a lot of time for him to trust staff and other residents. OW didn't have a lot of purpose and didn't see himself worthy which caused OW to spend a lot of time in his room.

Issues- OW began to decline in support and spent a lot of time out with a friend which caused him to self-neglect and increased his drug usage and drinking, OW suffers with his mental health and this took a big toll on him and he was having suicidal thoughts and struggling on a day to day basis, OW started to speak to staff and let us know how he was really feeling. OW was struggling to walk anywhere, sweating a lot with any activity he does and explained to staff that he was having shortness of breath, OW asked for support from staff to book a doctor's appointment where they done a chest examination and advised him that he's overweight and smokes too much causing the shortness of breath.

Achievements- OW has come more out of himself and engages in support and has a good relationship with staff and other residents. OW sits and plays games, laughs and jokes with everyone and enjoys when everyone gets together for a communal meal/movie night, OW likes to get involved in preparing foods and cooking. OW now attends mental health appointment every 2 weeks to discuss his moods, his drinking and drug usage. He is more open with them now and sees he's not to blame for his mental health issues.

OW following on from his appointment has since agreed to healthy eating and is cooking fresh foods and swapped oil for fry light oil and is also cooking fresh chicken and rice with seasoning, he is also adding salads to his diet and walking a lot more to exercise. OW has already lost 6 kilograms in the space of 2-3 weeks.

Since seeing the mental health team every 2 weeks OW's mental health has improved he's suicidal thoughts have reduced a lot and he's now managed to muffle his voices, he stated they are still there but less intense. His drinking and drug usages had decreased a lot.

Ellie Dance- Support Worker