

Appendix 5 - Cold Weather Case Studies

About the person
<ul style="list-style-type: none">• Client is young female who presented as street homeless following a breakdown in her previous accommodation and potential eviction.• Client's engagement with services prior to the Cold Weather placement was poor.• Client did not know how to get a GP and had ongoing issues with setting up a bank account and accessing benefits.• Client has a history of domestic abuse with the perpetrator living in the community.
About the issues
<ul style="list-style-type: none">• Client was referred to MASH upon entering Cold Weather Accommodation by the Cold Weather Coordinator staff at Etrop Grange who had triaged her needs.• MASH re-engaged client with her GP, and she attended appointments and started medication.• Client accessed mental health appointments whilst at Cold Weather.• MASH supported client with specialist support around DV and advocated on her behalf with move on accommodation providers.
What was the target outcome?
<ul style="list-style-type: none">• Client access support needs by supporting her to attend appointments, advocate her needs and encourage her to access services independently during her stay.
Description of Cold Weather input and outcome
<ul style="list-style-type: none">• Client was placed in a suitable supported accommodation provision, she remains there and is doing well.

About the person
<ul style="list-style-type: none">• Client was a 30-year-old male who had been homeless for over a year following loss of employment and had lost contact with family and friends.• Client was referred to GMMH once he was at Etrop Grange once he had been triaged by the Cold Weather Coordinator staff.
About the issues
<ul style="list-style-type: none">• This was the first time the Client had accessed mental health services.• Client presented with anxiety and depression, had trouble sleeping and was experiencing hallucinations due to sleep deprivation.• Tom's difficulties in managing his mental health had led to him to harmful coping strategies such as self-harming.• Tom had previously attempted to take his own life.
What was the target outcome?
<ul style="list-style-type: none">• Client to be assessed by Psychiatrist whilst in Cold Weather provision and supported to attend appointments and support him with coping mechanisms.
Description of Cold Weather input and outcome

- Client was assessed by GMMH and was offered 6 sessions.
- Client was prescribed medication for sleep and mood.
- Client was supported with Compassion Focused Therapy (CFT) approach to support his mental health through a person-centered approach.
- The Window of Tolerance (WOT) analogy helped the client to understand his anxiety and he was able to draw upon CFT system during difficult times.
- Client was motivated to change his current circumstances and move away from a threat-based motivation.
- Client continued to access psychological support once in settled accommodation.

<p>About the person</p> <ul style="list-style-type: none"> • Client was a young asylum seeker in the early stages of the asylum process and was awaiting a decision with the Home Office on his asylum claim. • Client had previously lived with a brother who could no longer accommodate him. • Client was attending college and had the support of his college tutor who had been supporting him.
<p>About the issues</p> <ul style="list-style-type: none"> • Client was referred to BOAZ Trust and Centrepont upon entering Etrop Grange once triaged by the Cold Weather Coordinator staff. • Client was invited to a Multi Disciplinary Team (MDT) meeting with Boaz Trust, Centre Point and his college tutor, by the Cold Weather Coordinator staff at Etrop Grange. • Together the MDT made a support plan for the client to avoid duplication.
<p>What was the target outcome?</p> <ul style="list-style-type: none"> • Client was supported by BOAZ to complete the paperwork for his asylum support and connected to GMIAU who submitted the documents (Section 98 Application).
<p>Description of Cold Weather input and outcome</p> <ul style="list-style-type: none"> • Client's asylum support claim (Section 98) was accepted, and he was picked up by Serco and accommodated on the same day the application was made.