



# The Rehabilitation Network

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## *Sarah Hatton*

**Occupational Therapist & Case Manager**

BAOT: BT0215233 HPC: OT28710 COTSS-IP: 1155



## *Profile*

Sarah has been practicing as an Occupational Therapist for 12 years, qualifying in 1998. For the last 6 years she has been practicing in Scotland working in the private, voluntary and NHS sectors, specialising in mental health. Throughout her career she has worked in and coordinated various mental health teams in hospital and community settings. Clients she has worked with experience many issues from acute to chronic psychotic and depressive symptoms, alcohol and drug addictions, personality disorders as well as acquired brain injury and degenerative physical conditions. Some clients have forensic backgrounds and a history of non engaging behaviours. She continues to work in the mental health field through her own company.

Sarah joined The Rehabilitation Network as a case manager in 2006. During this time she has worked on many complex cases combining physical and psychological needs assessment and treatment. Her specialist OT knowledge and training enables her to focus on cognitive behavioural therapy techniques and motivational interviewing. Dealing with anxiety and stress following a trauma is a skill which she is skilled in managing and working towards a solution. As too is developing individual back to work programmes—an OT core skill. Creating an environment to enable purposeful occupation is key to rehabilitation and recovery.

Sarah is currently the Scottish Rep for COTSS-IP (Occupational Therapists in Independent Practice). She has completed post graduate training in mental health related and vocational rehabilitation subjects and is a calibrated Assessment of Motor and Process Skills (AMPS) assessor.

## *Career History*

**April 2006—present**

### **Rehabilitation Case Manager with The Rehabilitation Network**

Providing assessment, treatment and rehabilitation for clients who have been referred mainly following road traffic accidents. Case Management involves coordinating all aspects of the clients' recovery both psychologically and physically. This often involves working with posttraumatic stress symptoms, orthopaedic and head injuries. Regular motivational support and practical occupational therapy advice is offered. Experience with acquired brain injury, orthopaedic and mental health.

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#### **Administration:**

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## **March 2006—present**

### **Director/Consultant—Thriving Minds Ltd**

Director of my own company offering Independent Occupational Therapy. I provide assessment, treatment and rehabilitation to clients primarily with mental health issues but also those with physical difficulties and dual diagnosis. I offer case management and rehabilitation packages to family units, individuals and company employees. I offer sessional work for a private health care supplier reviewing and assessing claims. I also provide vocational rehabilitation, case management and write reports for motor insurance companies. *Currently consulting part time.*

## **October 2008—September 2009**

### **NHS Lothian—P/t Senior 1 (band 6) Occupational Therapist in SW Edinburgh Community Mental Health Team**

Worked with adults with enduring and challenging mental health problems as part of a multi disciplinary team. Many clients presented with secondary issues such as underlying alcohol and drug issues as well as personality disorders and physical disabilities. I provided occupational therapy assessment and treatment on an individual and group basis as well as key working clients. Involved in a development group for service users to express and explore their feelings and issues.

## **December 2007—July 2008**

### **Partnerships in Care, Ayr Clinic—P/t Locum Senior 1 Occupational Therapist**

Worked in a 34-bedded, low secure psychiatric facility for men and women. I was responsible for leading, managing and supervising the occupational therapy department. Responsibilities included the implementation of administrative systems and protocols in order to promote clinical effectiveness. I worked closely with other departments to raise OT profile and realise change. I reviewed client programmes using standardised assessments, as well as completing occupational therapy interventions. *Temporary contract.*

## **October 2004—March 2006**

### **NHS Argyll and Clyde—Senior 1 Occupational Therapist in Paisley Community Mental Health Team**

Worked with adults with enduring mental health/dual diagnosis issues within a multi-disciplinary team. Acted as a case manager for CPA clients as well as completing specific OT interventions such as return to work programmes, horticultural therapy, social integration and group work. I pioneered the introduction of standardised assessments within the occupational therapy service and facilitated workshops. Published various national articles. I supported and supervised OT staff. *Short-term contract/maternity leave.*

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**June 2001—June 2004**

**Bedfordshire and Luton Community NHS Trust**

**Head III / Senior 1- Team Leader/Co-ordinator of Heartlands Assertive Outreach Service**

Worked initially a Senior 1 OT, progressing to Head 111 as my competencies and outcomes gained recognition. Involved in researching, auditing, developing and implementing a mental health service to meet the local needs with limited resources. Leading this newly formed multidisciplinary team for which I was responsible for staff training, development, supervision, commissioning, completing evidence based outcomes and the day-to-day running of the team. I also carried a clinical caseload of difficult to engage clients whom I case managed as well as offering occupational therapy and cognitive behavioural therapy interventions. Close liaison and negotiation with the CMHT, Primary Care and other agencies were vital parts of the job. *Relocated to Scotland.*

## *Professional Qualifications*

- 1993 Caledonian University, Glasgow (p/t): BA Service Sector Management
- 1998 Nene University College, Northampton: BSc. (Hons) Occupational Therapy
- 2003 Luton University (p/t): BA (Hons) in Health Care (Mental Health)
- 2004 Bedford Hospital: ECDL –European Computer Driving Licence
- 2005 The Institute of Counselling, Glasgow: Diploma in Coaching & Mentoring

## *Additional Professional Training*

- 2002 Modules in: Medication Management, Risk Management, Self Harm, Suicide, Mental Health Law, Motivational Interviewing
- 2002 Certificate in Family/ Cognitive Behavioural Therapy
- 2005 The Mental Health (Scotland) Act 2003
- 2007 Rehabilitation Tools and Assessment
- 2008 Managing Violence and Aggression at Work
- 2008 Assessment of Process and Motor Skills (AMPS) (recalibration)
- 2009 ASIST, Applied Suicide Intervention Skills Training
- 2009 Train the Trainer, Lothian Alliance Against Depression

## *Areas Covered:*

**Central Scotland, Ayrshire, Arran, Fife, Perthshire, Angus, Dundee, Argyll, Bute, Dumfries and Galloway and the Scottish Borders.**

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