

CATHERINE WILKINSON

BSc, MSc

CASE MANAGER



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UK Case Management Ltd. | 2 Newton House | Birch Way | Easingwold Business Park | York | YO61 3FB



Our brochure



CQC overall rating

Good

19 December 2023

See the report >

PROFESSIONAL MEMBERSHIPS

- The British Association of Brain Injury & Complex Case Management (BABICM) 1840447

EXPERIENCE

CASE MANAGER

Uk Case Management Ltd.

January 2024 - Present

- Provision of high-quality case management services, including assessment of need, recruitment, supervision, and management of support staff, both in the community and in liaison with residential rehabilitation units and publicly funded bodies
- Specialist areas: support worker packages, independent living
- Assessment and preparation of costed case management reports for medico-legal purposes for clients with brain and spinal injuries and poly-trauma
- Ongoing coordination of therapies, rehabilitation programmes, and support for clients with birth injuries, brain and spinal injuries, pre and post settlement
- Working with the primary, secondary, and further education systems, both mainstream and special needs establishments
- Ongoing management, training, and supervision of support staff
- Identification of client goals and rehabilitation needs
- Identification and management of risk

ADVANCED SUBSTANCE MISUSE PRACTITIONER

HMP and YO1 Moorland

February 2016 - January 2024

- Complex case management including prisoners with Brain injury, ADHD, EUPD, Drug induced psychosis, Neurodiversity and Korsakoff syndrome and Schizophrenia among others
- Overseeing a caseload of those with a high risk offence history, including arson, sexual offences, violence and weapons
- Worked closely with young offenders and those looking to apply for rehab funding and placements on release from custody
- Worked from triage and assessment through to release and community referrals
- Experienced in Motivational Interviewing
- Worked alongside a multidisciplinary team of nurses, doctors, pharmacy technicians and liaised with other services within the prison including offender managers, mental health, physical health, prison officers, resettlement and home office as part of a MDT
- Worked alongside external teams including probation, solicitors, safeguarding teams, police liaison, social workers, community drug and alcohol services, rehab providers and funding providers



● **REHABILITATION WORKER AND NUTRITION CHAMPION**
York House; Headway
July 2014 - February 2016

- Supported prisoners in all aspects of their care from psychosocial interventions, group work delivery, parole reports and clinical treatment plans
- Assessed need and created care plans, provided one to one support on aspects such as motivation to change, what to expect from rehab, harm reduction and links to offending behaviours

● **RECRUITMENT CONSULTANT AND RESOURCER**
Navigation Recruitment
January 2013 - July 2014

- Rehabilitation worker supporting male and female residents with acquired/traumatic brain injuries
- Key worker for residents with substance misuse issues and contributed to the management care plans
- Worked across the induction unit supporting residents throughout their initial need assessment
- Appointed nutrition champion for the service to help enable residents to understand the impact of a healthy lifestyle on their recovery following injury
- Worked as part of a MDT alongside SaLT, Psychologists, Occupational Therapists and full nursing team to progress clients through their rehabilitation goals

- Matching those seeking work to roles that could best match their level of experience and expertise
- Approaching employers direct to offer support to fill their vacancies through accessing my portfolio of clients to match, prepare for interview and feedback on outcomes
- Sourcing my own clients and matching with my own portfolio to fill the roles as best suited to my clients needs
- Managed a large caseload

● **HEALTHCARE WORKER**
Stockton Hall Psychiatric Hosp.
May 2012 - December 2014

- Supporting clients across 7 medium secure wards including patients with ASDs, developmental disorders, mental health and personality disorders
- Assisted in the therapeutic program alongside an MDT

● **OUTREACH WORKER**
United Response
June 2011 - December 2012

- Key worker for a young adult with with ASD, offering community support and support within school

● **SUPPORT WORKER**
United Response
May 2010 - December 2012

- Supported people with learning disabilities, autism and mental health support needs with day to day living in their own home

EDUCATION & TRAINING

COGNITIVE NEUROSCIENCE MSC
University of York
2012

CRIMINOLOGY BSC 2.1 WITH HONORS
Northumbria University
2011

LEVEL 5 DIPLOMA COUNSELLING SKILLS
Drug and Solvent Abuse Counselling
2020

ACHIEVEMENTS

- Liaising with fundraising teams to organise a 'sleep out' to raise funds for community rehabilitation teams that work alongside Substance Misuse Services providing exceptional care after release from custody
- **MSc Dissertation Project** "Understanding another's Misunderstanding" - using EEG to explore the mental representation of others by combining existing knowledge of action literature and the N400 effect ([click here](#))
- **BSc Dissertation Project:** "In what ways can prison be deemed an adequate machine for dealing with Mentally Disordered Offenders?"