



**HELEN KERRIGAN**  
**Case Manager**

Helen is a highly experienced OT and Mental Health practitioner.

She qualified as an OT in 2007 and has worked in various specialities: physical and mental health; private female medium secure unit; with Inpatient and Community Low Secure services and CAMHS (Children and Adolescents).

Helen is used to managing a complex caseload, including ABI, and is an experienced care coordinator and case manager. She is a compassionate and empathetic professional who quickly builds therapeutic relationships with clients.

Helen regularly carries out assessments and formulates individualised rehabilitation plans. The plans are goal orientated and she prides herself on being flexible and responsive in her approach. If an intervention isn't working; reflect and adjust. Helen thinks outside the box, utilising her experience and knowledge of regional services and therapists to great effect.

As a complex case manager, she has worked widely with challenging clients and has excellent negotiation and problem solving skills. However, when required she does not shy away from making, and then communicating difficult decisions. She is an experienced family therapist and manages client and family expectations effectively.

Helen enjoys working to deadlines and writes concise, detailed reports and is very used to contributing both verbally and in writing to tribunals and professionals' meetings.

Additionally, Helen has experience of people management and understands the importance of involving the client in the recruitment process and the valuable input that a good support team provides with the right support and direction.

Helen lives in Cardiff with her young family and so is well placed to work with clients across South and West Wales.

### **Key Skills**

- Working with individuals who have complex Mental Health issues, including clients with forensic history, drug and alcohol issues and acquired brain injury clients
- Assessment and care planning
- Ability to build and maintain positive working relationships with clients and their families.
- Working as part of an MDT
- Leadership and people management skills
- Experience of CHC funding and commissioning
- Local network of professionals and services, cross sector

### **Qualifications/Professional Membership**

- Autism Diagnostic Observation Schedule (ADOS) training
- Meridian Family Therapy Qualified
- Train the Trainer
- HCPC Registration
- BSc Occupational Therapy
- MSc Transforming Care
- MSc Research Methods and Data Analysis in Healthcare
- BABICM Membership