

QC9/QC33 Critical Components of Risk Assessment and Management

Assessment: Jarred scenario	
Vimeo link: https://vimeo.com/341447407/948d988acd	
Jane:	Hi, Jarred. My name is Jane. I'm from the Acute Care Team in Mental Health. Thanks for coming in here today. Did you have any problems finding the building?
Jarred:	Hey, yeah, parking was a bit tricky. But I remember where you guys were from before. Wow, you're a bit of a stunner, aren't you?
Jane:	Jarred, can I ask that we have a respectful conversation so it's comfortable for both of us? Is that OK? Great. Can you tell me a bit about why you're here today? I know you gave us a ring the other night with some concerns.
Jarred:	Mate, it doesn't matter how hard I try, things are always against me.
Jane:	OK. That sounds kind of tough. When you say things are always against you, can you tell me a little bit more about that?
Jarred:	Feels like it was like years ago, mate. And now it's like the tablets have stopped working. I can't sleep. I'm not hungry. I can't seem to keep still. Shit, everyone's pissing me off.
Jane:	So lots of things are going on. And when you say the tablets aren't working, the medication isn't working, can you tell me a little bit more about that?
Jarred:	Yeah. I've been taking them for years. I might have missed a dose or two. I don't know.
Jane:	So how many doses do you think you've missed in the last two weeks? Would it be 8, 10?
Jarred:	Nah, not that many. Maybe 6 or so. But like I said, I can't remember.
Jane:	Jarred, you mentioned you're having some trouble sleeping. Can you tell me a little bit more about that?
Jarred:	Yeah, I haven't had a full night's sleep in about a month, when I think about it. It's been worse in the last two weeks.
Jane:	OK. So how much sleep do you think you're getting at the moment?
Jarred:	Probably about three hours sleep a night. I can't seem to get off to sleep. You know, my mind just keeps turning over.
Jane:	Hmm, that's difficult. And what about your appetite? You said you're not really hungry at the moment?
Jarred:	Probably one meal a day. You know, sometimes when the guys at work stop for smoko, I'll have something. But I don't feel hungry now. That's not like me.

Jane:	It's not like you not to feel hungry. It sounds like you're doing it pretty tough at the moment. And a little bit earlier in our conversation you mentioned that you were feeling very annoyed at things at the moment. Would you mind giving me some more detail around that?
Jarred:	Yeah, it's my ex. She's really pissing me off.
Jane:	OK. In what way?
Jarred:	Oh, she just tries to annoy me.
Jane:	So what are the main things annoying you right now?
Jarred:	It's pretty much everything, mate. Not seeing my kid is really pissing me off. You know, she's my kid. And the bitch is keeping her away from me, making up lies and shit.
Jane:	Sounds like your child is really important to you, Jarred.
Jarred:	Yeah. You know, she's a gorgeous little thing. And she's pretty special.
Jane:	Yeah. She sounds lovely. And what's her name? And how old is she?
Jarred:	Her name's Sienna. She's four. But, man, she can ask a lot of questions. You know? She goes on and on sometimes.
Jane:	Four-year-olds, they love to ask things. They're hilarious. So you said you were feeling quite frustrated at the moment. Would you be able to give me some more information about that?
Jarred:	Not much. Just been doing a bit more ice lately. And like I said, lots of stuff rolling around in my head. I can't stop the thoughts. Really don't want to give up, but it's not worth it. And that bloody woman at work, you know, telling lies!
Jane:	Jarred, you said some really important things. And I'd like to ask you a little bit more about that. Earlier you said you just felt like giving up.
Jarred:	I just want my kid back. You know? She needs her old man. And I want to be different from my own dad. He was a bully. I still see him in my head giving me a beating. He favoured the buckle-end. And I've got the scars to prove it too. You want to see?
Jane:	That's OK, Jarred. Yeah. It sounds like your dad was really frightening. I imagine that was a very, very difficult time for you. And I can hear that you don't want to be like him. You want to be a good father to Sienna.
Jarred:	Yeah. I was scared all the time. He terrified my old lady every day of her life.
Jane:	I imagine you felt very unsafe in that environment.
Jarred:	I never really feel safe.
Jane:	So when you say you don't really feel safe, can you tell me has there ever been a time that you felt like ending your life?
Jarred:	Sometimes. Tried to once. Might be better for everyone.

Jane:	Can you tell me when that was?
Jarred:	Oh, it was ages ago, in New Zealand.
Jane:	And what was happening at the time?
Jarred:	I wasn't thinking clearly. No, I was messed up. Tried to jump off a bridge. But I wouldn't try that again.
Jane:	What other ways have you thought of killing yourself, Jarred?
Jarred:	Well, after me and the missus split, I was thinking of driving my ute into a tree.
Jane:	OK. Did you ever drive into anything with the intention of dying?
Jarred:	Nah, man. You know, I keep thinking about my little girl and how it would destroy her.
Jane:	And right now at this moment, are you having any thoughts of ending your life?
Jarred:	Well, not right now. But the other night when I called, I had a smoke and got thinking maybe I should just hang myself.
Jane:	And can I ask, what did you think of hanging yourself with?
Jarred:	I hadn't thought that far. And I wouldn't do that to Sienna.
Jane:	OK. So, Jarred, when you say you had a smoke, would you mind telling me a little bit more about that?
Jarred:	Ice. I like ice, mate.
Jane:	Jarred, what I might do is ask you a few more questions about your ice use. Is that OK? OK, Jarred, tell me about the last time you felt really angry.
Jarred:	It was definitely at work. You know, this chick totally got the wrong end of the stick. I was just being friendly and having a bit of fun. And she was pretty hot, you know? And she was loving it, all the attention. And then she flipped and told the boss. Look, mate, I wouldn't do it. She's not worth it.
Jane:	So you wouldn't hurt someone when you're angry?
Jarred:	Yeah. Only if they deserved it. Plenty of regrets. Then shit happens, right?
Jane:	So could you tell me one of your biggest regrets when you've hurt someone?
Jarred:	That's in the past, man. And that's none of your business. Look, I went a bit far, had a few too many drinks. I can't even remember it. But he looked worse than I did.
Jane:	Right. And, Jarred, have you ever hurt anyone close to you?
Jarred:	I keep telling my missus to stop nagging me, stop going on about ice. She kept going on about blaming me and for us having no money. Yeah, anyway, I let loose on the house and she stupidly got in the way. She copped the punch on, a fair punch on her jaw.
Jane:	What happened next?

Jarred:	The silly cow threw me out. But, you know, that was the first time. I actually hit her pretty hard, just to give her a nudge to show her who was boss. She shouldn't have pissed me off.
Jane:	So, Jarred, do you ever feel you need to protect yourself or people around you?
Jarred:	Shit yeah, all the time. I ain't gonna let people walk all over me. Man, I need to defend myself. And if anyone comes close to hurting my baby, jeez, I don't know what I'll do to them.
Jane:	It sounds like you're really protective of your daughter. Are there times that you and your ex partner get on well?
Jarred:	Sometimes, when she listens to what I'm saying.
Jane:	And are there times that you can talk to each other without arguing?
Jarred:	No, we just can't see eye to eye. She doesn't realise how much my girl means to me. And all she sees is the ice.
Jane:	So, Jarred, can we talk a bit more about the upcoming court case? Is it in relation to child access with Sienna?
Jarred:	Yeah. The bitch is trying to take her off me. You know, I only got to see her once a fortnight. And if she thinks she's gonna take me to court to get full custody, [SCOFFS] she can think again.
Jane:	And why do you think your ex wants full custody?
Jarred:	She's telling lies about me, about not looking after my own kid. What a load of crap. You know, I try to offer her food and she says it's not like the food she eats with her mum. You know, I try. I really do. But I can't keep making food she won't eat.
Jane:	Children can be really fussy with what they eat, eh? So, Jarred, how do you get around it?
Jarred:	Good old fish and chips seem to work.
Jane:	Now, that's a classic. Look, is there anything else your ex is concerned about?
Jarred:	Man, my ex is a bullshitter. She reckons I purposely keep Sienna's shoes and bags to get back at her. What a load of crap. I mean, how am I supposed to know where she puts her stuff? You know, the place is a bit of a mess. But it's a roof over our heads. And the other guys sometimes have their kids there too. You know, it's all right mostly. But kids, they just need their stuff don't they?
Jane:	So what do you think is the issue then?

Jarred:	I need money to set myself up. You know, I can't seem to get ahead since she threw me out. At least my mates were there for me. We look out for each other. And Sam, he's a good mate. And he has kids too. He gets it.
Jane:	Sounds like you have some mates that you can rely on who understand where you're at, at the moment.
Jarred:	Yeah, the good mates. Sam was the one who actually talked me into giving you guys a call the other night.
Jane:	OK. So how long have you been living with Sam and your mates?
Jarred:	I think almost five months. And it is pretty crowded there. I think I might have to find somewhere else.
Jane:	So how long do you think you've been moving around like this for?
Jarred:	Since I got kicked out two years ago.
Jane:	And so where now, if you needed to move out of Sam's place?
Jarred:	I really want to find a place of my own, you know, somewhere Sienna can grow up and be happy.
Jane:	Jarred, what do you think needs to change in the situation so you can move out?
Jarred:	I can't trust my ex. I know I need a place so I can have my daughter over. I know that's right. And I know I need to stop using ice, as it's taking up all my money. But I don't know why the tablets don't seem to be working now.
Jane:	I'm just thinking, Jarred, when you're feeling really stressed-- and it sounds like you've got lots to be stressed about at the moment. What do you do to calm down?
Jarred:	My old lady. She's the only person I really trust in this world. She calls me all the time.
Jane:	It sounds like she's a supportive person. I'm just wondering, would it be OK for me to give your mum a ring, just so I can understand what's been going on for you?
Jarred:	Yeah. I guess you can call her, I suppose. She's a great lady.
Jane:	OK. So would you give a consent for me to call your mother in New Zealand?
Jarred:	Yeah, sure.
Jane:	That's great. And is there anything you don't want me to mention to her on the phone?
Jarred:	No. You can talk about anything really. I mean, she knows it all.
Jane:	Thanks, Jarred. I think that would be really helpful to get some further information so we can all work together.
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