

## **A Day in the Life of a Social Worker with AMHT.**

*In February, we welcomed two social workers onto our team. We asked them to tell us what their work involves. The following is what one of them wrote for us.*

‘Social workers spend their day helping people with complicated social problems, and at AMHT these problems are complicated further by mental illness. One of the things I have learnt quickly is that the trust of a mentally ill client is difficult to earn and easily lost. Consequently, the disappointment I feel when clients miss appointments or don’t keep to agreements will be a regular occurrence. I am thrilled to be part of such a dedicated team and look forward to the personal and professional challenges that lie ahead.’

*Below is an example of a day in March:*

- 8:00 am** Morning briefing in the Department at Mt Meru Hospital. This is when the team shares news from the previous day and what the day ahead looks like. It is a time to bring up any burning issues for team discussion and is the back bone of our team cohesion.
- 8.30 am** I head back to my work station to read emails and respond where necessary. I also prepare paperwork for the PAQ – Personality Assessment Questionnaire to be conducted today on a group of children from a local orphanage where there have been some recent difficulties.
- 8.50 am** We leave for our other clinic at ESSO where we meet Dr Robin Peterson, our Clinical Psychologist. We discuss the day ahead and especially how we will put the children at ease by playing games with them.
- 10:00. am** The children arrive with the director and new matrons from the orphanage. The director explains the particular problems the children have been experiencing so we all have a full understanding.
- 10.45 am** We two social workers begin by playing games with the children and singing songs in order to put them at ease.
- 11.15 am** Play time is over and we begin to conduct the PAQ with the first child. There are 6 children in all ranging from 5-8 years old. It is hard to engage them and keep their attention. Some are too young to take the test.
- 14:00 pm** I grab a quick bite to eat and then go through some reports and articles about mental illness and how to raise awareness of the issues.
- 15:30 pm** Visitors from a different orphanage arrive and we chat about what may be done to assist with social problems.
- 16:30 pm** I head to the mosque, with my fellow social worker, to introduce our outreach programme to the sheikh. The programme focuses on raising awareness of mental

health problems in the ESSO area. The sheikh agrees to help us get volunteers from his community.

**16:45 pm** Back at the clinic, I send my End of Day Note to my team and then call it a day and go home.

As a social worker at AMHT I believe that if you love what you are doing every day will be your' best day'. The fact is people need help and if you are a part of the human race you give it to them willingly and the great thing is that we even get paid to do it!