



Press Release

Immediate Release

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### **West Bromwich Occupational Therapist Wins National Award for Transformational Leadership**

An Occupational Therapist from West Bromwich who supports men hospitalised with their mental health has been recognised with a national award.

The Occupational Therapy Awards, run by Cygnet Health Care, one of the UK's leading providers of mental health, learning disabilities and autism services, celebrate exceptional practice across the national Occupational Therapy teams.

Sylvia Dubarry, Occupational Therapy Director at Cygnet Health Care, said: "The Occupational Therapy Awards celebrate the positive contribution Occupational Therapists make to the lives of the people we care for, and their loved ones, as well as to the wider Occupational Therapy team and sector as a whole.

"Reading the nominations for this year's awards has been genuinely inspiring, full of stories of innovation, compassion and brilliant practice. It's a powerful reminder of just how much talent and dedication there is across the Occupational Therapy community. Congratulations to all the nominees and finalists. Thank you for everything you do, the energy and care you bring, and the difference you make every day."

One of this year's winners was Alex Scordis Hutchinson, Clinical Lead Occupational Therapist for Neuro-Psychiatry at Cygnet Heathers, a 20-bed service on Grout Street providing neuropsychiatric and neurodegenerative rehabilitation for men with mental health difficulties and acquired brain injury.

Alex received the Practice Development & Staff Leadership Award, with judges praising her "transformational impact across an entire service line" and her "unwavering dedication to supporting others."

Judges said: "Alex's nomination stood out for her unwavering dedication to supporting others, her ability to inspire confidence, and her leadership that is consistently described as empowering, compassionate, and truly life-changing for the staff she mentors.

“Her leadership has shaped a culture of reflection, growth, and wellbeing across Neuro-Psychiatry. She champions learning, supports teams through complex challenges, and ensures every OT she works with feels valued, supported, and capable. Her influence is felt nationally, and her commitment to developing people and practice represents the very best of our profession.”

Speaking about her award, Alex said: “It’s a real honour to receive this award. It makes me feel very proud that the Occupational Therapists within my service line feel supported, valued and inspired. I have a passion for always trying to improve myself as an Occupational Therapist and equally the service that we are able to provide within Neuropsychiatry.

“With the support from the Occupational Therapists in my team, we have been able to make significant changes to advance our practice and the service we deliver to our patients.

“There are so many things that I love about being an Occupational Therapist. Being able to support my patients to succeed in their rehabilitation and re-gain their independence is by far the greatest aspect of my job. Seeing the Occupational Therapists that I support develop a love and passion for working within Neuropsychiatry is an absolute privilege.”