



# CASE STUDY

- **15 Year Old Female**

- **Referred by: Self Referral**

- **Reason for referral: Estranged from mother, range of emotional difficulties. Disengaged with education, and feeling bullied. Wished to access YPAS for depression and anxiety.**

Young person is a 15 year old female. She lives with her father, and is estranged from her mother, which has caused her a range of emotional difficulties, as mother chose to end contact and refuses to engage. However, She wants to have a relationship with mother. YP started to disengage with education, partly due to being in a new school and feeling bullied by her peers.

Self-referred to YPAS and expressed within her first assessment that she wished to access counselling for depression and anxiety relating to these issues. In addition, she chose to access the weekly 11-16 year drop in (Thrive) and the weekly GP Champs health drop in. It was within these groups that the YP started to develop positive relationships with her peers which contributed to an increase in her confidence and self-esteem. YP began to engage with participation on a regular basis and voiced a strong desire to make a difference to the lives of young people by getting involved in the task group of 'Young Ambassadors'.

YP accessed YPAS Counselling and Psychotherapy Services alongside her continued engagement with the groups. This proved to be a positive intervention, YP refers to this as something that has given her the ability to *"consider the problems and the tools to find the answers"*.

YP has recently been involved in the creation of a training programme to train professionals on to how to *"improve their practice with young people"*

YP has developed in confidence, assertiveness and self-esteem, all of which have had a notable positive impact upon her mental health and emotional well-being. This is evidenced through outcome measures and qualified by the young person's opinion.

Young Person's Advisory Service, 36 Bolton Street, Liverpool, L3 5LX



**T** 0151 707 1025 **F** 0151 707 1252 **E** support@ypas **W** www.ypas.org.uk