



CASE STUDY

- **15 Year Old Female**
- **Referred by: Counsellor at Young Person's Advisory Service**
- **Reason for referral: Young person had learning difficulties, struggled with anger, had low self-esteem and needed support around healthy relationships and conflict.**

Young person was referred to work on confidence and self-esteem, aim for this was to support YP into attending groups at YPAS. YP had learning difficulties, struggled with anger, had low self-esteem and needed support around healthy relationships and conflict.

YP lived with parents, mum had bi-polar and dad also had learning difficulties. Younger brother aged 12 also lived in the family home. Relationships at home were poor and there had been lots of ongoing issues around conflict and abuse.

YP was in mainstream school, however was finding this a struggle. YP was often unkempt and didn't appear to look after their appearance or see the importance of this.

YP had engaged in counselling well. The first few sessions were around building confidence to support YP into attending group work. A few weeks into support the service became aware of a safeguarding issue which led to the YP being charged of a rape offence, therefore the YP became a risk to vulnerable people accessing the service. During conversations with a safeguarding lead it was agreed that the YP could no longer access groups, however 1:1 support may still be offered. New goals were then set to support this.

The YP completed tasks to help improve her anger. This included using distraction techniques and strategies put in place for when the young person got angry. We reflected on the angry times and began to look for triggers. Once these were recognised the YP could then use the agreed strategies more effectively. Over time anger started to improve and goals increased.

At the time of the safeguarding issue a Child Protection conference took place, the YP was placed on child protection. It was agreed that the YP will remain working with YPAS to address anger issues. YP signed the sex offenders register and pleaded guilty in court to the charge of rape. Support was given around the process of court and what it meant to be on child protection.

When working on anger the YP began by scoring herself as a 0 for both goals. By the end of the sessions the YP scored both goals as a 10.

The YP was referred to CAMHS throughout this process, the YP now has an allocated CAMHS worker.

It was agreed that sessions would come to an end as YP had achieved the goals of managing her anger. Unfortunately at the current time the YP still was seen to be a risk, therefore was unable to attend groups at YPAS. It was agreed that in 6 months staff could contact the YP, if things were going well then it may be possible to start an introduction into groups for the YP.

Throughout all sessions the YP worked on feelings and emotions, Over time it was clear to see these scores improving.

The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)

From 18.0 to 26.0

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