



Children & Communities Grant Families First – Newport Mind

May 2021

Situation

Young person, E, (a 15 year old male) had been referred to the Family Wellbeing & Resilience service in 2019/20 and had completed support with a successful outcome prior to the COVID-19 pandemic. E's Mum contacted Newport Mind in January 2021 requesting support once again for E, who had come out as transgender (ftm) during lockdown and was struggling with his mental health once again. RA agreed to support.

Initial Assessment

RA initially met with E via text message, as he did not feel confident enough to discuss issues via telephone or video call. During the text message session, RA and E got to know each other and RA asked some basic questions around what's been going on for E.

E disclosed that he is a young carer as both his Mum and Dad have physical and mental health issues, and his sister has ASD. E has daily suicidal thoughts but feels he would not act on these due to being a young carer. RA provided safety information for this. E had stopped engaging with school and young carers groups during the pandemic, despite being offered online and in-person sessions.

E was also struggling with sleep. E stated that he had an appointment with Umbrella Cymru that day also and was nervous. E agreed to complete the next session via Zoom, where we completed a My Star assessment. E felt he needed most support around his confidence and self-esteem.

Interventions/Ongoing work

RA and E completed safety plan around suicidal thoughts. RA also provided sleep hygiene information and E started working on his sleeping pattern. RA and E completed a piece of work around Thoughts, Feelings and Behaviours and discussed how E's negative outlook had been impacting his mood, thus stopping him from engaging with things he used to enjoy.

RA and E analysed a lot of E's worries, for example, E felt he was to blame for his Mum's rheumatoid arthritis, despite Mum being diagnosed prior to E's birth and having this within her family history. RA and E looked at 'Fact vs. Opinion' thinking and reframed much of what E was worried about.

E reported that his sleep was improving and was having less suicidal thoughts. During a recent session, E disclosed that Mum and Dad were not together anymore, but were living in the same house due to financial issues.

E stated that Dad was often grumpy and that he would get so angry that he would say nasty things about E's gender identity, would say horrible things to Mum and would sometimes throw things and hit things. RA explained to E that she would have to pass this on to Children's Services via a MARF, which initially panicked E. E spoke to Mum and Mum consented to the referral.

RA submitted the MARF, which is currently being investigated by Children's Services. E asked lots of questions around the process as he was worried he would be removed from Mum's care. RA reassured E that Children's Services are there to support families, not split them up, and that they would work to keep E with Mum.

In the week following the disclosure, E went to school and started to engage with schoolwork at home. E stated that this has improved his mood and he was looking forward to continuing going to school. Support is ongoing (dependant on Social Services involvement). E completed work with Umbrella Cymru with a successful outcome.

Outcome and Evaluation

- E has reduced self-blame
- E has reduced thoughts of suicide
- E's sleeping pattern improved
- E felt comfortable to disclose DV/A at home
- E started to re-engage with school
- E completed work with Umbrella Cymru





Grant Plant a Chymunedau Teuluoedd yn Gyntaf – Meddwl Casnewydd

Mai 2021

Sefyllfa

Roedd E (dyn 15 oed) wedi cael ei gyfeirio at y gwasanaeth Lles a Gwydnwch y Teulu yn 2019/20 ac roedd wedi cwblhau cymorth gyda chanlyniad llwyddiannus cyn pandemig COVID-19. Cysylltodd Mam E â Mind Casnewydd ym mis Ionawr 2021 yn gofyn am gefnogaeth unwaith eto i E, a oedd wedi dod allan fel trawsryweddol (benywaidd-i-wrywaidd) yn ystod y cyfnod cloi ac roedd yn cael trafferth gyda'i iechyd meddwl unwaith eto. Cytunodd RA i gefnogi.

Asesiad Cychwynnol

I ddechrau, cyfarfu RA ag E drwy neges destun, gan nad oedd yn teimlo'n ddigon hyderus i drafod materion dros y ffôn neu drwy alwad fideo. Yn ystod y sesiwn negeseuon testun, daeth RA ac E i adnabod ei gilydd a gofynnodd RA rai cwestiynau sylfaenol ynghylch yr hyn sydd wedi bod yn digwydd ar gyfer E.

Datgelodd E ei fod yn ofalwr ifanc gan fod gan ei Fam a'i Dad broblemau iechyd corfforol a meddyliol, ac mae gan ei chwaer Anhwylderau'r Sbectrum Awtistig. Mae gan E feddyliau hunanladdol dyddiol ond mae'n teimlo na fyddai'n gweithredu ar y rhain oherwydd ei fod yn ofalwr ifanc. Darparodd RA wybodaeth am ddiogelwch ar gyfer hyn. Roedd E wedi rhoi'r gorau i ymgysylltu â grwpiau ysgolion a gofawyr ifanc yn ystod y pandemig, er iddynt gael eu cynnig ar-lein a sesiynau wyneb yn wyneb.

Roedd E hefyd yn cael trafferth cysgu. Dywedodd E ei fod wedi cael apwyntiad gydag Umbrella Cymru y diwrnod hwnnw hefyd a'i fod yn nerfus. Cytunodd E i gwblhau'r sesiwn nesaf drwy Zoom, lle gwnaethom gwblhau asesiad My Star. Teimlai E fod angen y gefnogaeth fwyaf iddo ynghylch ei hyder a'i hunan-barch.

Ymyriadau/Gwaith parhaus

Cwblhaodd RA ac E gynllun diogelwch o amgylch meddyliau hunanladdol. Rhoddodd RA wybodaeth hylendid cwsig hefyd a dechreuodd E weithio ar ei batrwm cysgu. Cwblhaodd RA ac E ddarn o waith o amgylch Meddyliau, Teimladau ac Ymddygiadau a thrafod sut roedd rhagolygon negyddol E wedi bod yn effeithio ar ei hwyliu, gan ei atal rhag ymgysylltu â phethau yr arferai eu mwynhau.

Dadansoddodd RA ac E lawer o bryderon E, er enghraifft, teimlai E mai ef oedd ar fai am arthritis gwynegol ei Fam, er i Mam gael diagnosis cyn genedigaeth E a chael hyn yn hanes ei theulu. Edrychodd RA ac E ar 'Ffaith vs. Barn' gan feddwl ac ail-fframio llawer o'r hyn yr oedd E yn poeni amdano.

Dywedodd E fod ei gwsg yn gwella a'i fod yn cael llai o feddyliau hunanladdol. Yn ystod sesiwn ddiweddar, datgelodd E nad oedd Mam a Dad gyda'i gilydd mwyach, ond eu bod yn byw yn yr un tŷ oherwydd materion ariannol.

Dyweddod E fod Dad yn aml yn sarrug ac y byddai'n mynd mor ddig fel y byddai'n dweud pethau cas am hunaniaeth rhywedd E, yn dweud pethau erchyll wrth Mam ac weithiau'n taflu pethau ac yn taro pethau. Esboniodd RA wrth E y byddai'n rhaid iddi drosglwyddo hyn i'r Gwasanaethau Plant drwy MARF, a roddodd banig i E i ddechrau. Siaradodd E â Mam a Mam wedi cydsynio i'r atgyfeiriad.

Cyflwynodd RA y MARF, sy'n cael ei ymchwilio ar hyn o bryd gan y Gwasanaethau Plant. Gofynnodd E lawer o gwestiynau am y broses gan ei fod yn poeni y byddai'n cael ei symud o ofal Mam. Sicrhaodd RA E fod y Gwasanaethau Plant yno i gefnogi teuluoedd, nid eu rhannu, ac y byddent yn gweithio i gadw E gyda Mam.

Yn yr wythnos yn dilyn y datgeliad, aeth E i'r ysgol a dechreuodd ymgysylltu â gwaith ysgol gartref. Dywedodd E fod hyn wedi gwella ei hwyliau ac roedd yn edrych ymlaen at barhau i fynd i'r ysgol. Mae cymorth yn parhau (yn dibynnu ar gyfranogiad y Gwasanaethau Cymdeithasol). Cwblhaodd E waith gydag Umbrella Cymru gyda chanlyniad llwyddiannus.

Canlyniad a Gwerthuso

- Mae E wedi lleihau hunan-fai
- Mae E wedi lleihau meddyliau am hunanladdiad
- Mae E wedi gwella ei batrwm cysgu
- Roedd E yn teimlo'n gyfforddus yn datgelu DV/A gartref
- Mae E wedi dechrau ailymgysylltu â'r ysgol
- Cwblhaodd E waith gydag Umbrella Cymru

