**Case Study**

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| **Area of funding**  (indicate which area of funding the case study relates to) | Prevention  Parenting  PCLA  Resettlement  Victim  Substance misuse󠄀  Community Resolution |  |
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| **Aim of Intervention**  Briefly describe what you were trying to achieve | * Support the young person to regulate his emotions. * Stop the family from needing to restrain the young person daily. * To build confidence and trust between parents and young person to enable them to walk to the shop or go to the park without parents. * Prevent a family breakdown. * Support with education. * Parenting advice/support to manage young persons behaviour. | |
| **Method**  What methods did you use to achieve the aim? | Work with the young person around-   * Managing and understanding emotions. * Techniques for the young person to use instead of lashing out; going for a walk, breathing, talking, understanding sensory needs. * Explaining to the young person that plans can change but it is okay as that was a trigger for the young person. * Making young person aware of possible consequences if they continued to hit family members. * Parenting work-Implementing boundaries, routine etc. | |
| **Outcome**  What difference did your intervention make? | * Family no longer need to restrain the young person. * Young person able to regulate and manage his emotions, no longer lashes out at family or peers. * Family living a more harmonious lifestyle. * Care Order reduced to Care and Support Plan. * Bespoke education package in place and going well. * Young person allowed to go for walks to the local shop and park. * Young person gained confidence. | |