**Case Study**

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| **Area of funding**(indicate which area of funding the case study relates to) | PreventionParentingPCLAResettlementVictim 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.
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| **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.
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| **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.
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