**Case Study Template**

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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 | The overall aim of the intervention was to:  Try and improve family relations and hep to reduce the number of violent episodes that this parent was experiencing from her son.  To assist this parent with the organisation of her daily life. To help her with the organisation of her paperwork, bills and debts. To encourage her to engage with professionals and agencies and to reduce the number of missed appointments.  Provide support and information to this parent in relation to her emotional health and well-being and to look at the importance of taking care of herself so that she can care for others. This parent was not in a very good place in relation to her emotional health. She had recently experienced the loss of her home and was moved to an area she did not know. She was also trying to deal with a difficult relationship with her son.  To work with this parent on improving her confidence and self-esteem. She felt quite vulnerable and was in a constant state of emotional distress.  To provide information and support in relation to cost of living and the support available in her locality. | |
| **Method**  What methods did you use to achieve the aim? | Work consisted of one-to-one support sessions using The NVR parenting approach. We looked at conflict and triggers in relation to the family arguments and violence. Different strategies were discussed on how This parent could respond to this. We drew up and agreed a safety plan in response to the violence in the family home.  Organisational tools and visual aids were provided to assist this parent with her organisation. Examples of this included organisational folders, visual timetables, budget charts and reminders to help reduce missed appointments and deadlines.  One to one session’s were carried out to discuss self-care. Sessions looked at diet, sleep, medication, and exercise. We discussed menu ideas and ways of making cheap healthy meals.  A referral to Monmouthshire Housing was made to deal with household budgeting and debt and referrals were made to Monmouthshire Food Bank for help and support with financial hardship. | |
| **Outcome**  What difference did your intervention make? | At the end of the intervention This parent reported that her relationship with her son was much improved and she told me that she was less fearful of him.  She informed me that the strategies we used has helped her to defuse many of the family arguments before they even got started and she now feels more able to communicate with him.  She states that the support has helped her to feel more confident in her approach and that she now feels better equipped to deal with situations and has more belief in herself.  She advises that she feels better in relation to her emotional health and is now more able to cope with daily life.  She has agreed to continue working on her own self-care and to continue do more things that she enjoys without feeling guilty.  An evaluation form was completed by the family and forwarded to the YOS. | |