**2023 - 2024 - CASE STUDY**

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| **Project /service name:** | Out of court family Practitioner – Family centres  |
| **Dates Supported:** | From: 11/01/24 | To: 26/03/24 |
| **Please fill in this form from the point of view of the people you are working with, and use their own words where possible and relevant**. |
| **Background**  | Mother being supported as she is struggling with child A behaviours at home.Parents felt hopeless and felt they did not have boundaries with child A. They would become frustrated and would use physical chastisement as a form of punishment when Child A was displaying unwanted inappropriate behaviour.Child A is also going through the referral process for Neuro Development Team.Parents feel disconnected to child A. Although expressed their unconditional love for her. |
| **What actions were identified as part of the planning including what mattered to the family:** | * Child A was struggling in school and at home. Child was not sleeping routinely and would not leave the parents side.
* Child A would hit out - retaliating in parents hitting out.
* It was identified that both parents had been brought up with different parenting styles.
* Dad expressed he has never been comfortable talking about his emotions and feelings and would rather close up and deal with it a different way.
* Dad explained he is very hot headed and does not handle difficult situations very well.
* Mum would try and sort the difficult situations out using in-consistent strategies
* Mum has recently received diagnoses of Attention Deficit Hyperactivity Disorder (ADHD) and had started new medication, and feels she can handle some situations better but wanted more tools her in her toolbox.
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| **What outcomes have been** **achieved with the family** | * Both parents attended 1-1 visits over a course of 3 months and worked through Care for the family - handling anger in the family workshop and Care for the Family - additional needs – ADHD.
* The family reflected on past events and situations and felt that they could of handled difficult situations differently and to deescalate it rather than escalate the situation.
* Parents engaged really well and completed tasks weekly to help practice positive parenting strategies and shared these weekly
* Both Parents reflected on the use physical chastisement used in the past and felt remorseful.
* A referral into ACTIV8 was completed for child A and she has really engaged with several activities. Parents report due to this child A sleeps through most nights and the night-time routine is a lot more stress free.
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| **Have there been any specific challenges faced by the family, and how were they overcome?**  | * Dad expressed he finds it hard to express his emotions especially to his child, and said it did not feel right to speak to his partner about it.
* Dad practised this in sessions and with his partner at home through the week and fed back in one of the sessions *“ I know when I am feeling angry and I let child A know and she will give me some space now “*
* At the end of my work with the family mum and Dad expressed, he had more tools to handle a difficult situation and was teaching child A to do the same.
* At the beginning of working with parent, parents where not on the same page and argued in front of the child. Parents will now take the time to discuss appropriate boundaries at an appropriate time and place.
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| **What is the participant’s situation now?** | * Both parents have lots of strategies on how to manage a difficult situation.
* Parent’s report that the work completed have really helped them and brought them closer together as a family.
* Child A is also receiving further support in school – parents have a great relationship with the school and they communicate on regularly basis on what’s not working and what is working so that home life and school life have a consistent routine in place for child A.
* Child A attends ACTIV8 a couple of times a week.
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| **Any Quotes / feedback**  | Since completing the work the family is closer than ever! Everyone is in a much happier place.  |