**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 | The overall aim of the intervention was:  To try and help S manage difficult behaviour and to try and use de-escalation techniques in dealing with conflict and ways to try and defuse difficult situations with her son.  To try and improve the relationship between S and her son. The aim was also to try and help reduce the number of violent episodes that S was having to deal with daily.  To help S with the organisation of her paperwork, bills and debts.  To provide support and information to S in relation to her own emotional health and well-being. To look at the importance of taking care of herself so that she can support her son. S was not in a very good place in relation to her own emotional health. She has previously experienced a mental breakdown and was hospitalised. S has moved to an area she does not really know away from her family network. S is a single parent and finds trying to deal with her son’s behaviour very challenging and at times isolating.  To look at and discuss Parenting Styles.  To work with S on improving her confidence and self-esteem. S felt quite vulnerable and was in a constant state of emotional distress due to the constant abuse and violence she was experiencing from her son.  To help S encourage her son to become more independent and complete household chores in return for pocket money.  To provide information and support in relation to cost of living and the support available in S’s local area. | |
| **Method**  What methods did you use to achieve the aim? | The work we carried out consisted of one-to-one support sessions using The NVR parenting approach. We looked at conflict and triggers in relation to family arguments and violence. Different strategies were discussed on how S could respond to this and we discussed strategies that could be implemented to de-escalate situations.  Discussion and sessions were held on challenging behaviour. We used You Tube and Video Clips to achieve this and the use of exercises taken from the Take 3 Parenting Programme.  Sessions were carried out on the different styles of parenting and exercises with S were completed on identifying her own style and that of her son’s father. DVD and video clips were used and exercises used taken from the Take 3 Parenting Programme.  Organisational tools and visual aids were provided to assist S with her daily organisation. Examples of this included organisational folders, visual timetables, budget charts and reminders.  One to one session’s were carried out to discuss the importance of self-care. Sessions looked at diet, sleep, medication, and exercise. We discussed menu ideas and ways of making cheap healthy meals to help with budgeting.  Sessions were held to encourage S to get her son to complete and stick to household chores and encourage him to do more for himself eg get his own drinks, put on his own socks in the morning etc. We Discussed pocket money and negotiation and the whole family made and contributed to chore charts. Practical sessions included making pancakes together and baking to help build on the relationship. | |
| **Outcome**  What difference did your intervention make? | At the end of the intervention S reported that her relationship with her son had majorly improved and that she now experiences very little aggression compared to when she first started. S advises that her son is now more respectful towards her.  S advises that she feels better in relation to her own emotional health and is now more able to cope with daily life. S tells me that she now uses exercise daily to help her cope. S now uses a daily journal to explore her thoughts and feelings which she says has helped her well-being greatly.  An evaluation form was completed by the family and forwarded to the YOS. | |