**AVA\*** all names changed

Anne referred her 12yr old daughter Ava due to her increasingly difficult and aggressive behaviour-displaying physical abuse, threats to harm and property damage.

Ava was having school support for a family bereavement, however Anne noted that anger and aggression towards her was increasing. Ava was also having anxiety attacks which were impacting her emotional health, as well as begin to display ‘ticks’. Ava was awaiting a SPACE discussion.

During her first appointment, Ava avoided eye contact and appeared hesitant to talk with the Youth Respect Officer (YRO) but agreed to meet again for support. To accommodate her high anxiety, the YRO tailored the programme; shortening sessions, allowing pauses and the ability for Ava to stop at any time, and adjusting content to ensure she was not overwhelmed. Throughout, the YRO worked closely with the ALNCO for consistent support.

Ava attended eight sessions, focusing on emotional well-being, communication, victim empathy, managing emotions and coping skills. She explored her struggles with anger management and the distress this was causing Anne, exploring the harmful ‘habitual’ behaviours she had developed which had become her way of coping, Positive coping strategies were introduced. As Ava’s knowledge and understanding of her behaviour grew, she recognised the strain she had caused her parents relationship.

Due to a notable increase in Ava’s ticks and the impact it had on her, we completed a SPACE referral. We also liaised closely with Anne and provided her with an online support group which she utilized.

At closure in November, the family reported that communication had enhanced, leading to better relationships. Ava expressed that the work had helped her and Anne understand her feelings and reactions and helped her in changing her behaviour. There were no recent incidents of physical harm or damage to items, and threats to hurt had decreased significantly.