**Case Study**

**Background to young person –**

Male A is 16 years old, he was born in the UK, however, his Birth parents are European. He resided with his Birth Parents until he was around 7 years old, to which he was removed from their care due to severe neglect, both parents were heroin users and domestic abuse.

Male A was placed in Foster Care and his Foster Carer adopted him and his siblings.

He resided with his Adoptive Mother until 2024 when the placement broke down due to his behaviour, his Adoptive Mother was unable to manage his behaviour so he moved out of the home

In September 2024, a private arrangement was set up that he would reside with his friends and their Father.

During the time his behaviour deteriorated massively, he was out at all hours, offending, and completely disengaged from School. He was sleeping all day and up all night, he was misusing ketamine as well as cannabis. The Father who was looking after male A, was struggling with his own children’s behaviour as well as struggling with his own mental health as well as caring for him own family members, he openly admitted that he was not coping and therefore was unable to provide routine and stability for male A. He was very much ‘left to his own devises’

Male A was not known to the YJS prior to him moving to his friend’s home , he was described by his birth mother as a clever lad who did well in school and had aspirations to join the military’

Male A’s offending was mainly theft from shop but also included a Common assault. All were committed when he resided with his friends who were also well known to the YJS with an array of offending behaviours prior to him residing with them.

The Local Authority at this time were looking for a suitable placement for male A, but unfortunately there were no suitable placements available, so he remained at his friend's home until January 25.

Male A became a Child Looked After in January 2025 and he was moved from the friend's home to a foster placement in the local area.

Since Male A moved to his foster placement in January 25, he is now back in School full time and also attending after school to catch up from all the work he missed. He is attending military Preparation College 2 days per week and is applying for the Army, he hopes to be in Harrogate in September enrolled in the Army.

Male A looks a lot healthier since he has moved to his foster placement, prior to this he looked withdrawn, tired and unkempt, he takes pride in his appearance and is eating well.

Male A is also attending the local gym, to which he is enjoying

In March, male A was awarded student of the week in Military College, the staff at the College are immensely impressed with his presentation and his behaviour, and they noted that he was extremely warm towards a vulnerable student and very supportive to them in their time of need.

**What did we do?**

Emotional support- while Male A was transitioning to his new foster placement, he was extremely emotional, so he was offered emotional support by talking things through. He has since settled and reports that he is a lot happier now he is in a routine. It took time for Male A to get to know his case manager and the more he saw her (this was weekly) the more he opened up and begun talking about his early life, whilst residing with his birth parents and what he witnessed as a child.

A trauma informed approach was used to ensure that male A is heard, given time to get to know and trust his case manager, so that he could talk openly and freely with her, to which this happened around about after 5 or 6 sessions

Positive leisure- Male A expressed that before he ‘got kicked out of his home’ he was really fit and loved exercising, but had not exercised in over a year, so he was taken to the gym for an induction by his case manager and he now attends the gym regularly, he states that he is sleeping better and feeling good about himself now he is going to the gym

Consequences of his actions- Work has been carried out that should Male A continue to offend, then this can affect his career (Army) he understands this and reflects that his offending was due to the environment he was in mostly and the lack of supervision and routine

Positively male A has not re offended since being open to the YJS

Discussions around substances- Male A reports that he has ‘ taken all sorts’ of substances, so we have had open discussions around how they affect your body, how long they stay in your system and consequences of finding any substances in your body in the Army, this will be an instant dismissal / will not pass his medical

Male A was open and honest with his case manager talking about the different effects of substances, he stated that he has tried, cocaine, cannabis Ketamine and magic mushrooms, lengthy discussions were had to which male A opened up about his worry that he may become addicted to drugs ‘just like his parents did ‘we discussed that he was ‘experimenting’ and was spending time with peers who substances were a big part of their life, and how to say ‘no’

Male A feels that now he has ‘tried them (substances) he has hopefully got it out of his system. Male A now reports that he has smoked cannabis once , this was about a month ago , but has not taken anything since, and has no plans too as he does not want this to ruin his chances of joining the army . Male A has agreed to undertake one session with the SMS service Barnardo’s around substance and alcohol awareness, this will be his final session.

As well as trauma-informed practice, a child-first approach was used, so that male A was able to understand that people make mistakes and that he can make things right and make the right choices with the right support

Sessions were very much lead by Male A, and what he wanted to explore, for 2 sessions he wanted to talk and make sense of his childhood and what he had witnessed, he expressed that one particular memory was having no food in the family home when he resided with his birth parents and that he was very rarely in School because his parents were always asleep, to which he understands now that they were ‘ off their heads on heroin’ and the day he remembers was when a social worker came to his home and ‘ took him and his siblings away forever’

Regular communication was carried out with the foster carers, keeping them in the loop of Males A progress, as well as a multi-agency working with Social Services, Education, MPC College as well as SMS Service to ensure that all the correct support was in place for Male A

**Barriers**

Initially, male A was much unmotivated to work with the YJS, he stated that ‘he has better things to do ‘. The initial sessions he would not speak much and was very withdrawn, this is due to him stopping smoking cannabis; he was not sleeping well and had just moved into his foster placement so he was extremely emotional about this.

After around 4 sessions, Male A begun to open up and since then, the sessions have been positive and engaging

**Outcomes to date**

* Male A is now back in education full time, as well as doing extra lessons after school to catch up from all the work he has missed
* Male A is attending military college x 2 per week, he is in the process of applying to join the Army in September
* The Military College are extremely complimentary of Male A, and he has been awarded student of the week in March
* Male A is now attending the gym and keeping fit, he reports that he feels a lot better about himself and is sleeping better
* Male A reports that he no longer misuses substances
* North Wales Police report that there have been no offending since he has been open to the YJS
* Male A has not missed one appointment with the YJS, he has also completed 6 hours of reparation ( 3 sessions) to which he baked various items for a local homeless charity, to which he reported that he really enjoyed learning to bake
* Male A has recognised that how his peers can affect his behaviour, and he has made the decision to not spend time with said peers, instead he spends time with positive peers as well as his girlfriend who all have his best interests at heart.
* Male A shows a willingness to ‘never resort’ to his previous behaviour, he has a bright future ahead of him with a positive careen in the army, he knows that should he continue to misuse substances or re-offend, this could jeopardise his whole future.