

Case Study

Family Composition: Mother 50, Father 49, Son 14 and 3 adult sisters, 2 living in the family home.

Background

- At the point of the referral, the son had been permanently excluded from secondary school.
- Son presented with challenging behaviour verbally and physically aggressive at home and at school.
- Poor relationship between Father and Son, incident of physical violence from Son to Father.
- Concern the son may become a young offender.
- Significant health issues within the family.
- CAMHS Tier 2 intervention involved for Son.

Needs identified with the family

- To support Son's emotional wellbeing
- To support Son's educational placement
- To reduce and address Son's verbal and physical aggression
- Boundaries and guidance to be put in place by parents
- To improve communication within Family
- Adult sisters to gain understanding of their brother's issues and needs

Family Solutions Intervention and Support

- Completion of Shared Family Assessment, family gained understanding of complex family history.
- Family Worker 1:1 with Son in the family home, this was reviewed and changed to educational placement. Sessions used to explore emotions, build self-esteem and explore coping strategies.
- Son attendance at Family Solutions weekly activity group to build self-esteem and Father to support attendance in attempt to strengthen relationship.
- Family Worker liaised and worked in partnership with alternative educational placements.
- Family Worker 1:1 with parents exploring de-escalation and establishing boundaries and consequences within family home.
- Parents completion of Non Violent Resistance Parenting Programme
- Parents to share Family Solutions interventions and NVR programme with older children to increase understanding of Son's issues and the methods of addressing them within the family.

Where are the family now?

- Educational placements report that Son had made remarkable progress within the last year. He is respectful and is attending consistently. He is not responding to other student's prompts to become involved in disruptive or aggressive incidents.
- Son is attending Science tutoring in attempt to complete necessary qualifications to apply for an apprenticeship.
- Son's current placement provider is keen to offer apprenticeship opportunity.
- Son reports that he does not need ongoing support and is using de-escalation techniques.
- Son has positive peer relationships that are well known to Parents.
- Son and Father complete paper round together.
- Son is physically affectionate to Father on regular basis.
- Parents have identified their triggers and coping strategies to challenging behaviour through NVR programme. The NVR open communication and reflection in the parents as they identified their strengths and weaknesses in parenting styles.
- Sisters have supported implementing of NVR programme and family have identified that the techniques are useful in all of their relationships and communication.