

# Case Study 1

---

## **Good news Case Study – Family Solutions Castle Point & Rochford (April 2014)**

*Family composition;* Mother - age 35 years, Daughter – age 16 years, Son – age 9 years.

### **Background**

- At the point of referral daughter was in her final year at secondary school and not attending, she was beginning to show patterns of low attendance.
- The case was open to the Education Welfare Service.
- Mum had a diagnosis of depression and would often spend days in bed, not getting dressed. Mum had attempted suicide in 2012.
- Concerns were also raised around Mum's alleged substance misuse (Cocaine and alcohol). Daughter had a police record and a final warning for assault (against Mum).
- Daughter had a history of self-harm (using broken glass to cut her arms). She was admitted to the Adolescent mental health unit in May 2012. Despite interventions by CAMHS/ YOS/ EIP the case was closed due to non-engagement in August 2012.
- Social care conducted an assessment which resulted in NFA in September 2012.
- Extended school services attempted to work with Mum re mental health/parenting and this was also ceased due to non-engagement.

A referral was made (in March 2013) to FSS by daughter's Secondary school for support around a complex set of needs which were identified using the Troubled Family's agenda.

### **Needs Identified with the family**

- To assist Mum in accessing support around her anxiety/depression, support relating to substance misuse and to prepare her for returning to employment.
- To aid Daughter and Son to access their education and to encourage the positive reintegration of all family members back into the community.
- To ensure the appropriate support was in place to address mental health needs.

### **FS Intervention and Support**

#### ***Mother***

- A tailored safety plan was put in place to address the family's needs which related to Mum's substance misuse. This was shared by Mum with her parents to increase awareness and support for the family.
- The family worker supported Mum to engage with Ingeus (employment support).
- She assisted Mum to access health services for support around anxiety and depression (which resulted in a referral to Therapy for You).
- Worked with Mum to enable her to access support around her substance misuse making referrals to Open Road and subsequently CRI Southend.
- Supported Mum in changing Son's school.

- Worked with Mum to self-refer to MPACT which would potentially address relationship breakdown in families that are affected by substance misuse.

#### ***Daughter -***

- Supported her to Study for and attend her GCSE exams (she was previously not attending school).
- Supported her to access Hairdressing level 1&2 apprenticeship course.
- She attended the FS Girls Group.
- The family worker aided her with CV writing and applying for p/t jobs.

#### ***Son -***

- A Joint referral to CAMHS Crisis Team/CFCS was made following a serious incident of self-harm by Son.
- He attended the FS Boys Group.
- A Referral made to Young Carers group SCAFT to encourage him to build on his social skills.

#### ***All Family members with the FS worker***

- Family mediation/ positive parenting strategies/de-escalation (of conflict) strategies/ accessed food parcels via Hopeworx / supported Mum to access services re money management with the Citizen's advice bureau and the Money Advice Service.

#### **Where are the family now?**

- Mum has secured an offer of employment and is preparing to begin her 3 month probationary period at a care home for adults with additional needs.
- Daughter is in full time training and has nearly completed her hairdressing level 1&2 apprenticeship course.
- Son is in full time education, attends a youth group and plays for a local sports team.
- The concerns relating to anti-social behaviour on the original referral have significantly reduced with no recorded incidents since September 2013.
- Concerns relating to Mum, Daughter and Son's mental health have been addressed and the risk of significant harm has been reduced with no incidents since July 2013.
- The family are living independently in their own home and their relationships are much improved to the point where they are planning a meal at a restaurant to celebrate Mother's Day.

#### **Views of Mum when work with FS ended.**

*"I am very sad that it's come to an end, but glad we have all come so far".*

*All of this was possible through Family Solutions working and liaising with the following Partnership Agencies:*

*Rochford Council (Housing), GP Surgery, CAMHS, CFCS, EWS, Education, LA Education Departments (Essex and Southend), Central Hairdressing Academy, Ingeus, Job Centre Plus/DWP, Inland Revenue, Social Care, SCAFT and CAB.*