

## **CASE STUDY THREE - Summer**

### **Female**

**Age on admission:** 16 years

**Age on discharge:** 16 years

**Length of stay:** 12 weeks

**Reason for admission:** Heroin addiction also used Cocaine, Cannabis, alcohol & tobacco. Failing to thrive at an appropriate level. Absconding.

**Locality:** Out of county placement.

### **Background Information**

Hospital admission for 2 week detox program directly before coming to Companions.

Break down in family relationship, Summer would like to regain trust and loving relationship with mother and siblings.

Prior to this intervention Summer had not previously sought help

No sleep routine, lacked concentration and had made several threats of suicide.

Criminal record.

Involvement with CAHMS

Family history of alcohol, drug misuse and mental health issues.

Out of education for more than 12 months

At risk of sexual and physical exploitation

Low self esteem & often displayed challenging behaviour.

Little to no social etiquette.

### **Aims of placement at Companions**

Access full time education – education assessment

Encourage independent skills

Promote self worth by facilitating her acknowledgement of strengths of character and skills

Allow her to learn from her own experiences in a safe environment

Empower her to access social groups allowing her to learn acceptable behaviour / social etiquette within various settings.

Encourage opportunities for family meetings in a safe environment

Reduce the risk of criminal activity

Make her feel valued, wanted and respected.

Develop positive identity and improve self-esteem

### **Prior to admission to Companions**

Summer visited Companions with her drugs worker. Initially she refused to make any eye contact keeping her head and face hidden under her hood. She refused any food and drink offered to her.

Within a very short period of time she began to communicate and contributed to the conversation. As she left the home she accepted a hug from the homes manager and provider and informed the drugs worker that she wanted to make Companions her home.

### **At Companions Hunters Moon**

Summer quickly settled in making positive relationships with all staff members and other residents. Her sleep pattern, appearance, stature, attitude to education, her drive to want to fit into and contribute to society were remarkable and noticed by all who knew her prior to coming to Hunters Moon.

She spent time caring for her chosen animal, organising and participating in fundraising for a charity. She took great pride in all of her achievements which were acknowledged not only by the staff and professionals working with her but by her family.

During the time at Companions s/he:

- ❖ Gained a sense of identity and where she fit into society
- ❖ Certificates of achievement – earned via education and behaviour
- ❖ Enrolled on the ASDAN program and completed a number of modules
- ❖ Acknowledged and recognized the risks associated with illegal substances and the misuse of substances which impacted on her ability to think and act appropriately.
- ❖ Learnt how to recognize low moods and how to manage feelings in a structured and productive way.
- ❖ Did not engage in any criminal activity and never showed any signs of wanting to abscond.
- ❖ Learnt to play tunes on the piano
- ❖ Had an awareness of environmental issues. Summer became aware and participated in recycling, growing own produce in the garden, purchased eco-friendly products and energy saving products.
- ❖ Participated in all therapies offered.
- ❖ Enjoyed all types of activities on and off-site, including sports, trips to theme parks and educational trips.
- ❖ Enjoyed learning basic independent skills.
- ❖ Took pride in her appearance and learnt how to present herself in a confident manner.
- ❖ Improved relationships with family members

The young person's diet and fitness also improved as she regularly attended a local gym and ate a healthy nutritious balanced diet.

Companions facilitated visits for a potential foster family to acquaint themselves with Summer and to enable her to make a decision about her future in an environment in which she felt safe and valued.

### **Outreach support**

Due to the young person's fantastic progress and her expressed wishes she did transfer to the foster family. This allowed her to live close to the natural family and continue to progress with the relationship.

### **Outcome**

Whilst living with the foster family Summer continued to make progress and plans are in place for her to return to her family home. She remains drug free and remains in contact with us, she is hoping to visit us soon.