

'X'

Case Study



NORTHAMPTON
SAINTS
FOUNDATION

OUR
HISTORY
THEIR
FUTURE



ENGAGE

Feedback from 'X':

"I think Engage is really nice, I love the staff they are nice, same with the pupils, it's really fun."

Background

- Presented to A&E in crisis three times expressing suicidal ideation
- Partaking in self injurious behaviours when at school as a way to emotionally self regulate as was struggling with the school environment resulting in being sent home daily. 'X' was only able to manage 90 mins in school before becoming distressed
- Unable to access lessons/education when in school due to level of distress
- Mum had to reduce working hours to be able to care for 'X' which resulted in financial hardship for the family
- Social isolation and lack of opportunities to interact with peers having a detrimental impact on mental health
- Presentation in the context of ASD and associated with difficulties faced in the school environment
- Concerns that continuing to expect 'X' to attend school would further impact on his mental health and thus resulting in an escalation in his presentation and he could become at risk of admission to a tier 4 unit. There was a need for the right support and provision in the community, a transition plan to support a graduated return to education and the opportunity to develop social skills, and emotional resilience



Feedback from 'X's mother:

"Engage has been a life saver for 'X'."

Feedback from 'X's mother:

"The relationship 'X' has with the staff is amazing."



Feedback from 'X's mother:

“‘X’ has developed some resilience, some self esteem and has built confidence.”

Feedback from 'X's mother:

“He has stopped telling us he wants to kill himself.”

Feedback from 'X':

“I feel a lot more confident now, I feel much much happier compared to when I was at school and felt life sucked. Engage has definitely made me happier, so much happier.”

Intervention offered

- Referral made to Engage by transforming care team, to be attending three days a week.
- Successful start made by 'X' happily attending all three days and engaging in all sessions.
- Positive relationships made with staff and other young people, creating healthy friendships and building up trust with staff through 1:1 work. Mainly aimed at goal setting and emotional regulation.
- Work being done three days a week to include social interaction with others, communication skills, confidence and self esteem improvements and overall enjoyment of day to day life.

Now...

- Through this 1:1 work and involvement by school, missing out on education was identified by 'X' as something he really wanted to improve – therefore online calls were set up by school and Engage to offer 'X' one hour of tutoring every time that he attends the provision, which went successfully and now completes this work happily.
- Initial visits back in to school are now being made by 'X' with the hopes of a successful reintegration back into education.



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If you would like to make a referral or find out more information, please contact:

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Call: 07305 092 369