



NORTHAMPTON  
**SAINTS**  
FOUNDATION

OUR  
HISTORY  
**THEIR**  
**FUTURE**

Wooden Spoon  
CVC



# Maisie

## Case study

## Background

- Phobia was developed which impacted schooling
- Mental health had declined
- Showed traits of anxiety and depression, which impacted education
- From Year 8, it became apparent attending school was becoming difficult and often resulted in returning home crying, depressed and anxious. Not sleeping at night and refusing to go to school
- Began home schooling at the age of 12 due to these deliberating factors and although attempts were made, exams were not taken
- Started college at 16, however, anxiety became severe with many impacting physical symptoms resulting in leaving



“The HITZ programme has improved Maisie’s confidence, self-esteem and mental health. She has gained three valuable qualifications, completed a range of work experience activities and learnt to work in a team. These achievements will help her to access further education, training or employment in the future”.

## Maisie's mother

## Now

- Attended the HITZ programme 3 days a week to improve social interaction, communication skills, confidence and self-esteem
- Overall enjoyment of day to day life
- Didn't feel anxious and loved attending
- Successfully completed the Foundation's annual cv and interview workshops
- Completed 450 guided learning hours
- Now moving on to employment within the hospitality industry having found a passion to pursue this career



## Intervention offered

- Joined the Hitz programme in January 2022
- Included into a small group who had a similar background and relatable experiences to gain academic qualifications
- Took part in confidence building and creative workshops through a relaxed holistic timetable
- Tailored 121's about misuse and positive relationships
- Real work environment experience working within a hospitality setting