

# 'O' CASE STUDY



## Concerns

- Reported missing three times
- Showed vulnerabilities to child crime exploitation
- Struggled with mental health
- Permanently excluded from school

## Interventions

- Participated in the Engage programme, actively engaging in sessions designed to support personal development.
- Attended a sleep hygiene workshop with the Foundation's Youth Counsellor, gaining valuable insights on the importance of sleep and its impact on daily life.
- Took part in regular one to one sessions with staff to set goals for the upcoming term, offering a space to discuss emotions and share personal reflections.
- Joined online safety workshops hosted by the Breck Foundation to increase awareness of digital risks and safe online practices.
- Engaged in discussions with the Youth Counsellor about reintegration into school, addressing concerns and exploring coping strategies to manage anxiety during this transition.

## Impact

- 'O' has reintegrated into mainstream education, attending school three days a week and spending two days on the Foundation's Engage programme.
- Received the prestigious Progression Award at the Foundation's Awards evening, recognising his growth and achievements.
- Maintained an impressive 89% attendance rate across all sessions, with missed sessions primarily due to issues beyond his control
- Developed strong, positive relationships with both staff and peers, contributing to a supportive and collaborative environment.
- Demonstrates leadership by setting a positive example and actively welcoming newcomers to the programme.

"Initially I was sceptical of the benefits of the Engage programme, and it seemed like a "reward" almost for the negative behaviours. However, my opinion has completely changed. Without the Foundation, 'O' would not have been nearly as successful in making positive changes to his life.

It has been an extremely positive experience where he feels safe and happy and has been given the opportunity to develop his feelings and explore his emotions. It has also allowed him the opportunity to achieve positive feedback and feel successful, something he is struggling with in other areas of his life. This has undoubtedly improved his self-esteem. The relationships he has made are built on mutual respect".

Parent of Student O



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