



- Child C 15 years living with mother. Sporadic contact with birth father. Adult family members with history of mental ill-health. Mental health began to deteriorate at 12
- Summer of 2018, Child C attempted an overdose which was later reported as being 'impulsive'. Did not reach the threshold for ongoing support via CAMHS.
- Child C was at risk of disengaging from education and due to the deterioration in mental health did not engage in any personal or social activity ranging from maintaining personal hygiene to socialising with peers.

***"The problem isn't that I self harm, the problem it is that I feel the need to do it. My thoughts are really hard to manage sometimes. I have no interest in anything anymore, I just spend my time alone or I spend my time sleeping because I can't face going out or doing anything anymore."***

### **IAPT interventions:**

- 'Whole family' – including wider family health and mental ill health matters.
- Treatment priorities - routine sleep pattern and routine and active daily life, nutritional mealtimes
- Support social time and opportunities, reengaging with friends practising using public transport.
- Contact with father, communicate with family members, focus on resilient factors.
- Address risk factors with an emphasis on self harm, particularly 'the no-go areas'.



### **Outcomes achieved for young person:**

- No self harm, self neglect or injurious behaviour for over 6 months, gave up articles used for self harm. Reduction in sleeping hours from 22 to 9.5 hours.
- Activity scheduling: reading, swimming, socialising with friend and relatives, cleaning bedroom and shared spaces. Exercise for positive mood and relaxation.
- Increased school attendance and improved behaviour, attended school prom, attending college – had initial challenges, able to discuss and manage concerns with college, has aspiration for the future.
- Support to maintain personal boundaries and understand own responsibilities and that of others. Developing own method of measuring outcomes and self help.
- Improved relationship with family, non-resident parents supported and engaging in CBT

***"Lots of changes have happened, I go to college and go out with my friends, I did alright in my exams so I went to prom. I have worked hard for things to get better and now I feel that they definitely are. I haven't self harmed in over 4 months." - Child C.***

***"I spent so much of my own life feeling depressed. Depression becomes your identity after awhile, you feel so hopeless, I didn't want that for my children. I needed this help as much as my child did." - Parent of Child C.***