

Case study

YP referred September 2020.

Risk flag at referral: significant

YP was 16 when she was referred.

Background:

There was domestic abuse between YP's parents, and her mum had mental health issues. There is a history of YP being moved between different family members and spending time in care. There have been CSE concerns for YP, since she was 13. She had been referred previously and was supported by the service for around a year when she was 13. Her case was closed due to another service being more appropriate at that time.

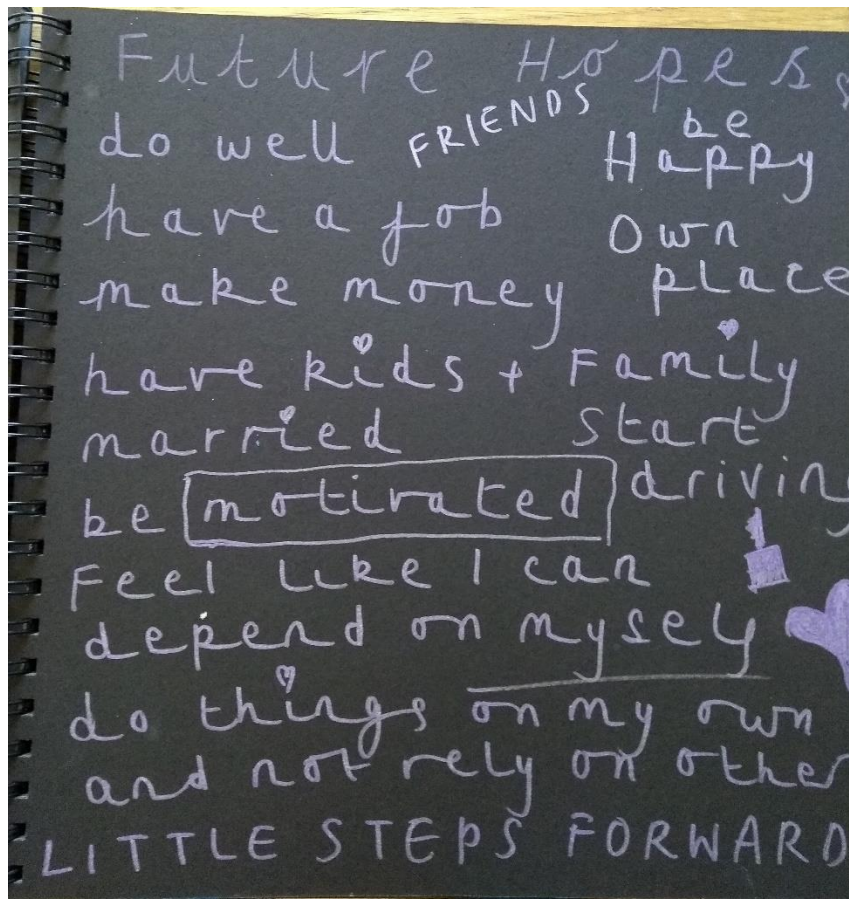
When YP was re-referred, she was living in semi-independent living as a child in care. There was significant information to suggest that she was being exploited on an ongoing basis. YP went missing frequently, sometimes with another vulnerable young person, and travelled to other cities and areas when she was missing. YP was using large quantities of drugs and alcohol including, cocaine, cannabis, MDMA, ketamine, on a frequent basis. This was having a noticeable impact on her physical and emotional health.

Turnaround specialist CSE support:

Turnaround Worker (TW) used a strength based, trauma informed approach in supporting YP. She saw her consistently on a weekly basis, even if some weeks YP only managed a few minutes with TW. This very much depended on her emotional state which was increasingly impacted by her drug use and other things happening at the time.

YP already had a positive relationship with TW due to working with her previously and they were able to build on this. Young people who are re-referred to the service after a period away from the service, often respond well to this. Due to previous experience with Turnaround they tend to know what to expect, and this can be reassuring and offer a sense of containment at times of uncertainty and crisis.

The main focus of the support was on providing consistency and containment and offering YP a safe adult who she could spend time with. Sessions were focussed on exploring YP's strengths; building positive self-image; and exploring her future hopes and aspirations – see image below:



TW supported YP to access sexual health services throughout the support.

TW worked closely with other professionals and there were frequent care planning meetings and strategy meetings due to the increasing level of risk. TW was part of a multi-agency team of professionals who worked closely together to gain agreement for YP to move out of area to a specialist therapeutic placement.

YP was moved out of area in May 2021.

When YP was moved, she was not informed beforehand due to the risk from perpetrators. It was distressing for her when she was informed and moved immediately after. However, she managed this well and this shows what a strong and resilient young person she is.

TW maintained regular contact for a few weeks and carried out a visit within 2 weeks of the move.

When TW visited YP she saw a positive change in her. She seemed much more relaxed and happier than she had prior to moving. She looked physically healthier – no longer pale; no more dark circles under her eyes; and had gained weight.

YP said she knows moving away was the best thing for her and that she wants to make the most out of it. She said she is using it as a break *“to get her head sorted”*. YP said it was hard handing her phone in but that it had helped her; that she feels more relaxed and that her phone is not *“going all off the time”*. She referred to the people she had been spending time with as *“dickheads”* and said that she would be better off without them. She talked about turning 18 and said she wants to be

ready to get her own place; and knows that if those people were still around things would not work out.

YP said she knows it is good to have all the support that she has and that she wants to make the most of it. She said she is proud of herself and feels good *“about getting on with her life”*

Since moving YP has developed a positive self-care routine in terms of eating and sleeping. She has started education and work experience. She has also started driving lessons and has joined a gym. YP has been helping to look after the animals at the placement. She was a bit wary of the lambs and chickens at first but loves the ducklings and helped to choose and collect a new duckling, not long after moving.

As YP's worker I am extremely proud of her and all that she has achieved in a short space of time. I have every confidence that she will achieve great things in the future.