



Case Studies

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Gender	Boy
Age	Aged 9
Reason for mentoring, based on presenting problems	A lot of disruption at home and domestic disputes between older siblings and parents. One sibling having pronounced mental health difficulties and causing chaos in the home environment.
What happened in mentoring?	I gave this young man lots of opportunity to talk and off load and to understand why his sibling was being the way she was with him personally and with the rest of the family. His self-esteem and self-respect were considerably damaged as he felt guilty that somehow it was his fault and the things that were being said to him by his sibling were true. We discussed very practical things such as how to sleep better, how to live a healthier lifestyle and how to deal with his frustrations and anger in a positive way and in a way that was agreed in the household.
What were the benefits and outcomes?	He is now much more resilient. He is happier and understands the reasons and the triggers for his sister's violent and damaging emotional outbursts. He sleeps better. His behaviour at school has improved. He has much more peace in his life.

Gender	Boy
Age	Aged 10
Reason for mentoring, based on presenting problems	This young man's parents have recently separated which he has found distressing. He mainly lives with his mother with weekend visits to his father. Although his behaviour is good in school, at home he has been attacking his mother both verbally and physically. She suffers from mental health problems.
What happened in mentoring?	I gave this young man lots of opportunity to talk and for me to listen. He didn't initially understand why he attacked his mother and felt very guilty about that. In addition to mentoring we engaged CAMHS and involved both parents and school. Initially both parents wouldn't meet together. However, encouraged for the sake of their son they did and agreement was given to reassure the boy and present a united front. Time with both parents was adjusted after listening to his requests. Anger management was employed and agreement as to how he should react when he had very strong feelings.
What were the benefits and outcomes?	All three members of the family are much happier and settled. Work continues. The boy engages well in mentoring and his CAMHS therapy and is beginning to understand why his behaviour was as it was. He is much happier, secure and his self-esteem is much raised.

Gender	Boy
Age	Aged 11
Reason for mentoring, based on presenting problems	Chance for mentee to discuss feelings around his parents' divorce. Child has been tearful and sensitive at home and school.
What happened in mentoring?	Time and space to realise feelings around the divorce-fears, concerns, worries. Realisation of what was in his control and what wasn't. Building up young person's resilience by showing what he's been through and coped with. Strategies to cope with worries.
What were the benefits and	Stress and worry levels decreased. Mentee able to feel more in control of his

outcomes?	emotions and also when he needs to speak to his mum about how he feels.
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Gender	Girl
Age	8
Reason for mentoring, based on presenting problems	Child referred for extreme shyness due to a physical disability which affects her speech. She spoke so quietly, never interacted in class and hardly spoke to adults.
What happened in mentoring?	I discovered she was a very accomplished horse rider and enjoyed taking part in gymkhanas and had won many rosettes. I used this knowledge to help build her self-esteem, confidence and goal settings around small goals around putting hand up in class, ordering a meal in a restaurant etc.
What were the benefits and outcomes?	The “positively empowered” approach definitely helped her improve her self-esteem and confidence levels.

Gender	Boy
Age	9-10
Reason for mentoring, based on presenting problems	Upset and highly anxious. Very poor behaviours at school. Feeling unsafe at home due to one of his sisters (18yo) being very mentally unwell.
What happened in mentoring?	Mentor took time to build a relationship which generated a safe place for the mentee to discuss home life once trust was assured. He struggled with the unpredictability of home life and rage at his intricate Lego models, in which he invested hours to create, being regularly destroyed by being thrown downstairs. The mentor helped him manage his emotions and behaviour using CBT strategies. They worked on managing anger in appropriate ways and improving his self-esteem.
What were the benefits and outcomes?	His behaviour changed and he became calmer and more peaceful at school and able to manage the situations at home more appropriately.

Gender	Boy
Age	10-11
Reason for mentoring, based on presenting problems	Anxious and upset. Disorganised and disassociation at school: not engaging in lessons. Home life was chaotic. His mother was suffering from a mental illness. His parents has split up and he lived across 3 homes; Mum, Dad and Grandparents. His mother has recently has another baby with a man unknown to the mentee.
What happened in mentoring?	Mentor provided a regular safe place for him to talk and helped him to make sense of his chaotic life. Mentor provided constancy during this time and a calm male role model. This case is on-going.
What were the benefits and outcomes?	His behaviour has settled and is improving He is more engaged in the classroom and able to concentrate. His social and communication skills have improved through the 1:1 regular contact with his mentor and being able to explore and explain his feelings.

Gender	Girl
Age	10-11
Reason for mentoring, based on presenting problems	Lacking in self-confidence and self-belief. A loner. Anger issues. Would not divulge any information to the class teacher.
What happened in mentoring?	To overcome how worried and emotional she was the mentor introduced a 'mindful' colouring book so that there was no need for direct eye contact during their 'chats'. This helped her to open up. A scrap book was introduced as it became clear how creative she was which helped her to relax and she began to freely talk about her issues at school with friendships, bullying and her issues at home in the shadow of an extremely academic sister.
What were the benefits and outcomes?	Now presents as smiley, happy and settled. She feels she is 'fine' and discussed how she has learnt to cope at home now when she is irritated (not angry anymore.)

Gender	Boy
Age	10-11
Reason for mentoring, based on presenting problems	High level of anxiety. Poor confidence and self-esteem.
What happened in mentoring?	Allowed him to off load worries in a safe environment. Discussed emotional issues and triggers around his anxiety. Gave and discussed coping strategies for anxiety, based around CBT/ Goal setting around coping strategies. Looked at risks in the world and discussed that not all of them are bad for us. After the mentor had completed the YMHFA course, she realised that the mentee could possibly be experiencing PTSD or GAD anxiety. Signposted to SENCO and parents and advised that they seek professional help. However mentoring has continued (due to likely long lead-time for help).
What were the benefits and outcomes?	Mentee has a diagnosis of high level anxiety and will attend group therapy / help with this through CAMHS. Mentee can now calm himself through CBT strategies and breathing techniques. Mentee is able to attend an outbound course and stay away from home due to his improved confidence and resilience