




NORTHAMPTON
SAINTS
FOUNDATION

OUR
HISTORY
THEIR
FUTURE



ENGAGE



Case Study for A.P. - a 10 year old girl.

Completed by Sarah Jackson – Children with Complex Needs
Practitioner MKCCG NHS

Case Study for A.P.

Background

- A 10 year old girl.
- Brother has ASD and she has witnessed his violence and aggression towards mum and other members of the family.
- Witnessed her brothers significant self harm/ self injurious behaviour/ destruction of property in the house.
- High Anxiety-refusing to leave the house.
- Withdrawn.
- Developing attachment disorder in relation to mum as she was worried she would get hurt and felt the need to protect her.



Feedback about A.P.:

“She is like a different child and is managing her anxieties better.”

Feedback about A.P.:

“She cant wait to get out of the door to get to engage.”

- Impact of COVID 19 lockdown intensified family dynamics/relationships in the house- resulting in an escalation in violence and aggression from her brother.
- Referral to CAMHS was made and A.P. had been on the waiting list for the anxiety and mood pathway for over a year.
- Struggling in school with anxiety related behaviours and increasing presentation of not wanting to go to school.
- Sleep and appetite negatively affected due to trauma and constant high levels of anxiety.
- Social worker support but challenges around what further support could be offered and not able to identify services locally that could offer what was needed.

Feedback about A.P.:

“The day she goes to engage is her favourite part of the week.”



Concerns

- Without community provision and support in place A.P.'s anxieties would increase which would impact on her mental health this could result in an escalation in presentation and behaviours.
- Becoming increasingly isolated as not leaving the house.
- Potential break down of school placement as she did not want to attend and school were struggling to contain and manage her anxieties.

Intervention Offered

- Referral made to the Engage Programme in MK.
- A.P. is attending the engage programme in MK once a week.

Now...

- A.P. is leaving the house.
- Positive impact on her emotional well being.
- Respite for her and mum from the home environment.
- Increase in confidence and developing healthy attachment to mum.
- Safe space to process thoughts, feelings and emotions.
- Developing resilience to deal with adverse situations.



Final thoughts

“The engage programme has been the early intervention that was needed the ‘missing link’ for her emotional, social and mental well being that is helping shape the young person she is developing into. Without the engage programme we would have been limited as to what we were able to offer to help and support this young girl.”

Children with Complex Needs Practitioner MKCCG



NORTHAMPTON
SAINTS
FOUNDATION

**OUR
HISTORY
THEIR
FUTURE**

If you would like to make a referral or find out more information, please contact:

Email: harry.james@northamptonsaintsfoundation.org
Call: 07305 092 369