

## **Appendix B**

### **Early Intervention Grant Priority Area One Case Study Catholic Children's Society**

#### **Background**

Mum is a lone parent raising 4 children - A 14 years; B 12 years; C 6 years and D 5 years. She is profoundly deaf and has some learning difficulties which specifically affect her ability to retain information. The initial reasons for referral to this organisation were:

She had difficulty with her emotional health and well being, and she felt isolated. She had difficulty managing her children's behaviour and she felt that her children's self esteem was poor. The initial request was that she would participate in a Triple P 1:1 parenting intervention but following discussions with her and other agencies involved it became obvious that this was not the most appropriate plan of action for her.

(Other agencies included Deaf Society SW; Children's Centre FSW (time limited due to youngest child's age); Young Carer's)

When CCS first became involved with the family the relationship between mum and A had broken down and A moved out of the family home to live with auntie. Mum found it difficult to juggle the needs of her children and suffered bouts of anxiety and low moods which had a knock on effect on her physical health.

The home environment was extremely chaotic with inconsistent rules and boundaries.

#### **Approach**

Following discussions with mum our initial Action plan focused on the following:

- Parenting strategies
- Routines and Boundaries
- Building and strengthening relationship with A
- Mum's emotional/physical well being

Due to mum's disabilities our approach to meeting these goals had to be specifically tailored to enable mum to achieve the level of success required to make the positive changes within her family.

Simple discussions did not have the desired affect as each goal had to be

backed up by a process and relate to actual events and experiences current within the family. We also found that mum found it easier to take the ideas on board if shown by example with Family Support Worker demonstrating in order to support the process.

## Outcomes

The family home in general is much calmer with mum having the confidence to adopt a more consistent approach to parenting, including lots of praise and time in together.

Mum now has a healthy, stronger relationship with A who has now moved back into the family home and she has more realistic expectations of A and is able to be more empathic in relation to the changing needs of a teenager and their behaviour. There are also physical displays of affection between the two and they have created greater opportunities for quality time together within the family routines.

Mum is parenting more consistently and maintains routines and boundaries ensuring family time together are incorporated and she is much more able to recognise the different needs of each of her children and tries to provide opportunities to meet these needs. She is now involved in several groups and activities including a weekly walking group; weekly attendance at the gym and is also due to start a college course through Life Long Learning. She has also linked up with Community health team.

Mum is more communicative with school and feels more confident to approach staff if she has any concerns regarding the children's development. Mum 'moves in wider circles' and has developed lots of social experiences and strategies to enhance her independent living. Said, 'she had not done anything like it in her whole life'

Her children have shared how proud they are of their mum and have praised her for her achievements. A has also become involved in mum's fitness regime by going walking with her and motivating mum to increase speed, distance etc.