

YJS Prevention case study

A 17 year old female – MW -was initially referred to the Harmful Sexual Behaviour programme via the Prevention service as there were concerns that she was using the internet to offer escorting services. The initial intervention planned was to do harm reduction and safety planning with her.

When engaging with MW it appeared that the initial concerns were not the main issue but this was a 'cry for help' as she was a victim of domestic violence from her 24 year old boyfriend. Her situation was concerning. She had poor relationships with her family as a result of her boyfriend's controlling and coercive behaviour, no mobile phone and there were 2 incidents of her boyfriend getting arrested for DV. This severely affected her mental health. She spent her days staying in with her boyfriend at his bedroom at his grandmothers. They were both unemployed with no money which caused stress between them both resulting in her boyfriend becoming violent toward her. On one occasion they had argued, he hit her and then took an overdose on Valium. When the ambulance was called MW also admitted herself into hospital as she was in crisis with her mental health and self-harming. During one occasion when her boyfriend was arrested he asked her to ask me to get him support. He gave me a phone number of a professional who offered him support in the custody suite. I called this person and we updated each other on the situation – the boyfriend was to have support with his anger management.

Away from her everyday life I identified that MW needed to repair relationships with her family, gain employment, and work on her confidence and self-esteem. In turn I believed this would improve her relationship with her boyfriend as they would spend less time together and the time they do spend together would have more quality, less stress and I hoped it would stop the DV.

From the beginning I made contact regularly with MW a couple of times a week face to face as she did not have a mobile phone. I then mediated between her and her mum over a number of weeks which eventually helped to improve their relationship. Mum then bought her a phone which has significantly supported engagement with myself and her family. I then went on to refer her to the Step into Sport scheme which she began to participate in one to one and group mixed martial arts sessions. She continues to do so and really enjoys this. The idea behind this was to engage her in a productive, healthy activity to improve her mental health, confidence and self-esteem. In between these mixed martial arts sessions I worked with the young person in the community supporting her with a CV and job applications and also a college application. After completing a CV within a week she managed to gain employment which she loves in a nightclub in town. She has also applied for college at CAVC to do travel and tourism as she has goals to be an air hostess. I also gave an opportunity to her to go to Storey Arms to do SUP boarding. She attended and loved the day out.

Due to the positive improvement in MW, she believes that she has rubbed off on her boyfriend and has motivated him to gain employment. When we see each other in the week she always tells me that the relationship is in a good place and due to having money the relationship has more quality and they go out more often enjoying themselves going on dates etc. To date there has not been any incidents with the police regarding this young person being involved in DV.

I received a text message from her mum stating 'Thank you so much I can see the old MW back lately and that is thanks to you'.

