

The Enthusiasm Trust - Mentoring Programme

Case Study – (H C) Youth Worker – (Heather Rothern)

Background and context

HC was referred on to Enthusiasm's mentoring program by her school. She was being bullied at school and was severely beaten by another young person prior to the referral. The family were under a child protection plan as HC and her siblings attendance at school was extremely low, there were concerns around the parents drug use and their capabilities to parent the children as HC was taking on a parenting role and taking her younger sister to school. Professional agencies were unable to engage the family. HC had anger issues and would smash up the family home. She would self-harm as she said that she was angry about life. HC has low self-esteem and was very vulnerable online. The family were also due to be evicted from their family home due to rent arrears.

What has Enthusiasm done?

Enthusiasm started working with HC in February 2015. We have attended professional meetings and shared information with relevant agencies. Enthusiasm were in regular contact with school too. Enthusiasm were able to engage the family, where other agencies struggled. Enthusiasm supported mum to deal with HC's anger issues and at times deflated situations within the home. In July 2015 social care closed the care due attendance increasing at school and because of low engagement from the family.

We have seen HC on a weekly basis usually on a 1-2-1 outside school. We have focussed on building self-esteem by getting HC involved in volunteering at Enthusiasm activities. This has enabled HC to make new friendships with young people who live in her area and attend her school. She has also been interviewed for Radio Derby on National Youth Day. We have also highlighted strategies for HC to utilise when she gets angry or feels like she wants to self-harm.

HC engages in positive activities provided to her and will act as a positive role model to the younger children who attend. HC now aspires to become a youth worker and mentor young people when she finishes school.

HC has been on numerous trips with Enthusiasm. These have provided HC with new experiences that she does not have the opportunity to access otherwise due to her family's financial situation.

What has been the successes?

HC's attendance has increased immensely and she is now predicted As and Bs in her GCSEs. She has not self-harmed since being referred and has not shown aggressive behaviour within the home. She engages with Enthusiasm every week and has made a lot of new friends through attending youth clubs. HC is no longer being bullied at school and has been highlighted as a well-mannered young lady.

HC has recently been exited from the mentoring programme due to the exceptional improvements she has made. She will continue to volunteer for Enthusiasm when she is able to. HC has built strong bonds with the staff at Enthusiasm and has the confidence to

talk to any member of staff if she has any concerns. She knows that we will continue to support HC when needed whether she is being mentored or not. HC continues to aspire to be a youth worker.

Any drawbacks and how these have been addressed?

HC was assaulted and threatened by knife point by another young person last year. This young person was sent to prison, but is soon to be released. This concerns HC but she knows that she can come to Enthusiasm when feeling worried to gain support and advice.

Current situation and future plan

HC has been exited from the mentoring programme but continues to volunteer for Enthusiasm.