

Helping a care leaver create a positive future

Background

Jonah was referred by Children's Social services in May 2020. Jonah's ACEs witnessed and was a victim of domestic abuse her entire life, her ACEs score is 8. Jonah's daughter is currently a looked after child, and court proceeding are in process.

The court proceedings are a traumatic experience for Jonah; however, she is still making positive progress in her life. It has taken a while for Jonah and her worker to establish a trusting relationship. Jonah's experience of professionals has always been transient, professionals moving in and out of her life with not much continuity. Jonah who is a care leaver is 19 years old, since May she had 3 different Leaving Care workers supporting her. All of these have been a great support to her and it's through no fault of any professional or Jonah's that this has happened. However, it's an example of the amount of professionals Jonah has built a relationship with and then stopped working with.

Domestic Abuse

Jonah and the worker have informally explored Jonah's self-confidence, self-esteem and her understanding of positive relationships. Jonah was in a high-risk relationship when she was referred, with several incidents of physical abuse, Jonah feared for her life. Coercive control and emotional abuse were a daily occurrence. The worker supported Jonah to access the Pattern Changing course on a 1-2-1 basis, they completed the 1st part in September. This targeted work helped Jonah to end this relationship.

College

The worker and Jonah attended an initial appointment at Gloucestershire College, Cheltenham. Jonah applied for a place on the Health and Social Care level 2 course and was been offered a place. Jonah will also complete her Maths GCSE alongside this course. Jonah is excited by the offer of a place and the prospect of new career opportunities. Her ambition is to achieve a Level 3 (in Childcare or Health and Social Care) to become a support worker or work in a childcare setting. The worker alongside the Leaving Care team supported Jonah to obtain her GSCE results, which she thought "would never need them again".

Housing

Jonah was living in supported accommodation when she was referred to the project but struggled to abide by her tenancy. Jonah was also at high risk at her the accommodation because her ex-partner knew her address and the accommodation was not 24hour supported. Jonah was being evicted and needed to move to a safer place. The worker supported her to move into settled accommodation with her step Grandfather. He is very supportive of Jonah and they both have set boundaries to support the living arrangements to work. The Nelson Trust secured funding for a Freezer and Social Care funded a bed for Jonah to make her new home comfortable.

Multi agency working

The Leaving Care staff, the social worker and the Nelson Trust worker have been working together to support Jonah. Assessing, addressing and managing Jonah's level of risk has been a joint effort amongst professionals. Resources and knowledge from all involved were put in place to help minimise and manage risk by sharing areas of support. Jonah was part of a High-Risk planning meeting on 28/09/2020, she shared her concerns and also her achievements. Her overall level of risk has decreased from high risk to medium risk.

Ill mental health and offending

Charlotte, 45, was in and out of care throughout her childhood due to her mother's poor mental health. She witnessed her mother's suicide attempts as a child. Now as an adult, Charlotte uses alcohol as a coping mechanism which exacerbates her ill mental health. Gloucestershire High Intensity Network is working with Charlotte alongside The Nelson Trust. She regularly self-harms and took to carrying a knife with her everywhere to self-harm. She was arrested and convicted for carrying a bladed article in public and she is now in probation. Her behaviour has since, escalated and she has been charged with two drunk and disorderly charges and further cases of carrying a bladed article. Charlotte is facing a minimum 6-month prison sentence, her case was referred to the Crown Court to be seen by the Judge. The Nelson Trust worker along with the police officer, who works as a police mentor for people with mental health issues, helped Charlotte to attend and plead her case in court. As a result, the Judge recognised potential for change the partnership work was providing Charlotte with and decided to defer the case for 6 months to enable us to support Charlotte to turn her life around. Charlotte is working with CGL to work towards accessing a place on residential rehabilitation. The Nelson Trust is working with Charlotte for her to access Equine and Art therapy in house.

Charlotte has been engaging with the Complex Needs Project for 7 months, prior to this she was not involving with other services. She is now engaging well, making her feelings known and agreeing to an action plan. Engaging alone, has been great progress for her and she now has the support to make positive choices to turn her life around in the long-term.