

## **The Enthusiasm Trust - Derby Homes Mentoring Programme**

### **Case Study – Jonnie (anonymised) Youth Worker – Ben Melling**

#### **Background and context**

Billy is currently living at home with Mum in their 2 bedroom semi-detached house. The house is in disrepair due to Billy's anger issues and tendencies of outbursts.

He has various mental health issues, including ADHD and split personality disorder, which have led him to lash out at Mum, become physically and verbally violent, destroy property and be removed from particular situations at school. He has been previously described by other professionals as an angry and isolated individual who struggles to build and maintain positive relationships.

Billy has really struggled with change throughout his life and up until he reached 10 years of age, he has had a fairly stable routine. After Billy's school closed and moved all in a short amount of time, he found it very difficult to cope and could not help but feel abandoned and let down. There was also a sense of guilt, as if it was all his fault. His mum feels this was the beginning of his aggressive tendencies and has not really had any control of them since then.

Now Billy has just turned 13 and weighs just under 21stone and stands at 6 ft. 2, Mum feels she cannot cope anymore and is seeking help. Mum's depression has become worse and has caused her to have anxiety attacks whenever she leaves the house.

#### **What has Enthusiasm done?**

Since Enthusiasm's involvement Billy has shown improvements in a lot more areas of his life.

His behaviour is now being challenged by professionals and Billy is learning to cope with being challenged on his negative behaviour and is dealing with the consequences in a more adolescent manner. He is also learning to recognise other professionals and understands the importance of showing respect towards others.

He is more physically and positively active. He is now attending youth clubs and bus sessions on a "voluntary" basis, meaning we have set up a programme in which Billy has his own sense of responsibilities whilst at these sessions giving him a sense of belonging and importance. It has also created a more stable routine for him, which he really enjoys.

Through the encouragement of the Enthusiasm staff, Billy has now created some positive friendship groups which he made whilst attending the youth club at Roe Farm community centre. He is also able to form a stable and positive relationship with staff, not only at the Roe Farm youth club, but with staff that work across the city.

Enthusiasm have introduced a Family Support Worker for Mum, which has helped her with her anxiety issues. Through this support, Mum has managed to go and see the doctors about her depression and has even started to leave the house to participate in positive activities such as dog walking.

### **What has been the successes?**

One of the main successes we can focus on with this particular case study is that Enthusiasm have entered the life of an extremely disengaged young man, whose mother was on the verge of breakdowns. We have managed to get him involved in much more positive activities and re-engage him with his education. Mum has also improved vastly in her mental health situation and is no longer arguing with Billy on a constant basis.

But the real success of this particular case is the fact Enthusiasm have helped to rebuild that relationship with Mum and son. They are now working closely together to help repair the bond they once had.

### **Any drawbacks & how these have been addressed?**

A draw back to our involvement is that Billy has become very dependent on Enthusiasm. So much so, that it takes longer to plan whenever his mentor goes on annual leave. To tackle this, we have tried to incorporate other workers in to some of his routines at youth clubs and although his mentor is with him on activities such as trips, by putting Billy in other groups with other members of staff has helped him build that relationship which makes it easier for other workers to cover when his mentor is on annual leave or off ill.

### **Current situation and future plan**

Billy is still currently achieving at school and has not had an incident for nearly a full term. He is back on his full timetable and is attending every day. He is still working at his relationship with Mum and does have the odd occasion when he is cheeky or rude, but no longer lashes out in anger or violence.

Our plan going forward is to continue working with Billy on his action plans. We will look to sustaining his routine as well as try and slowly incorporate new ones along the way.

We will eventually look to making Billy a full time volunteer and try and encourage him to volunteer at other youth clubs.