



Case Study

YOUNG PERSON DETAILS

AB 14 years old LAC

In care for 7 years

BACKGROUND

- In 2011, at aged 7, AB was removed from his family due to concerns around severe neglect and emotional harm
- Placed with long-term foster carers until April 2018 when the placement broke down
- AB's behaviour has always been a concern but the risk-taking behaviour had increased over the previous year with 27 incidents of grave concern whereby each incident warranted immediate reporting to the Local Authority and a police response e.g. theft of phone, racial abuse, cautions from police, banned from town centre
- Plus daily incidents of extreme verbally aggressive behaviour or threats of physical violence e.g. threatening family members with a knife for not sharing their ipad, trashing room
- Poor self care - for own health, education or personal hygiene needs
- Many interventions were used e.g. education behavioural intervention team involvement in school; working with the Youth Offending team

HOW EMOTION COACHING USED TO SUPPORT THIS YOUNG PERSON

- Emotion Coaching has been used from June 2018 to date daily
- Main carer and supervising Social Worker was trained in Emotion Coaching
- The carer stated 'Emotion Coaching has taught me to concentrate first on calming AB, then help him with his emotions before considering behaviour. It has taught us so much and this is so important we need to get it out to all foster carers, parents and teachers'.

OUTCOMES

June-September 2018

- The improvement in AB's behaviour, his self-esteem/worth/respect and confidence has astounded all professionals working with him

- The carer informed those at the Review that she puts the changes down to ‘going on the Emotion Coaching training with my agency and learning to work with him on his emotions –naming them and helping him understand and manage them before looking at his behaviour, something he has never had’
- AB decided not to attend this meeting because he would miss school and he wanted to take part in a lesson – a sign that he was re-engaging in his education
- There have been no concerns that have warranted immediate reporting to the Local Authority or the police since the carers have used Emotion Coaching
- AB and has become an accepted member of the family and the foster carers report that ‘you can see from his facial expression that he loves being automatically included in any family plans. AB will also decline invitations to join other family members in an activity but does so politely’
- AB is able to attend community activities and enjoys attending theatre shows; family outings and ‘get-togethers’ and other people’s company
- AB has stopped shouting out racist remarks or behaving in a discriminatory manner to others who he saw as different
- AB is able to name and manage his emotions and is able to sit and talk through his feeling/s before they manifest into extremely negative behaviour. AB will also accept the carers intervening when they observe signs of AB becoming angry. AB accepts ‘No’ from the foster carers and will sit and listen to the reasons for denying his request but more importantly AB is able to offer his views and is being encouraged to do so (learning negotiation skills). The carers state that ‘AB does become frustrated when told, ‘No’ but that’s just like any other teenager’.
- AB now attends meetings about him and offers his views and opinions in these meetings. AB has also formed positive relationships with all professionals, so he will now have a discussion over the phone with them.
- AB is now enjoying his life and enjoying having people around him who want and enjoy his company and friendship something his behaviour of the past stopped him from experiencing
- AB is now talking to the foster carers about his family and past experiences and together they are working through AB’s feelings around these experiences and the potential reasons for AB’s past negative behaviour
- AB now takes pride in his appearance and his personal hygiene is of a high standard
- AB is now having meaningful contact with his birthfather and previous foster carers and AB has been able to offer his views on future contact

- AB has attended school, full-time with one to one support, since September 2018. However, the support is being slowly withdrawn – as agreed by AB and his support worker on a day to day basis. AB is starting to make friends at school.
- The stress placed on the fostering agency, police and Local Authority staff from 2015 to June 2018 in their attempts to keep AB safe and address his emotional needs cannot be over-estimated; the hours spent on meetings; on prevention services or intervention by all professionals and the anxiety felt by professionals that we were failing this young man has totally diminished.
- The positive changes in AB has been remarkable and professionals put this down to the willingness and commitment of the foster carers to try anything to reach AB and Emotion Coaching was the tool/skill that reached this young man and allowed the intervention to happen.

Update: September 2018 – May 2019

- AB's progress continues to astound all professionals – there have been no further incidents requiring professional intervention
- The carers state that AB will now seek out emotional support and contact with them and enjoys being praised and rewarded for his behaviour and his kind behaviour toward others
- The foster carers state that AB can talk freely about his feelings and is now able to regulate his feelings himself without prompting
- AB attends school on a daily basis and like most teenagers enjoys some subjects more than others. AB has no more difficulty at school than most other teenagers.
- Socially, AB, has friends in school and out in the community and often visits the town without the carers having to worry about his behaviour. AB is becoming confident in all social situations and is accepted by all in the community.
- The greatest compliment that can be paid to AB is that he is no different to any other teenager who is learning the ways of the world- sometimes stumbling but he picks himself up and if he needs support or advice he is not frightened or hesitant to ask for it from his carers