



## Case Study Summary: P

- **Age at Referral:** 16
- **Support Duration:** 6 months
- **Presenting Needs:** P had struggled tremendously with bullying throughout secondary school and as a result had poor wellbeing, confidence and self-esteem. They developed an overdependence on their mother, lacked friendships and were at significant risk of disengaging at college. They had a history of mental health support through a domestic abuse service and school-based support and had a recent diagnosis of ADHD. During support, they were also accessing occasional groups for young carers, due to their sibling's additional support needs.

### Support by Turning Tides

- Built a trusting relationship through regular, relational coaching sessions working on confidence and self esteem
- Teaching independent use of public transport
- Working towards goal of increasing time spent in the community without mum
- Facilitated opportunities to group activities such as female empowerment group
- Enabled learning and development through referral to British Filming Institute to access 10-week course aligned with acting aspirations

### Journey of Change

P is now confident and socially engaged. They are managing their ADHD well having learnt strategies to reduce anger and feelings of overwhelm and independently managing their medications. They have used the skills learnt in coaching to build and maintain friendships in college. They are engaged in their college, using the British Filming Institute as part of their work experience portfolio. They can navigate the community independently using public transport. Their relationship with their mother is much healthier and they have hope for their future.

“I worry about going to new places, and crowds and my confidence. I get really nervous meeting new people and making friends”

—presenting need in young persons words



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### Coaches observations:

“P has started to recognise her own strengths and qualities, rather than focusing on the negative experiences that have impacted her confidence and self-esteem. She is learning self-acceptance and is developing better strategies to support her emotional health. This has helped her to achieve things she thought weren't possible.

She now attends groups, goes out with her friends and has made some new friendships at college and she now realises that people like and accept her for who she is. She no longer shy's away from trying new things, instead she puts herself forward for new opportunities.

She still has the first-time nerves in new situations but being able to talk about how she is feeling and recognising that these feelings are normal, alongside using her coping strategies, she has proven that she can overcome challenging situations.





# Poetry written during female empowerment sessions

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## The Misunderstood Girl

She walks through the hallway, eyes on the floor,  
A thousand loud voices, but she wants something more.  
They say she is distant, they whisper she's cold,  
But inside is a story that's aching, untold.  
Her laughter feel quiet, her silence feels loud,  
She's lost in the middle, unseen in the crowd.  
They paint her with colours that don't fit her skin,  
Not knowing the fire still burning within.  
Her dreams are like stars that she hides in the night,  
Afraid they'll be broken if shown to the light  
Her heart beats to music no one else can hear,  
A symphony so fragile, but brilliant and clear  
Someday the world might pause long enough,  
To notice her softness, her strength, and her love  
For being misunderstood doesn't mean she is wrong,  
She's just waiting her turn to belong

