



Case Study – Substance Misuse, Employment, Adult Mental Health

Family Composition and History:

- Mother and 3 children between 3 and 11
- History of drug and alcohol misuse by Mum
- Mum is out of work and claiming benefits
- Son has learning difficulties
- Historic sexual abuse
- Mum has anxiety and depression

The Single Multi-Agency Plan:

- Family support worker from primary school acted as Lead professional, with involvement from Secondary school student support worker, Health visitor, Children's centre worker, Housing and a Playgroup worker.
- Support Mum with her emotional wellbeing and address her health concerns
- Set a SMART health goal with Mum
- Support Mum with looking into specific sexual abuse counselling
- Support Mum to increase physical activity to improve her emotional and physical wellbeing
- SFP funded specific membership to ladies gym (a place she felt safe and would lessen her anxieties) and supported mum on her first visit
- Regular contact with mum to monitor progress, 1-1 support sessions to build confidence and self esteem

The Outcomes:

- Mum is engaging in regular physical activity
- Mum wants to look into funding this for herself as she feels it is making a difference
- Mum reports she has more energy to play with the children
- Mum feels that her anxiety has reduced and her confidence boosted
- Improved school attendance for children, youngest child is accessing and attending play group
- Children accessing young carers
- Mum is accessing counselling group
- Mum is keen to look into accessing training/work options once youngest child starts school
- Support with housing options
- School ELSA in place to support children's emotional wellbeing
- Family attended Chicks holiday for family respite