

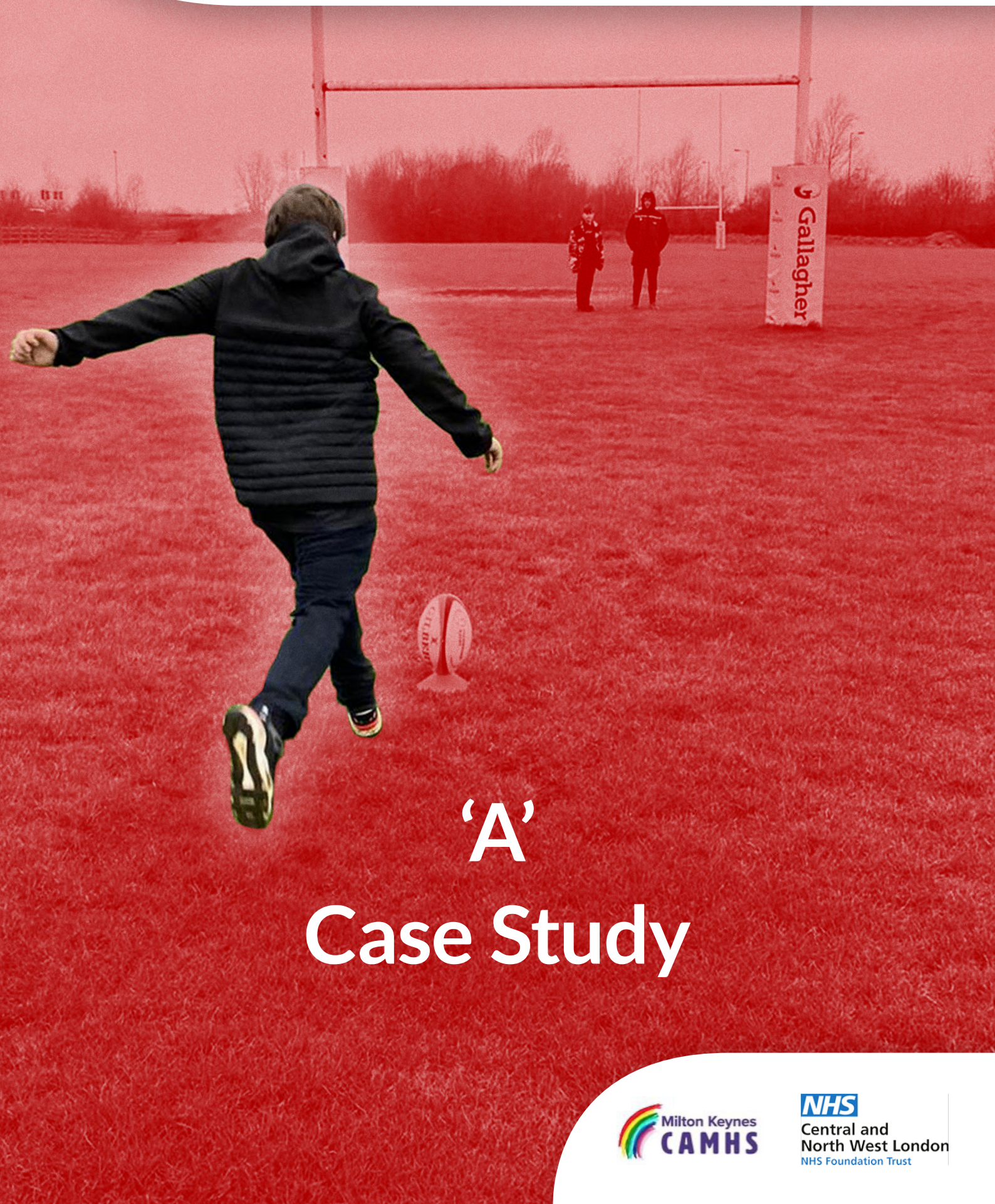


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ENGAGE



‘A’

Case Study



NHS
Central and
North West London
NHS Foundation Trust

'A' Case Study

Background

- 13 years old
- Diagnosis of ASD, LD, hypermobility, global development delay, anxiety, sensory difficulties
- Presented to A&E in crisis with suicidal ideation, plan and intent – at the time he felt overwhelmed with negative affect/emotional pain and saw suicide as a solution to gain peace.
- A's presentation was in the context of his ASD/ LD and associated with the difficulties he was facing being in a mainstream school.



Feedback about A:

"He is so much more confident and happier then I have seen him for a long time."

- A's mum

Feedback about A:

"He really loves engage."

- A's mum

Concerns

- A's presentation was deemed high risk by CAMHS and a referral was made to Transforming Care - he was monitored and assessed and an emergency meeting was held to look at whether due to risk he would need admission to a tier 4 mental health unit for his safety. It was decided that he could go home with a safety plan and regular check ins from the crisis team.
- After a conversation with Transforming Care, A's family and school it was decided and felt that A's presentation/risk would de escalate if the pressure of returning to school was removed-mum was concerned that he would become isolated at home without school attendance which would have further detrimental impact on his mental health.



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Intervention Offered

- Referral made to the Engage Programme in Milton Keynes.
- A started attending one day a week, after a few positive sessions, this was increased accordingly, as A had told professionals he felt comfortable and enjoyed the provision.
- A is now attending 3 sessions a week, which is the maximum that any young person can do at the Engage setting.

Feedback about AP:

“Engage has given me my boy back, what a turnaround from when he was in crisis a few weeks ago, he is a completely different boy.”

- A's mum

Now...

- A has not had any further crisis presentations with thoughts to harm him self or thoughts of suicide.
- Engage has given A the opportunity to build his confidence, social interaction skills and emotional resilience in a safe and containing environment. A also has access to an array of sensory equipment and tools whilst at the Engage hub to support his physical needs and to help calm him when needed.
- It has allowed him a period of stabilisation and progression which has enabled professionals to put a robust support package together in the community including a bespoke education offer.
- A is in the process of transitioning to a specialist education provision and is thriving.



Final thoughts

“Engage has transformed A from being a young person at high risk of suicide who felt there was no other way out, into a young person who is not only able to cope but also has aspirations for his future which is a protective factor in mental health.

Without A attending Engage his trajectory would have looked very different and we would likely have seen further crisis presentations and possibly even a mental health unit admission for safety.

The impact that Engage has had on A has been life changing and not to be underestimated that without it we would have been limited as to what we could offer in MK to stabilise a young person with this level of complexity and risk.”

Transforming Care Keyworker Practitioner



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If you would like to make a referral or find out more information, please contact:

Email: harry.james@northamptonssaintsfoundation.org
Call: 07305 092 369