

One Step Stories Jamie

Background

Jamie lost his parents when he was a teenager and was taken into foster care.

Under the care of his GP, he receives medication for depression.

Having now left foster care, Jamie gets support from social work to deal with the practicalities.

Jamie was referred to us by his college following a discussion with his support worker.

The referral highlighted his low moods and suicidal thoughts Jamie was struggling with following what he describes as a breakdown.



Initial Meeting

We contacted Jamie to arrange a first meeting with one of our support workers.

During that meeting we established that Jamie:

- has lots of practical support but nobody who he felt he could talk about his thoughts with.
- thought it important that he stays on at college
- was worried that things build up again, and that he was pushing himself too hard.
- needed help with sleep, emotional regulation, anxiety, getting upset quickly and feeling angry.

Together, we agreed a plan of action that addressed his struggles.

Work Done

We began working on the main issues that Jamie told us about and built a structure around them.

- anxiety - we worked through a series of grounded exercises to find ones that worked for him and practised how to use them in his times of panic.
- we also covered relaxation techniques that would help to improve his sleep.
- we spent time talking about college work and normalising the stress he felt around it.
- Jamie connected with his support worker over a shared love of films. Using specific films, they were able to use some of their messages in their discussions about bereavement, loss and sadness.

Work Done (con't)

Having worked through Jamie's initial concerns, we moved on to address more current issues.

- it became apparent during our meetings that much of his anger and conflicted emotion came from the breakdown of a friendship.
- Jamie felt betrayed and was struggling to process the change and control his anger.
- After we spent time normalising his reaction, he was able to accept the way he was responding and was able to separate his past experiences from what he was currently going through.

He eventually felt comfortable and able to go through the motions of a broken relationship.

Work Done (con't)

Sometimes it's easier to understand or confront something when you can visualise it. So, we drew Jamie's family tree with a timeline.

- being able to see it in front of him, allowed him to open up and we were able to talk freely about his past and his relationships.
- addressing his emotions we worked to show how his past was continuing to affect his life.
- he described, in detail, the events surrounding the death of his loved ones & how he discovered them.

Using psycho-education about traumatic memories we were able to explain why his memories were so vivid. Validating them and reassuring him that it was OK.

Outcomes

Our work naturally came to an end after 3 months.

- he successfully stayed on at college, something that was important to him.
- he managed to secure a part time job and has progressed to the next level of qualification.
- he's able to commit to a relationship and feels better able to control his anger and regulate his emotions.
- he understands his personal reaction to stress and the importance of addressing what he's experiencing, and not bottling things up.



Before Jamie was referred to us, he'd never felt able to speak about his past and the trauma that it had caused him.

Working with us, he got there.

He was able to confront his past and deal with it in a way that worked for him.

Jamie left feeling prepared and "relieved".

We are a Community Interest Company Established in 2015 to support young people aged 16-25 with emotional and mental Health Challenges.

We do this through a variety of mediums including 1-1, group sessions, raising mental health awareness, trauma therapy, advocacy and developing coping strategies alongside the young people we support.

We have supported over 300 people to date and have grown our team of dedicated, paid staff and volunteers who all work with the ethos of meeting the needs of the individual in their own time, without judgement and in a person-centered holistic way.



“The funding from KBCI will play a key role in providing the resources needed for the young people accessing our service to enhance their existing skills and learn new ones which will benefit both them and the communities they live in.”

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Problem Solvers

Due to the COVID pandemic we have adapted our service delivery model to include “youth virtual befrienders”, this involves individuals from across the country giving up their time to share an interest or skill with a young person.

We have done this as young people have expressed a lack of structure, hope and direction as key contributors to their decline in their mental health.

The hope is that through learning new skills from experts they will emerge from this crisis better equipped, not just emotionally but practically to build upon their future.