

CASE STUDY -

The Breakout Programme



Sarah*, 16

Sarah, a 16-year-old student, was experiencing difficulties at home and had become increasingly isolated. Her school highlighted that she had stopped participating in lessons and had become more withdrawn.

Sarah's parents also raised she had stopped socialising with her friendship group and was spending a lot of time alone and in her room. Sarah started showing signs of self-harm and had been associating with a different group of friends involved in drug use.

The school identified Sarah as a vulnerable young person who could benefit from the Breakout Programme. Throughout the 12-week programme, Sarah engaged in 1:1 mentoring sessions with an experienced Action4Youth mentor who provided a safe space for her to share feelings and concerns. Sarah could learn to express her feelings and worries in a safe non-judgmental place and alongside her mentor worked on improving several areas of her Outcome Star, the Breakout measuring tool.

Sarah developed coping mechanisms and strategies to improve her mental health and reduce her isolation. In the classroom sessions, Sarah learnt about the risks and consequences of drug use, including the potential links to gang activity. The outdoor education activities such as climbing, abseiling, sailing, water sports, and caving, helped her work in a team and build her confidence.

As the programme progressed, Sarah's mentor observed positive changes in her behaviour and saw Sarah actively seeking healthier friendships and support systems. By the end of the 12 weeks, Sarah developed a stronger sense of self and reduced her involvement with drugs and negative peer groups. Her parents also commented she is less isolated at home spending more time outside of her room.

**For further information on The Breakout Programme
please email office@action4youth.org**



*Name changed to protect identity