

# CASE STUDY -

## Youth Mentoring Programme



### **Serena\*, 15**

Serena was referred for mentoring by her mother due to concerns around mental health issues and risky behaviours such as missing episodes and self-harm. Serena is in year 10 and has a diagnosis of ADHD and ASD.

#### **BACKGROUND**

Serena already had many professionals involved such as CAMHS, SAFE and social care. Serena was struggling to engage with the professionals in her life and was really struggling to keep herself safe.

Serena had experienced adverse childhood trauma and was confused about her sexuality. Her attendance at school was very low, often absconding which resulted in her being sectioned on numerous occasions.

During our mentoring sessions I would pick Serena up from school, take her for food and chat about her life. Serena was given a safe space to talk about the things that had happened to her and how it made her feel. The relaxed environment, with no judgement, made Serena feel safe and she was able to open up to me.

Due to Serena refusing to engage with other professionals I became CAMHS and social care's point of contact. I would discuss things with Serena that they weren't able to and report back to them through weekly network meetings. I became an advocate for Serena discussing her wants and needs for education, family care and health.

Serena had many different interests which I encouraged and supported her with during the mentoring sessions. I helped her write an application for Police Cadets, offered myself as a reference for a voluntary library role and took her to Tring Museum.

During my time with Serena she was going through the EHCP process, I completed questionnaires with Serena sent from the educational psychologist and completed appendixes to ensure she was accepted.

Serena was given the EHCP and is now awaiting a new school which will hopefully be better suited for her needs, she has also started to engage more with the other professionals in her life and attends many different extracurricular clubs..

**For further information on The Mentoring Programme  
please email [office@action4youth.org](mailto:office@action4youth.org)**



\*Name changed to protect identity