



Taleah and Rosie's story

The Commonwealth Psychosocial Support Program | Case Study | Taleah (9) and Rosie (8)

Taleah and Rosie are sisters who live with their mother. They attend their local primary school, who referred them to the Accoras CPSP for support. The girls had been exposed to domestic and family violence at home, perpetrated by their biological father. Taleah and Rosie were having emotional and angry outbursts, with Taleah making statements about wanting to end her life and banging her head when distressed. Rosie was also experiencing difficulties in her relationships with peers.

A holistic assessment was completed with Taleah, Rosie and their mother, with goals set to help them learn strategies to manage their distress, and improve their emotional regulation. A Mental Health Clinician and a Child, Youth and Family Practitioner each worked with one of the girls, approximately fortnightly over six months at their school.

A variety of therapeutic strategies and interventions, including play therapy, psychoeducation, skill-building activities and communication strategies, were used to help build Taleah and Rosie's confidence, self-esteem, assertiveness and emotional regulation skills. Their mother was engaged in the support provided, by being equipped with information and strategies to assist her in helping the girls to practice their new skills in the home environment. Their mother also accessed her own vocational and other supports through another Accoras program.

Over the course of their engagement with the Accoras CPSP program, Taleah and Rosie's mental health and wellbeing improved dramatically. Taleah has not self-harmed or reported wanting to end her life in several months, and is successfully using strategies to manage her distress levels. Rosie is using assertive communication to overcome peer difficulties at school, is no longer having anger outbursts and has learned to identify and name her emotions.

Taleah and Rosie's SDQ scores reflected these **significant positive changes and achievements**, with a decrease in their 'Total Difficulties' score from 20 (Taleah) and 9 (Rosie) at pre-intervention to 12 (Taleah) and 4 (Rosie) at post-intervention.

Their mother reports that working with the Accoras CPSP **changed the dynamics of their home life and dramatically improved their circumstances.**

For more information on CPSP please visit:

<https://www.accoras.com.au/CPSP>