

# Working towards our vision of good mental health for all

## *Building life skills and confidence for a brighter future*



**Accoras service:** Commonwealth Psychosocial Support Program (CPSP)

**Client barriers:** Behavioural and social challenges, with significant school attendance issues

### Case Study - John

John is 10 years old and was referred to CPSP by the School Guidance Officer for support with his behaviour and peer relationships. John has previously been suspended from school on several occasions and has attended school on a part-time basis for the last two years. John has experienced bullying and has become physical with peers when feeling angry or frustrated.

Using the Wellbeing Tracker and SDQ, a holistic assessment was completed with John and several goals were identified. John's goals included re-engaging with school on a full time basis, managing relationships with school staff, developing friendships, and developing self-esteem and coping strategies for anger. John was supported in the school setting by CPSP. John's practitioner used a range of strategies to support him to work towards his goals, including narrative therapy, psychoeducation and play therapy.

These strategies focused on facilitating discussion about John's emotions, externalising his anger and re-writing the narrative, identifying traits of a good friend, and identifying the people in John's network who can support him. John's practitioner also worked with him to develop plans to avoid conflict and provided strategies to school staff to support John when he became overwhelmed in future.

During his time being supported by Accoras, John re-engaged with school with his attendance increasing from two days per week to five days per week. John was also achieving good grades and engaging in extracurricular activities. John's emotional literacy increased and he developed strategies to manage his anger. This was demonstrated in practice by John choosing to walk away from altercations with his peers. John developed new friendships, with SDQ results showing improved friendships and consideration of the feelings of others. John's Wellbeing Tracker results also demonstrated improvements aligned with his goals, including peer relationships (increased from 1 to 3) and safety outside of the home (increased from 2 to 3).