



# Reintegration and Goal Setting – Year 11

## What were we asked to do?

- To support the young person to reintegrate back into school and positively engage with staff.
- To provide time with a trusted adult to discuss and explore concerns.

## What did we do?

- Used person-centred approaches to build rapport and trust.
- Used Three Session Change to facilitate goal setting and eliciting virtues, to inspire motivation and help reduce feelings of guilt and being overwhelmed.
- Psycho-educated around motivation and necessity for basic needs to be met, alongside promoting positivity towards self.
- Created and used bespoke scales and questionnaires to measure feelings towards school and own perceived progress, as well as obtaining school staff and parent's interpretations.
- Facilitating communication between all those involved, ensuring the young person's voice was heard.

## What was the outcome for the young person?

- The young person has an increased sense of belonging to their school and increased attendance.
- Communication has greatly improved.
- The young person has reconnected with their friends.
- The young person feels more motivated and positive about themselves overall.



*Young Person: "Things are happier all-round."*

*Parent: "He's going out to see friends again..."*

For more information about how we work please contact: [IF@suffolk.gov.uk](mailto:IF@suffolk.gov.uk)