

Outcomes – Anxiety & Reintegrating



What were we asked to do?

- To support the young person reintegrating back to school.
- To provide time with a trusted adult to discuss and explore concerns.
- To work on reducing levels of anxiety and developing strategies to cope.

What did we do?

- Used person-centred approaches to build up trust.
- Practised self-regulation strategies such as using art-based techniques, talking and mindfulness.
- Created and used a bespoke scale to measure feelings towards going back to school.
- Work on understanding how our bodies feel when we are anxious and when to use strategies to help improve feelings of self-control.

Impact

- The young person is attending school full time, despite saying at the beginning that they would never return.
- The young person is able to express their concerns in a safe environment.



“I’ve noticed a difference since he’s been seeing you, he’s been a lot more positive”



“This is great, I love that we did it as a Ninja Turtle”