

John Matthew's Plan

RECORD OF INVOLVEMENT	Date	Completed by
Universal Child's Plan		
Universal Child's Plan Review		
Record of a Request for Assistance	18.01.17 (updated 27.02.18)	K. Mair
Child's Plan		
Child's Plan (Other – please specify)		
Child's Plan Review		
Child's Plan (Compulsory Measures)		

Section A	Who's Who?
Section B	Why do we need a Plan?
Section C	What does everyone think?
Section D	Action Plan
Section E	Chronology
Section F	Anticipatory Care Plan

Why do we need a Plan and who might help? (Section B)

Why is a Child's Plan needed? All children should be safe, healthy, achieving, nurtured, active, respected, responsible and included. With this in mind, why do you believe this Child's Plan is needed?	
Safe :	<p>John has indicated to a number of professionals that his mother smokes cannabis and drinks heavily on a regular basis in the family home, as does step-dad. He has also expressed concerns about family finances and has stated that there is not always food in the house or electricity. Mum has told him on a number of occasions that she could quite happily leave this world. DHT Child Protection Co-ordinator alerted Triage team with concerns and was advised to submit Record of Request for Assistance.</p> <p>Family Support Worker tried to engage with family back in January 2017 at mum's request at a child plan meeting, but JM chose not to engage with support offered when they visited the family home.</p> <p>Mum isn't coping with JM's non-attendance and increasingly defiant behaviour. She is also concerned the impact JM's behaviour is having on his younger sister.</p> <p>John's mum assures us that finances, food, the smoking of cannabis and drinking have all been sorted out.</p> <p>Child Protection Unit were involved with John in the past, as he disclosed to a friend that his grandfather had exposed himself and masturbated in front of him when he was 6 years old. When interviewed he refused to disclose.</p>
Healthy :	<p>John attends the Rowan Centre and has recently been diagnosed with moderate to severe anxiety. He is now taking medication for his condition which appears, at this very early stage, to be having a positive impact on his mood. His anxiety means that he finds coming to school very difficult. He has reported the number of "extreme breakdowns" have increased in recent weeks. We have put in place a protocol where if he feels an anxiety attack coming on he can leave the class at any time without anyone questioning him as long as he reports to reception. Recent conversation with Rowan Centre is that he responds well to pharmacological input, but will not engage with Cognitive Behavioural Therapy which means progress is limited. The Rowan Centre have explored various strategies including 1:1, family sessions, and one session with his sister. There are often periods of good engagement where JM responds well, to total disengagement. As a result, appointments have been changed from weekly to 4-6 weeks to simply review medication.</p> <p>Mum's mental and physical health can also be poor and this definitely impacts on John's mood. There have been several occasions when mum has appeared at school visibly upset and unable to manage her emotions. Before Christmas was a particularly difficult period for both JM and his mum. I met with them and although Matthew had made significant progress in a number of areas, mum was very negative about the supports being put in place and was threatening to home school JM. At a meeting at this time mum admitted that she had lost control and was not coping.</p> <p>Mum has raised concerns about John's eating as he refuses to eat family meals and mum is having to buy in special meals like microwave hamburgers and Pot Noodles. The nutritional value of these is of concern to mum, but she is relieved to see him eating anything.</p>
Achieving :	<p>John's attendance at school has gone through periods of improvement usually when his timetable is initially changed, but he has still missed a huge amount of his schooling during S1/2. His timetable has been adapted several times throughout both S1/2 in order to better fit his individual needs and ensure he maintained contact with the school. He is currently on a part-</p>

	<p>time timetable in S3 which begins each day at 10.00am. His Maths and English subjects are provided via the Sfl department. He has not attended school for the last two and a half weeks due to deteriorating mental health. His attendance currently stands at 24%. He is at risk of achieving no national qualifications.</p> <p>His lack of confidence and low self –esteem prevents her from reaching his true potential; indeed, such is his level of anxiety it can be debilitating.</p> <p>He is a bright boy who could do very well at school if he attended and was willing to challenge himself.</p>
Nurtured :	<p>It is obvious John has a very good relationship with his mother - mum is very loving towards John and extremely supportive. However, she can also be very negative about JM's situation and can see no way of moving things forward in a positive way. I have never met step-dad. He sometimes talks about his birth father and JM has the opportunity to go to see his father every month, but he chooses not to as, according to mum, he doesn't like where he lives.</p> <p>Mum has recently disclosed that step-dad works away from home 5 days a week and pleases himself at weekends. He drinks heavily at weekends and they spend no quality family time together. JM has no positive male role model in his life.</p> <p>Mum is also coping with an older brother who has issues with drugs, lives in homeless accommodation with his partner who is pregnant. Mum was finding it very difficult to cope when she disclosed this at the end of last term.</p>
Active :	Apart from Youth Club, John doesn't attend any extra-curricular activities. He likes listening to music in his bedroom.
Respected	
Responsible :	<p>John has been caught drinking to excess on a number of occasions. Although he hasn't many friends, the friends he gravitates towards often make poor lifestyle choices. One of his friends has been caught in possession of Valium.</p> <p>Mum says that sometimes when challenged about anything at home he will go into a rage. He has trashed his room on several occasions. He is always very remorseful after one of these episodes. Mum is becoming increasingly scared to challenge him in case he hurts himself.</p>
Included :	<p>JM regularly attends Youth Club. The youth workers report that he presents well and engages with the activities organised. It's evident that he has established good relationships with his peers in this context.</p> <p>When in school, he appears to get on with her peers; indeed, in S1 he was one of the most popular pupils in the class. JM's perception is completely different and he feels quite isolated and doesn't feel like he fits in. Mum reports that he no longer has real friends.</p>

What does the child think about this? **Views collated by HSLW**

What's Going Well? He says:

- Good relationship with mum
- Likes going out with friends – it's risk!

Issues/Challenges

- I feel we need support as a family to get things sorted because mum isn't coping.
- The house is a mess and my mum is a mess too.

- I just want to feel better and for life in our house to be better. I also want to feel better and get back into school, but I worry about my mum.
- My mum needs me at home.
- I have difficulty controlling my anger at home and would like support with this.

What do their parents / carers think about this?

Mum is happy for me to share all information that has been given during phone calls/meetings

Mum states, "my mental health is currently very strong as it has to be in order to support JM. I often feel frustrated and can become overwhelmed, but I am able to spring back immediately as I have no choice in the matter. I'm not smoking cannabis anymore and hardly drink at all. There is always food in the house. I don't feel the house is a mess and it's John's mental health that needs to be addressed for family life to be better."

Previous work undertaken to meet identified wellbeing needs :

Who	When	What was done	What was achieved
Public Health Nurse	Ongoing	1:1 sessions to address anxieties/eating issues etc.	Ongoing but John engages well with these sessions now.
Youth Worker	Ongoing	1:1 sessions to address issues around confidence, low self-esteem	Sessions were reduced to one per week as progress being made. Now random check-ins.
HSLW	S2/3	Phone calls to support attendance	Attendance improved until December 2017
Rowan Centre	Ongoing	Management of anxiety and low moods	Medication issued and appointments every 4-6 weeks.
ASfL Dept	Ongoing	Supported study so Matthew can catch up with work missed	Ongoing
Social Work	January 2017	Home visit	Family did not engage
Maggie Curran	Ongoing	Lego Therapy	Non-attendance has made it difficult to progress in this area. No real impact.
S6 MH Peer Mentor	S2	1:1 session with senior student who has been trained to be a gym buddy	Engaged well for a short period then S6 student left school. John did not want another buddy.
TAC	Every 4-6 weeks since end of S1	Child Plan Meetings so Actions agreed	There have been periods of stability where John has responded well to the supports put in place
PTG	Weekly check-ins	1:1 sessions to check how week	Positive impact initially, but as

John Matthews Name

13.04.04 DoB

27.02.18 Plan

PTG	Every 4-6 weeks	going Timetable review to ensure it continues to meet John's needs	anxiety increased and attendance deteriorated limited impact. Periods of good attendance
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Who is now being requested to assist?		
Agency	Contact details	Date Sections A and B sent on
Family Support Worker	Intake and Assessment Team	27.02.18
Quarriers	Lesley Napier	27.02.18

I agree/disagree with the above Plan.	
Child :	Date : 27.02.18
Comment : Agreed during 1:1 session on 27.02.18. JM states "I just want to be normal and come to school like everyone else without feeling anxious."	

I agree/disagree with the above Plan.	
Parent / Carer :	Date : 27.02.18
Comment : Agreed via telephone on 27.02.18. Mum states she is "desperate for some help as his behaviours are increasingly out with her control."	

The information has been discussed with them by : K. Mair on : 27.02.18 and their views are recorded above
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