



# i.am

## CASE STUDY

### i.am worthy

This young person (YP) was referred by a parent. During onboarding they had a voluntary admission to Mental Health Rehab Centre. i.am continued to support them with gathering of medical evidence to assist with assessing eligibility. They presented with Borderline Personality Disorder, Chronic Suicidality and daily self-harming behaviours.

### i.am at a glance

i.am began with a moderate to high-level of support due to presented needs. This allowed the YP's mother to return to work, already reducing the household stress. i.am observed that this level of support was overstimulating for the YP and triggered the self-harming behaviours.

The Children and Young People Champion (CYPC) supported the YP to create a daily routine incorporating tasks and coping strategies.



The increase in my self-confidence and self-worth is priceless

### i.am challenge

- The YP has history of help seeking behaviours, regular admissions and ED presentations. This led to initially being over serviced by hospital systems, which was overwhelming and confusing for them and their carer to navigate;
- Family relationship breakdown between parents;
- The YP presented with limited coping strategies, problem-solving and living skills, resulting in limited ability to remain home alone in a safe way.

## i.am journey

YP reported back to CYPC that they were able to better regulate their emotions with this structure in place, decreasing the frequency of self-harming behaviours.

CYPC supported YP and mother to complete an NDIS application, links to other relevant services, local GP and continuation of engagement with all clinical therapies.

YP can still present with fluctuating emotions at times, but with prompts regarding safety planning strategies and continuous encouragement, YP has shown to become very resourceful and resilient .

## i.am progress

After 9 months of engagement with i.am program, the YP and their carer observes the following achievements:

- **NDIS approved**  
the YP is transitioning to another NDIS funded agency/ service
- **Nil self-harm presentations**
- **Gained Learner's license and attends driving lessons**
- **Increased self-confidence and self-worth esteem**
- **Increased capacity to stay home alone for long periods of time with a noticeable improvement in their social skills**
- **Confidence to access government services**
- **Huge reduction in "episodes" and "anger" responses in regard to their current mental health journey**
- **Improvements to family relationships**
- **Gained employment in an industry, which they are highly passionate about and is maintaining this employment currently**
- **Continuation of gym routine and consistent attendance – this routine was established during their i.am journey**

