

i.am

CASE STUDY

i.am enough

The young person (YP) (17 year old female) was referred to i.am by headspace in September 2021, presenting with persistent suicidal ideation and severe eating disorder traits with ongoing family domestic violence. Chronic alcoholism is present throughout the parental roles resulting in learnt behaviour and YP was becoming alcohol and drug dependent, consuming large amounts alcohol daily.

i.am at a glance

Strong protective factor was identified for YP, being their younger sibling for whom they assumed parental responsibilities. This became part of their safety plan and coping strategies moving forward. Early in YP's journey with i.am, their mental health declined further following the breakdown of their relationship with their boyfriend, which led to increased alcohol abuse and a suicide attempt by visiting the local train tracks. YP disclosed previous suicidal thoughts involving this method, and an overdose.



I am more resilient, independent, and making healthier life choices

i.am challenge

- YP disclosed having an unhealthy relationship with their boyfriend, resulting in arguments, further alcohol abuse, and decline in mental health.;
- The i.am team spent a considerable amount of time building rapport and trust as YP and the family were untrusting of any services
- YP had been working with Headspace for approx. 5 years before being accepted to the i.am program

i.am journey

YP disengaged from education and showed minimal engagement with linked services – Headspace YAFT, The Buttery AOD support, and i.am.

The i.am Children Young Person Champion arranged a Case Conference with linked services to create a collaborative and cohesive plan to support YP.

The i.am team allowed YP space, offered flexible means to connect, supported the YP to identify small, achievable goals, with the ultimate aim of introducing hope into the YP's world. During this time, the YP re-engaged fully with all services on a regular basis.

i.am progress

Since joining i.am 8 months ago, the YP has shown a dramatic improvement in resilience, independence, and making healthier life choices. With support and guidance from the CYPC, the YP has:

- Gained her Learner's License and enrolled in RSA/RCG training
- Established Centrelink and is now full-time employment
- Linked with GP, dietician, psychologist, and Housing Services, along with maintaining existing AOD and Mental Health supports and appointments
- Rebuild family connections and relationships
- Shown a significant decrease in suicidal ideation, alcohol and substance use
- Presents herself with a sense of purpose and belonging to her community

