

Client Group – Care Leaver



Photo courtesy of Microsoft Clip Art

Name: Sarah

Age: 19

Local Authority: Newport

Referring Agency: Social Services

Length of time Supported: 2 yrs

Situation and current needs: homeless, lacking independent living skills, and at risk of domestic violence; substance misuse issues and care leaver

Organisation: Supported Housing for Young People

Project info: the organisation tackles homelessness through the provision of supported housing and floating support to support young people to develop their skills and move forward in their lives

Personal history: Before accessing Supporting People funded supported housing, Sarah had moved through 15 different placements and since leaving care had moved in and out of various general needs accommodation. Each one of these tenancies had ended in eviction. This resulted in her confidence and self-belief becoming severely limited. Sarah was referred to the supported housing project and lived at the project for one year and made really good progress. However, the stress of moving-on and her lack of confidence in her ability to manage without support led to Sarah relapsing into substance misuse shortly afterwards and returning to a former, abusive relationship. A further referral was then made to same providers resettlement service so that Sarah could be supported in her new accommodation.

Support received: During her spell in Supporting People funded supported housing, Sarah was helped to develop many of the skills necessary to live independently e.g. managing finances, repaying debts and managing her own behaviour. After moving-on, Sarah was helped to address the challenges she faced by the same provider's resettlement service. She broke off the abusive relationship and was feeling more confident. Staff used motivational interviewing techniques to emphasise Sarah's existing skills, empowering her to negotiate and set boundaries in difficult relationships, and to manage her wellbeing and substance misuse. She received practical support to manage her finances and to create a home she felt proud of, and therefore wanted to maintain.

Outcomes achieved:

Managing money

Sarah is managing her finances and bills independently

Managing Accommodation

Sarah is proud of her new home and able to maintain it

Physically healthy

Sarah has greatly improved her physical health and associated sense of wellbeing. She has stopped misusing substances.

Feeling safe

Now that Sarah can handle relationships with more confidence, she is much better placed to avoid harm from others and stay safe in the community.

Future plans: Sarah has now been living independently for over two years. She hopes that she will be able to sustain this independence over the long term. She has recently started college studying Maths and English and hopes one day to qualify as a Midwife.

Prevention: The following undesirable and costly outcomes have been prevented:

- Further evictions **£7095 / eviction**
- Homelessness & temporary accommodation **£2656 / application + £114 / week**
- Further relapses into substance misuse **£3631 / year**
- Harm due to abusive relationships **£2766 / incident**
- Anti-Social Behaviour **£648 / incident**
- Not in employment/training/education **£4528 / year**

Source: New Economy Cost Benefit Analysis Database 2013.
<http://neweconomymanchester.com/stories/1966>