

Children and Young People and Families



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- ASSIGNMENT TITLE: Case study
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 - MODULE CODE: BMHP5004
- MODULE TITLE: Children ,Young People and Families
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Introduction

The case study of “***troubled families: Portsmouth***” has shown the difficulties of a single mother with three children. As per the case study, the mother has been suffering from health issues and was struggling in managing daily routines or tasks. She was in the worst condition, as she was in debt and the eviction notice for the rent had also appeared. The mental issues have affected her professional life as well. Moreover, the home condition was poor as there was a lack of a working cooker (GOV.UK, 2022). All these issues have been affecting the overall situation of the children. They stop visiting school because of their mother's anxiety regarding separation from them. The family has been facing numerous challenges due to the mental issues of their mother. The youngest child was not even admitted in the nursery. The eldest daughter has been taking care of the younger ones. The mother's incapability in meeting her children's needs and demands due to her mental problems was the major reason for the conditions that the family was facing. Another reason that the family were in the position of vulnerability due to the fact they were in a debt situation along with no proper housing conditions and lack of mother motivation in her work caused by her mental problems.

Case Study

“The specific issues of the case”

The major issue that has been addressed in the case study was the mental problems of the mother. Being a single mother of three children is not an easy task, and the anxiety that she was suffering from due to the fear of losing her children through separation has adversely affected her overall condition. The mental problems usually involve a huge range of emotions like fear, sadness, anger, guilt and so on and can deeply affect the family members (Buka *et al.*, 2022). Thus, it is essential to help the family who requires assistance and care. Moreover, the mother's mental problem has affected the overall situation of her children, as there was no proper housing condition which indicates proper food. The children were not attending the school due to their mother's illness and the eldest child was looking after the younger one. Moreover, it can further affect their mental health as well.

Risk factors

The specific circumstances that the family is facing due to the mother's mental problems can even lead to bigger issues and might even cause the level of vulnerability. There will be increased risk of development and psychological difficulties in her children. After carefully addressing the case study of troubled family, the major risk factors are as follows:

Psychiatric illness in children: There has been an increased number of children who have undertaken the treatment for the psychiatric illness and they tend to have the parents diagnosed with the mental disorder (Maybery and Reupert, 2018). Thus, in the case study, the mother's illness has resulted in her incapability in fulfilling her children's needs. Moreover, the children have not been attending school. This will further hamper the development and growth of her children both in terms of physical and mentally.

Worsen financial conditions: In the case study, the mother was feeling less motivated towards her work, due to her anxiety caused by the mental problems. There is a huge chance of losing the job which will worsen the financial condition of the family. The family is already in debt and on the verge of losing the house as well, the mother's unemployment will worsen the condition.

Analysis

“The process of intervention by relevant health and social care agencies and current relevant policy”

The progress in Portsmouth helping the troubled families has successfully turned their lives. As per the case study, the family was familiar with the social services and raised concerns regarding the capabilities of the mother in meeting the needs of the children. The troubled families programme has initiated in helping the troubled family who meet the following criteria:

- Involvement in the antisocial behaviour along with youth crime

- The family with children who are not attending the school.
- The family with adult with no work benefits
- The cause of higher costs towards taxpayers.

The troubled families are usually hosted by the agencies that focus on the individual within a family and plan on bringing out the major problem that the family has been facing (Hargreaves *et al.*, 2019). The major task of the troubled families programme is regarding intervening and changing the things in families that are struggling and their kids are at the risk of having the similar difficulty lives as the parents.

“Identify the point at which the child, young person or family became the subject of assessment by health and social care agencies, and what action the agencies or a specific agency decided to take”

As per the case study, the family meets the criteria of troubled families’ programmes and has become the subject towards the assessment of the agencies. The family has become familiar with the social service and the concern was raised in dealing with the issues that the family has been facing. At first, the family worker works with the whole family in a method to recognise their interaction and how they influence one another instead of viewing them as the individuals with the problems. Secondly, they focus on building a good relationship with the mother in order to understand the major issues in their house environment. The family worker tried her best in building the relationship which enabled her to challenge the behaviour of mother. The worker helped the mother in getting her health appointment which further helped her in managing her anxiety. She further helped the mother to move children into the nursery and new school closer to their house while accompanying her to the new school. This has helped the mother in overcoming her anxiety regarding the change.

“Roles of multi-disciplinary services within the case study and the potential impact of their actions on the children, young people and family”

The role of “multi disciplinary services” has been the most crucial factor in changing the lives of troubled families. It uses the dedicated worker or the team to obtain the root problems of the family. Moreover it helps in developing the relationship with family through building trust and being persistence with them to adapt the required changes while monitoring and ontaining their problems (Lambert, 2019). All these roles help in identifying or addressing the major cause for the problems so that the family can improve and start functioning well. It has positively impacted the family, as per the case study, the children's art attending their schools with 100% attendance and are progressing at a better result. The eldest children do not have to look after her younger siblings and the family condition starts getting better along with the

mental state of the mother. The financial condition soon starts improving as the mother set the payment plan in getting back to the control

Evaluation

“Critical analysis of the responses of the relevant agencies”

After analysing the responses of troubled families programme, there are certain issues that the agencies have been facing so far. Despite the effort of changing the lives of troubled families, there was barely any possible impact that was known through the expansion of the programme. As per the case study, the worker focuses on the individual such as mother rather than the entire family. Even though the response worked as the family started functioning well, it should have also focused on the eldest child as she was dealing with her younger sibling and taking care of them. Moreover, the steps taken by the agency have worked efficiently in improving the financial condition along with improving the overall health of the mother.

“Provide recommendations for improvements required, which are appropriate to meet the needs of the children/young people and family involved in the case study”

There are few recommended in dealing with the dysfunctional family that the agencies must consider which are as follows:

- Keeping the expectation realistic as the troubled families tend to be resistant in adapting the required change (Crossley, 2018). Thus the agency should work in keeping expectations in check and knowing the difficult members in the family may work in identifying the root problems.
- If necessary drawing the specialist services in a way at the right time for family members instead of services available based on meeting thresholds.
- It is required to check the mental state of the children and to ensure their mental and physical development.

Conclusion

From the study it has been included that the troubled families often need support and care to improve their family condition. The case study has addressed the issues of mentally struggling women with three children. It has identified the ways in supporting that particular family and shown the importance of adapting change in order to improve the family condition. It has identified the impact of social services towards improving family financial situations along with improving the mental state of the mother.

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Introduction

- The case study of ***troubled families: Portsmouth*** has shown the difficulties of a single mother with three children
- The mother has been suffering from health issues and was struggling in managing daily routines or tasks.
- The mental issues have affected her professional life.
- Home condition was poor as there was a lack of a working cooker.



“The specific issues of the case”

- The major issue that has been addressed in the case study was the mental problems of the mother.
- It is essential to help the family who requires assistance and care.
- The mother's mental problem has affected the overall situation of her children.

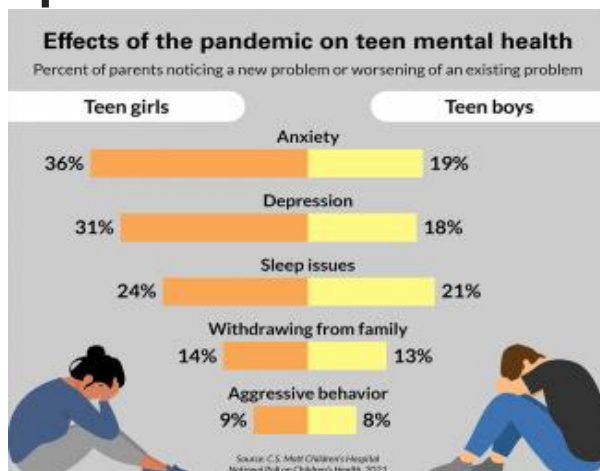


Risk factors

- The specific circumstances that the family is facing due to the mother's mental problems can even lead to bigger issues.
- Psychiatric illness in children
- Worsen financial conditions



Impact of parental mental health problems on children



- Risk of developing behavior problems
- Physical aggression
- Bullying and social isolation
- Children may suffer abuse or neglect from a parent or caregiver with a mental problem

“The process of intervention by relevant health and social care agencies and current relevant policy”

- The progress in Portsmouth helping the troubled families has successfully turned their lives.
- The troubled families programme has initiated in helping the troubled family who meet the certain criteria.
- The family with children who are not attending the school.
- The family with adult with no work benefits



Actions taken by the agencies

- As per the case study, the family meets the criteria of troubled families programmes.
- the family worker works focus on building a good relationship with the mother.
- The family worker tried her best in building the relationship which enabled her to challenge the behaviour of mother.



Roles of multi-disciplinary services and the potential impact of their actions on the children, young people and family”

- The role of “multi disciplinary services”has been the most crucial factor in changing the lives of troubled families
- It uses the dedicated worker or the team to obtain the root problems of the family.
- It helps in developing the relationship with family through building trust
- Adapt the required changes while monitoring and ontaining their problems.



“Critical analysis of the responses of the relevant agencies”

- There are certain issues that the agencies have been facing so far.
- Despite the effort of changing the lives of troubled families, there was barely any possible impact that was known through the expansion of the programme.
- The worker focuses on the individual such as mother rather than the entire family.



Recommendations for improvements required.

- There are few recommended in dealing with the dysfunctional family that the agencies must consider.
- Keeping the expectation realistic
- It is required to check the mental state of the children and to ensure their mental and physical development.



Conclusion

- Troubled families often need support and care to improve their family condition.
- The case study has addressed the issues of mentally struggling women with three children.
- It has identified the ways in supporting that particular family.



Reference list

Buka, S.L., Beers, L.S., Biel, M.G., Counts, N.Z., Hudziak, J., Parade, S.H., Paris, R., Seifer, R. and Drury, S.S. (2022). The family is the patient: promoting early childhood mental health in pediatric care. *Pediatrics*, 149(Supplement 5).

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