

BOSENCE FARM COMMUNITY

Bosence Farm Young People

A case study

J - 16 years old

J started smoking cannabis regularly at the age of 11, this quickly progressed to the use of stimulants.

He'd experienced significant childhood trauma including the death of his father and domestic violence.

J left education at 14 without qualifications.

He was referred to Bosence Farm for treatment presenting with high and frequent levels of drug use, including cannabis and MDMA.

At the point of referral to Bosence farm, J was engaging in increasingly risky behaviours that were causing the professionals in his life concerns. He was also on the edge of serious crime and had a recent admission to a secure mental health facility with drug induced psychosis.

J struggled to regulate his emotions and thoughts and as a result his behaviours were erratic and unpredictable. He found it hard to be idle or to complete tasks that he perceived he was being judged as a failure for.

He believed that he was responsible for all that was wrong in his life. Most importantly to him, he believed that all of his mother's troubles were his fault, which weighed heavy on him and his self-esteem.

He firmly identified himself as "crazy" and would reinforce this at every opportunity.

J assessed as having the highest level of externalised disorders relating to his behaviours and substance misuse. Presenting with symptoms of ADHD without diagnosis or associated treatment. He had a score that would put him in the top 5% for these types of disorders when measured against the national average.

As part of the assessment process J gave feedback on an Outcomes Rating Scale relating to how he perceived his life, on two separate occasions (scored between 0-40. 40 being "couldn't be better");

1st meeting – overall score of 3.3

2nd meeting - overall score of 8

This clearly demonstrated that J was very unhappy about how his life was at this time and that he had insight enough to know that all elements of his health and wellbeing could improve significantly.

J's relationship with his mother and his home life were identified as key factors in his presentation, behaviours and substance misuse.

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J's Treatment Summary

J completed a 13 week treatment program .

He engaged in a wide range of subjects delivered in groups and as 1-1 sessions that were relevant to him and were delivered as four distinct modules:

- Adolescent Development
- Luck Lab
- Substance Misuse Expectancies
- Life Skills

The theoretical ethos of this work is Cognitive Behavioural Therapy and was delivered daily.

The aims were to help J:

- Increase his capacity for self-reflection and develop an internal awareness of his behaviour and its impact on others.
- Identify deeper or emergent personal values.
- Develop skills to master critical life tasks.
- Develop his ability to generate and respond to opportunity for a fulfilling life as an adult.
- Reappraise his positive expectancies regarding drug and alcohol use.
- To understand and develop his social functioning and identity.

Activities and General Health and Wellbeing

Alongside the treatment program, J engaged in a bespoke activities programme which was developed with him to reinforce the aims of the treatment. It helped him develop his identity away from substance misuse and promoted his general health and wellbeing. Activities included:

- Fitness programme at a local gym
- 1-1 martial arts tuition (10 weeks)
- Trampolining
- Badminton
- Tennis
- Preparing meals and developing his cooking skills
- 4 Elements rap therapy (weekly from an external provider)

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Outcomes for J

Regulation of his emotions and behaviours - J developed skills that enable him to better regulate his emotions and behaviours. J developed an ability to identify and manage his emotions appropriately. During the course of the treatment he developed a firm understanding of how his emotions affect his behaviour and in turn the other people around him. At the point of discharge he had a demonstrable ability to manage and regulate his emotions, feelings and behaviours in a proportional way most of the time.

His Identity – J developed a better sense of who he was away from substance misuse, risk taking behaviour and crime whilst developing core beliefs and values.

Improved physical and mental health - He responded positively to the structure and boundaries of the program. His sleep hygiene improved, he ate healthy food and exercised most days. He ceased taking his anti-psychotic medication as he wanted to assess how he would be without it. This was agreed with his CAMHS professionals. At the point of discharge he had gained a significant amount of weight and was functioning well without the medication.

Improved relationships - J's relationship with his mother improved significantly over time. They had regular telephone contact and she visited him on a number of occasions at the unit which were all positive. She was supportive and offered him encouragement throughout.

Diagnosis and treatment - An assessment for ADHD was completed at the request of J and his CAMHS professional. This resulted in a positive diagnosis and treatment at the point of discharge.

Reentered education - J developed a clearer plan of what he wanted to do in the future in terms of education training and employment. He tried online schooling during his time at Bosence farm in an attempt to attain GCSE Maths and English. He also identified courses he was interested in at college following discharge. J clearly reevaluated his use of substances, his peer group and the impact these have had on his educational attainment. He started to develop realistic plans and ambitions. J entered education during the first month following treatment.

Positive outlook - J is a musician. Whilst working with us his lyric writing evolved and developed. At the start of the treatment his lyrics were punctuated with violence, glorified substance misuse and misogyny. They were angry and quite offensive in nature. Over time, with the help of the 4 elements work and the treatment he moved away from these subjects and began writing lyrics about politics, success, change and the future.

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Feedback from J's key professional

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I have witnessed the amazing transformation of a young person.....my client's completion of the 13-week program was, I can say the most meaningful residential program I have ever seen.

My client has showed an awakening sense of his identity, his capacity to focus, to self-calm and regulate his emotions and his new-found skills in terms of lyric writing in particular truly show the change he had found within himself and not just externally. To put this in perspective when I first met him, he would be often found punching walls in school, could not complete a sentence and was aggressive both at home and in the community. He was set to be another long term NEET statistic.

I believe the elements that stand out [about Bosence farm Young people] can be summarised as follows:

- *Bosence Farm have brought together a team of outstanding experience in terms of the therapeutic understanding of the needs of young people in preparing for, and owning their commitment to residential rehabilitation.*
- *It supports young people with longer term belief and value changes which is the very definition of recovery*
- *The assessment process serves not only to give the young person a clear understanding but also assess their readiness for change*
- *The program is treatment focused throughout*
- *The program uses bespoke interventions and not a one size fits all approach, treatment is very much experiential and not theory.*

I cannot speak enough about my support of the Bosence Farm Young People's rehabilitation team and we look forward to working with them in respect of similarly complex cases in the future....

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Feb 2018

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J's feedback

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Bosence was possibly the best experience of my whole life. When I first arrived there, I was addicted to cannabis and MDMA/Ecstasy, I was basically just skin and bone and I felt low about myself and about general life. I had been given a concept of what it would be like there by my drugs counsellor and by what I had been told about it when I went to visit there just a few weeks before my arrival. It seemed like the perfect place for me to be. When I got there, I loved it straight away; I had a lot of free time to do as I pleased, whilst at the same time I had a lot of time engaging in groups and therapy. The program which I did at Bosence was separated by modules, each for different subjects which were psychology-based. The first one was the longest and the most informative, I learned about the different parts of the brain that control every decision we make; the slow thinking and rational part of the brain, the fast thinking and impulsive part of the brain, and finally the part which held your personal values. This was the first thing I learned there that will stick with me for the rest of my life. Before I learned this I was very impulsive and I'd make decisions that were irrational and disproportionate, learning just that one thing has since helped me stay calm and collective in my day-to-day- life without making consistent bad decisions.

The knowledge that I gained whilst at Bosence is knowledge that I want to teach my future children and their future children after that as the information I obtained for the three months of my life I spent there would help anyone with not just drug problems but all sorts of problems in life get closer to where they would like to be.

The staff at Bosence couldn't have been better! I could tell from the start that the people who work there are doing this job as a passion, not just as a way to get an income, never in my life had I met such relatable, understanding people with such down to earth, real personalities.

The weekends at Bosence are outstanding! Every week we were given a certain budget that we had to do activities with on Saturdays and Sundays as a reward if my behavior was good, and the activities were amazing! I especially liked it because I got to pick what we would do. We did a variety of things from visiting St. Ives for the day and going cinema to watch Thor (Best film ever) to going go karting and racing around the track!

I think Bosence is an amazing place where I became a whole new, more motivated person. The staff was impeccable with optimistic, positive attitudes towards life, and the modules were informative and very fun to go through. I learned life skills there such as cooking and structuring my day. My mental health improved massively there within a short period of time due to the daily groups and therapy sessions and my physical health improved equally as well due to Bosence arranging for me to go to the gym and to martial arts lessons and going to do physical activities like tennis or badminton in the spare time.

I strongly recommend Bosence to concerned parents with children who are addicted to illegal substances as the people and the work here is inspiring and helpful to those who want to change.

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An example of J's later lyric writing. (which was influence by the Luck Lab module.)

These words are the intellectual property of J and are being shared to demonstrate his learning and progress, with his permission. He worked so hard on himself throughout treatment and has changed so much in such a short period of time. He still has work to do but he is amazingly bright and full of potential.

Part of 'Progression' by Mr J

You should all know by now, I don't ever spit any fiction,
Cos' me, I used to lie when I was driven by addiction,
The hate I had for myself when I had many afflictions,
When each affliction was created just by self-infliction.

But I aint' here to tell you sob stories about my life, nah
I'm just glad I didn't drown and I got saved by the lifeguards,
The most important thing I've learned in life is that life aint a movie,
I aint no Bruce Willis and I won't die yet as long as I try hard.

Its messed up when you do the same shit every day
You write the same shit on every page.
Then you expect tomorrow to be different in every way,
But when it's all the same you're crazy if you're still thinking you're sane.

It's even worse when you realise nothings different,
But you still carry on into the same predicament.
Thinking somethings gonna' change, acting innocent,
When your nothing but guilty for inflicting self-imprisonment

Cos lifes handing you lemons and you don't even make lemonade,
You put them to one side expecting it to be randomly made.
Then your like, what the fuck?! Why hasn't anything changed.
Fuck it I'm gonna' leave it, imma' give it a couple of days.

Then after a couple of days you give it a couple of days,
Now your going round living in a circular state.
Either you're in denial, or you're starting to complain to all
Your mates that's nothings changing and its all staying

You don't know how to fix it,
Then when its pointed out and you just dismiss it.
You get aggressive, deny it and dismiss it.
Even though in your life it's the little things youre missing
Trust me you shouldn't be afraid to sit down and admit shit.

To yourself cos' you reap what you sow,
If you don't notice it live will deal you the evilest blow,
Walking in circles is not the way forward. If youre on a Roundabout you should be leaving this road.

Same shit different day, get rid of that system, Hey
Change your scenery and you get happier along that way,
If something isn't working you should strive to find a different way.
Stop repeating everything, the present is not yesterday.

Meet some new people, try to challenge your opinions,
Wake up every morning and change your everyday decisions.
Pick all the little things on the way to your ambitions,
and
When you get to your goal, don't say that's the end of your mission.

Cos what's the point of living if you aint' gonna' learn shit?
You know the power of knowledge is the way that people earn shit.
You just cant think you know it all without ways to confirm it,
When you reach your ambitions find some new shit and research it.

Expand your brain, you have no idea what the fuck it can contain,
Know that money is not the only way a man gets paid.
Get your opinions and batter them man, have debates.
Except the fact that you make bad mistakes.

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the same

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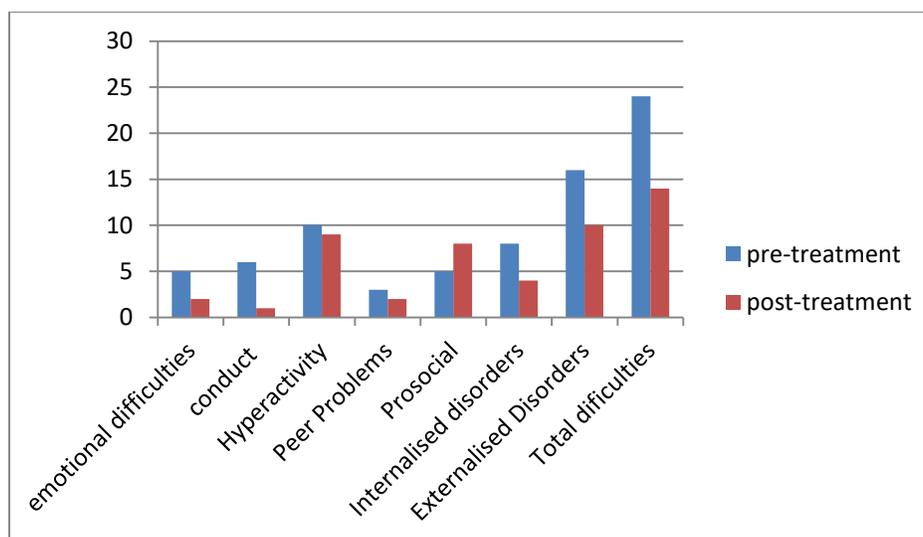
An illustration of J's distance travelled using client directed feedback

Pre treatment – J first completed the strengths and difficulties questionnaire as part of a holistic assessment of his needs at assessment.

Emotional difficulties	4/5	Slightly Raised
Conduct	5/6	High
Hyperactivity	10	Very High (5%)
Peer Problems	2/3	Slightly raised
Prosocial	5	Low
Internalised Disorders Score	6/8	Slightly raised
Externalised Disorders Score	15/16	Very High (5%)
Total Difficulties Score	21/24	Very High (5%)

Post treatment – J completed the strengths and difficulties questionnaire for a post discharge in the community following 13 weeks of treatment.

Emotional difficulties	2	Close to average
Conduct	1	Close to average
Hyperactivity	9	Very high
Peer Problems	2	Close to average
Prosocial	8	Close to average
Internalised Disorders Score	4	Close to average
Externalised Disorders Score	10	Slightly raised
Total Difficulties Score	14	Close to average



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NB – The increase in prosocial difficulties post treatment illustrates the loss of structured activities following discharge.