

Case Study: Jason

What were the issues at referral?

- › Twelve-year-old Jason* had been in out-of-home care (OOHC) due to verbal and physical aggression at home and in school.
- › Luke*, his dad, loved Jason but was struggling to manage his son's behaviour.
- › Luke has a history of substance use and DFFH were concerned how parenting may impact his own mental health and ability to take responsibility for Jason's wellbeing.
- › Jason was unable to return to school due to concerns about how his behaviour could impact other young people in the classroom or playground.
- › Jason desperately wanted to be home with his Dad doing the things that he enjoyed, such as going to the skate park and playing footy with his friends.

What did MST do with the family and systems around Jason?

- › MST started work with the family a few days after Jason returned home, as he was running away. The MST practitioner helped Luke to find out where Jason was and who he was with.
- › The MST practitioner worked with Luke to set clear boundaries and expectations and develop a behaviour management plan to support Jason at home and at school.
- › Luke and the MST practitioner worked on strategies to help Luke manage Jason's angry outbursts, and in role modelling and utilising these with Jason, they helped Luke to use and decrease his verbal and physical aggression. The MST practitioner supported Luke to better communicate and advocate with other professionals, including DFFH, police and education.

- › Luke, the MST practitioner and school supports worked on developing coping skills for Jason so that when he felt stressed or worried he had strategies that would help calm him. They also identified people to turn to who could help him.
- › Jason's time at school and in the playground was incrementally increased and Luke utilised the same strategies at home which helped support behavioural changes across systems.
- › Jason had friends over to stay with him at home, something that he'd never done before.
- › Jason's incidents of stealing and running away significantly reduced due to Luke increasing his monitoring and supervision of him in the community. Luke connected with his neighbours, parents at school and through footy, which Jason was enrolled in, to build community links and connections.

What worked?

- › Jason has increased his school attendance from 0 to 90%.
- › The MST practitioner gathered weekly evidence regarding Luke's progress in:
 - minimising Jason's association with negative peers in the community;
 - stopping his running away;
 - engaging in education; and
 - following parental expectations at home.
- › As the plans were all developed in collaboration with Luke, he felt empowered and his confidence in his skills and abilities as a parent grew.
- › DFFH are really pleased with the progress made by Luke and Jason and have closed the case.

**Names have been changed in the interest of privacy.*