



Case Study

Dr. Faeza Khan



A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT

- S is a 16 year old young lady.
- Lives at home with parents and 13 year old brother.
- S is in year 11 and sitting her GCSE exams this year.
- She is predicted A*, As and Bs.
- S has always been a high achiever, has very high standards for herself and can be self critical.



- Since the beginning of autumn term, she has come to school looking unkempt and tired.
- In the recent 4 weeks there has been a scab on her forehead which doesn't seem to be healing.
- During lessons she appears to be day dreaming and gets startled easily.
- Standard of her work has declined and S has reported difficulties with concentration.
- S is spending her lunch time in the class room and her friends have noticed change in her personality with withdrawal from social activities.

- S's mother has contacted form tutor and reported that it has been increasingly difficult for S to get up and be ready for school in the mornings.
- S spends most of her time in her bedroom on social media and if asked to join family for dinner, she becomes irritable and argumentative.
- She is described to be crying easily, which is quite different from her typical upbeat and friendly disposition.
- Initially mother believed that S was having problems with her boyfriend as he has stopped coming to the house.

- S's younger brother has started same school. He has Autism and is getting into fights in school.
- S's father works away and believes that S is just going through adolescence.
- S has lost her maternal grandmother during summer after protracted illness.
- Mother has also noticed that S's personal care has declined. She stays in same clothes for days.
- There has been change in her sleeping pattern and she keeps her light on at night.

- S has been offered pastoral care but she has declined.
- Parents are concerned about S's failing her exams.
- Mother has taken S to GP and referred to CAMHS.
- Mother described S as a worrier from early childhood.
- S may have witnessed parents arguing lately.

- What are your initial thoughts?
- What else would you like to know?
- What can be done to help S?