

Giving Back Confidence, Life and Family

The YWCA Edmonton Behavioural Consultant in our Family Services for Children with Disabilities department received a phone call regarding a 14-year-old young man who had been engaging in behaviours of concern that were harming himself and his ability to interact well with his family and friends. The young man lived with his parents and two younger brothers. The behaviours occurred in the family home, out in the community, and in school. The school had been struggling with supporting him and he had been suspended from school several times. Due to his suspensions, his mother's employment was being affected, and ultimately led to her taking a leave of absence from work.

When the YWCA consultant began working with his family, the mother had withdrawn from life and her family, and had talked about the possibility of needing to take medication to alleviate some of the incredible stress that she had been feeling. After an in depth consultation with members of the family, it was clear that they needed help and were very open to working with the YWCA staff. The consultant placed a behavioural aide in the home to work directly with the family, and to initially focus on building up the mother's confidence by practicing strategies she could use in dealing with the behaviours of the son.

As the mother started to put some of the strategies in place in the home, she became more confident with her abilities, and the YWCAs support shifted to the family. The family reported that the strategies that were implemented by the mother helped the situation become gradually less stressful.

During the final meeting with the mother, she was very happy to say that she was "going back to work, had been off medication for the last month and felt great." She thanked the YWCA for "Giving back her confidence, life, and family."

Manager—YWC A Family Services for Children with Disabilities

