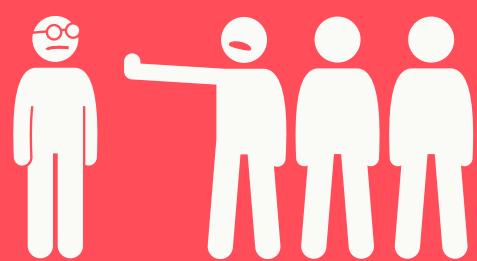


Sarah's Journey

Sarah is a young carer for her Dad, who has severe mental health difficulties. She found mainstream school challenging and attended several alternative provisions which could not support her. She has been on the social communication pathway waiting list for 13 months at the time of referral and had not been seen after the two years she was with Navigators. Sarah used cannabis to self medicate.



Navigators to the rescue



July 2021

After unsuccessful placements at other alternative provisions Sarah was referred to Navigators at the end of Y9 to start our group provision in September 2021.



September 2021

Sarah begins the group setting. She is one of 12 students and initially finds it difficult to be in this environment



December 2021

Sarah's attendance is not consistent, it is decided that she will attend an extra 2:1 session on a Friday with another student from the group and a mentor.



September 2021

Staff noticed that Sarah's personal hygiene correlated to her mental health. Sarah agrees to access pastoral intervention once per week.



March 2022

Sarah begins receiving support from Early Break to help with her cannabis usage.



June 2022

Working with her mentor Sarah begins to access the gym to see if it improves her mental health. It is also decided that Sarah will continue to have sessions with her mentor over the summer.



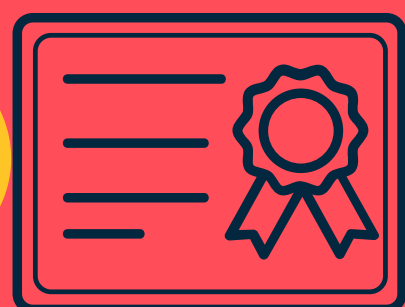
September 2023

Sarah had a successful summer programme with her mentor and returns to the group provision for another successful year.



March 2023

Sarah's mental health has greatly improved, she is seeking support and advice from pastoral staff to help her apply for jobs to fit in around her education.



June 2023

Sarah worked hard and achieved her Functional Skills Level 1 in English and maths along with AQA awards in personal finance, recognising risks and keeping safe online and understanding citizenship



September 2023

Sarah began a L1 diploma in Hair and Make up at Future Skills at Media City.