

# TIGER Services, London

## Case Studies

### Ruby's\* Story: sexual assault

A friend of Ruby's disclosed to a teacher at school that Ruby had been groomed online by a man. The man asked Ruby for inappropriate pictures, which he threatened to share if she did not do what he asked of her. This incident was reported to the police.

A few months later, Ruby was sexually assaulted on the bus as she made her way home. She immediately told her mother who reported this to the police.

As a result, the perpetrator was arrested as there was CCTV footage of the incident on the bus. Ruby will be expected to attend the trial and give evidence.

Since both incidents occurred, Ruby has experienced anxiety and panic attacks when out in public. She was in constant fear that she will be targeted again.

At times, she would even have suicidal thoughts and believe that she was a burden to her family. At school, Ruby didn't have many friends and would often get very emotional.

Luckily, the school safeguarding officers were available to support her and assure her that she will be safe.

### Successful TIGER intervention

Ruby was referred to TIGER services by a social worker and is now regaining her confidence and is challenging the anxiety she experiences when she is in public. She is beginning to develop healthy relationships with peers her own age and also attends Police Cadets regularly which she enjoys.

The family dynamics at home have improved and she has a positive relationship with her mother and siblings.



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### Jake's\* Story: harmful sexual behaviour

Jake is a 16 year old boy who was referred to TIGER for viewing and distributing a Category A video on Snapchat. Before the sessions, Jake was anxious and did not want to engage with the practitioner.

When Jake attended sessions, the practitioner made him feel comfortable and spent time learning about his interests so they could be incorporated into the sessions. Over the sessions they formed a close therapeutic relationship and Jake spoke about how it felt good being able to speak to someone so

openly about personal and sexual matters. Together they were able to explore the function of his harmful sexual behaviour and create a safety plan to prevent any further problematic sexualised behaviours occurring.

Jake was able to use the space to voice other concerns around his identity and his relationship with his mother. The practitioner allowed Jake to voice his anxieties and he spoke about how he had never had the chance to speak to someone about these issues before.

### Successful TIGER intervention

During the intervention Jake and the practitioner spent time exploring Jake's understanding of the law and consent. Now, Jake has an excellent understanding of consent and is able to convey what he understands brilliantly. He reports telling a friend what he had learned about consent and realises that distributing inappropriate material of a child is against the law. Jake shows a lot of remorse and regret in sharing the image and has apologised to the people he distributed the image to.

Jake has thought about his goals for the future and the people he wants to spend time with at school. Now, he identifies himself as being in a group of boys who walk away from 'trouble'.

Following support from TIGER, Jake's educational engagement and grades have improved, and he reports that he feels proud of himself in his educational, social and personal



life. Jake also reports having the confidence to speak about personal issues with his mum and feels like they have a deeper, trusting relationship.

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### Mike's\* Story: serious youth violence

Mike is a 15 year old boy, who was referred to TIGER by his Social Worker for suspected involvement in 'county lines', and subsequent risk of physical and emotional harm and trauma. There were concerns about Mike's relationship with his mother, as he failed to follow her rules and she felt unable to care for him and keep him safe.

Mike was accommodated by the local authority and placed in a residential placement, a significant distance away from his home. The social worker also raised concerns around Mike's ability to maintain and regulate his emotions and behaviours.

Mike disclosed that he felt controlled and manipulated in his relationship with his ex-girlfriend and her mother. He felt unable to leave, feeling trapped and scared they would retaliate if he did, and he used drugs and alcohol to suppress his feelings.

The support was built around the six TIGER pillars, with one-to-one sessions delivered for both Mike and his mother via telephone calls.

The focus of the support given was to understand the trauma Mike had experienced, to create a narrative around the abuse and systemic racism; safety planning; emotional regulation; reconnecting with a pro-social and supportive network; and aspirations for the future.

Mike consistently expressed feelings of loss, upset, low moods, anger, frustration and powerlessness, which he attributed to being treated unfairly by the Care system and the Courts; he believes his account of events, concerns and fears within his relationship with his ex-partner were dismissed by key professionals, and the decision to remove him from his mother's care, are based on their negative views of black people, black men, stereotypes of black boys and masculinity.

### Successful TIGER intervention

Mike's views were heard by the professionals which in turn shifted the narrative about him by professionals. Mike is now better able to understand and express his feelings; has raised awareness of conflict resolutions skills in managing relationships and has increased self-esteem. His mother engaged with the support given and Mike's care plan is more reflective of his self-reported needs and preferences.



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### **Ayisha's\* Story:** serious youth violence

Ayisha (13) was eight years old when she was removed from her mother, due to high level neglect, trauma and suspected sexual abuse. She was placed with her current foster carer, Amy, at the age of 10.

Read her story online to see how we worked with foster carer Amy to understand why Ayisha herself wouldn't engage with TIGER, enabling her to better understand Ayisha's trauma symptoms and support needs. With arm's length support from TIGER, Ayisha has also become more open to expressing and exploring her feelings and traumatic memories with Amy, and Amy now understands that by the very nature of listening empathically to Ayisha, she is helping her wrap a narrative around traumatic memories and thus facilitating her recovery.



\*All names have been changed.

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### Contact us

To find out more and make a referral please get in touch:

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