

# Meet Finn

Finn has a diagnosis of Autistic Catatonia and moved to Bright Futures after a 14-month hospitalisation at a local mental health hospital.

Finn's mental health had significantly deteriorated, displaying behaviour that placed himself and others at risk. He had low self-esteem and little confidence, unable to make choices and in need of support to achieve day-to-day activities. It was evident that a residential provision would better meet his long-term needs and Bright Futures was identified to provide the much needed therapeutic and nurturing environment.

## Our Approach

- During a two-week transition period, Bright Futures staff worked alongside Finn's clinical team to build positive and familiar relationships prior to his move.
- Finn has a well-trained team around him equipped with the right personalities and person-centred approach. He is comfortable and familiar with his staff and can trust them to support him in the way he needs them to.
- During transition visits, Finn was encouraged to choose posters for his new room and helped decorate with his favourite things. His living environment is homely, welcoming, and matches his choices and preference.
- Sensory items were bought specifically to meet Finns needs such as large bean bags, fleecy blankets, and a range of sensory fidget toys.
- Continued support from Bright Futures' Specialist Support Team and working with Speech and Language Therapy.

Finn is more confident to communicate, we have seen a significant reduction in concerning behaviours and a dramatic improvement in his mental health. He responds well to de-escalation strategies and demonstrates a better ability to self-regulate, the requirement for external CAMHS input has decreased.

Finn's physical posture has improved as he stands confidently tall and loves to engage people with a high five or handshake. Finn is flourishing as he is encouraged to make choices and thrives in a less restrictive and more empowering environment.

**Finns' world has been made brighter.**

