



YoungMumsAid (YMA) is an accessible, trauma-informed and specialist service which offers more intensive support for mothers aged **16-21** involving home visits, regular contact from YMA staff and up to **24 sessions** of individual therapy.

Much of our work with 'young mums' involves teenage women who suffered neglect or abuse as a child, domestic violence as an adult, and/or have a baby which is subject to a child protection plan. 80% of our young mums scored 4+ for Adverse Childhood Experiences (ACE score which is the threshold for serious negative implications for physical or mental health).

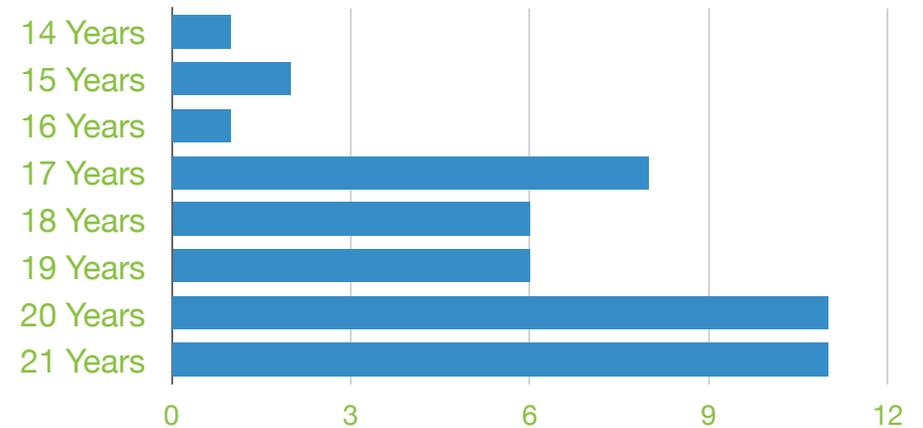
Client Profiles

J. was trafficked at **14** and referred at **18** when pregnant, and was without family here. She completed 6 months counselling and is now attending college. She said she needed our help *"because the world was crashing"* and said that the therapy *"..was more than what I thought it was going to be. I am so grateful"*

S. was referred at **17** with a 3 month old baby. She had been abandoned by her own mother when she was **2** and asked to be referred because she was scared by her intrusive thoughts. At the end of her therapy she wrote: *"I could never thank you enough for the confidence you have given to meand the tools I need for the future."*

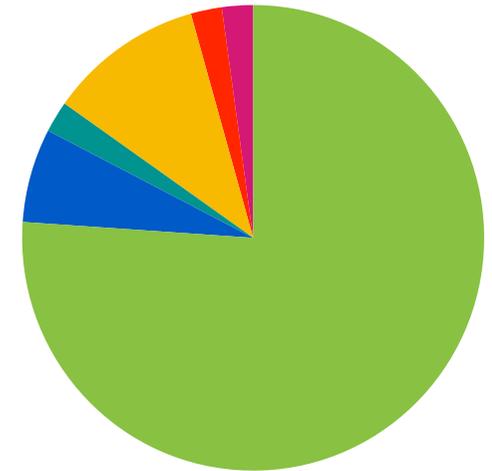
46 Young mothers seen, **19** of which were pregnant
37 mothers single, **8** cohabiting, **1** married
29 Children benefiting from the service

Age Breakdown of Young Mums



Ethnicity

- White British - 35
- Black African - 3
- Black British - 1
- Mixed British - 5
- Asian - 1
- Other White - 1



We are reaching some of the most disadvantaged women in London and 45 out of the 46 mothers are also receiving other support such as Social Services, Family Nurse Partnership, Child and Adolescent Mental Health Services (CAMHS).

Number of mothers with:

- A baby in CP (Child Protection): 40%
- A past history of CP/CAMHS: 90%
- In care in the past: 66.7%
- A history of domestic violence: 81.5%
- A history of ASB (Anti-social behaviour): 12.5%
- A history of childhood abuse: 68.8%
- Previous mental health history: 95.2%
- An experience of bereavement: 28.6 %
- Child Protection plan recommended by YMA: 15%

A typical client profile:

K was in a relationship of coercive control. Her boyfriend would constantly check on her phone, question who she spoke to and threaten her. She was a survivor of child sexual abuse and had also experienced emotional neglect in childhood. K struggled with body image was extremely depressed and had suicidal thoughts.

K's adversity did not get picked up by support services until she became pregnant. Through her counselling K has been able to end her damaging relationship and seek more constructive forms of support. This has enabled her to be more resilient and less vulnerable to establishing a coercive relationship. She has had space to reflect on some of her childhood adversity and been able to process some of the damaging effects of the abuse and neglect she experienced.

K's positive experience of Young MumsAid has contributed to her continuing involvement with other support services. She is reporting feeling less depressed, more accepting of her physical appearance and very bonded to her baby.