LOOKED AFTER CHILD

Li Jean-Luc Harris Presents His Life Story For The Open Forum Events

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH: THE PATH TO RECOVERY

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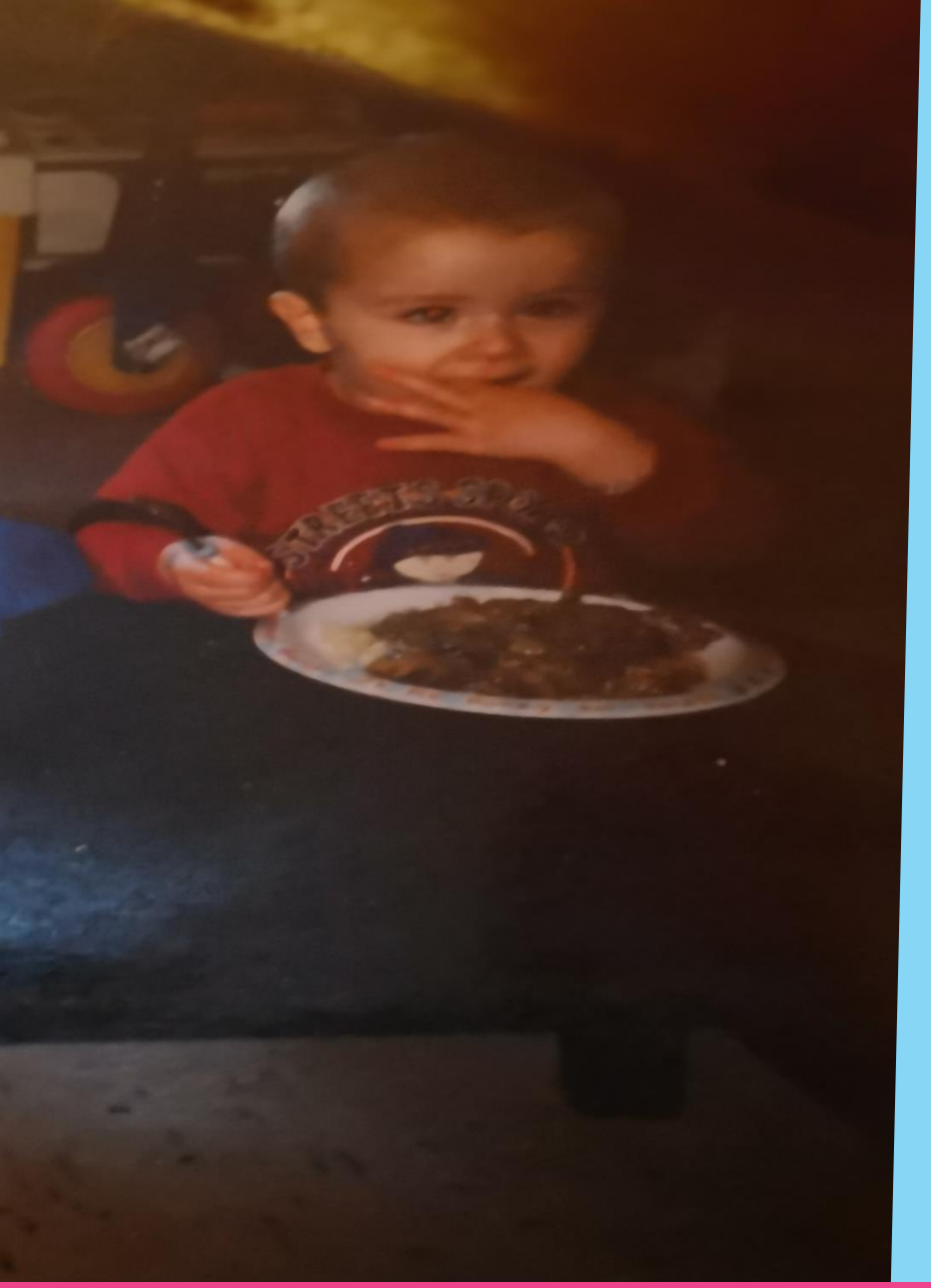


I Was Born 1996

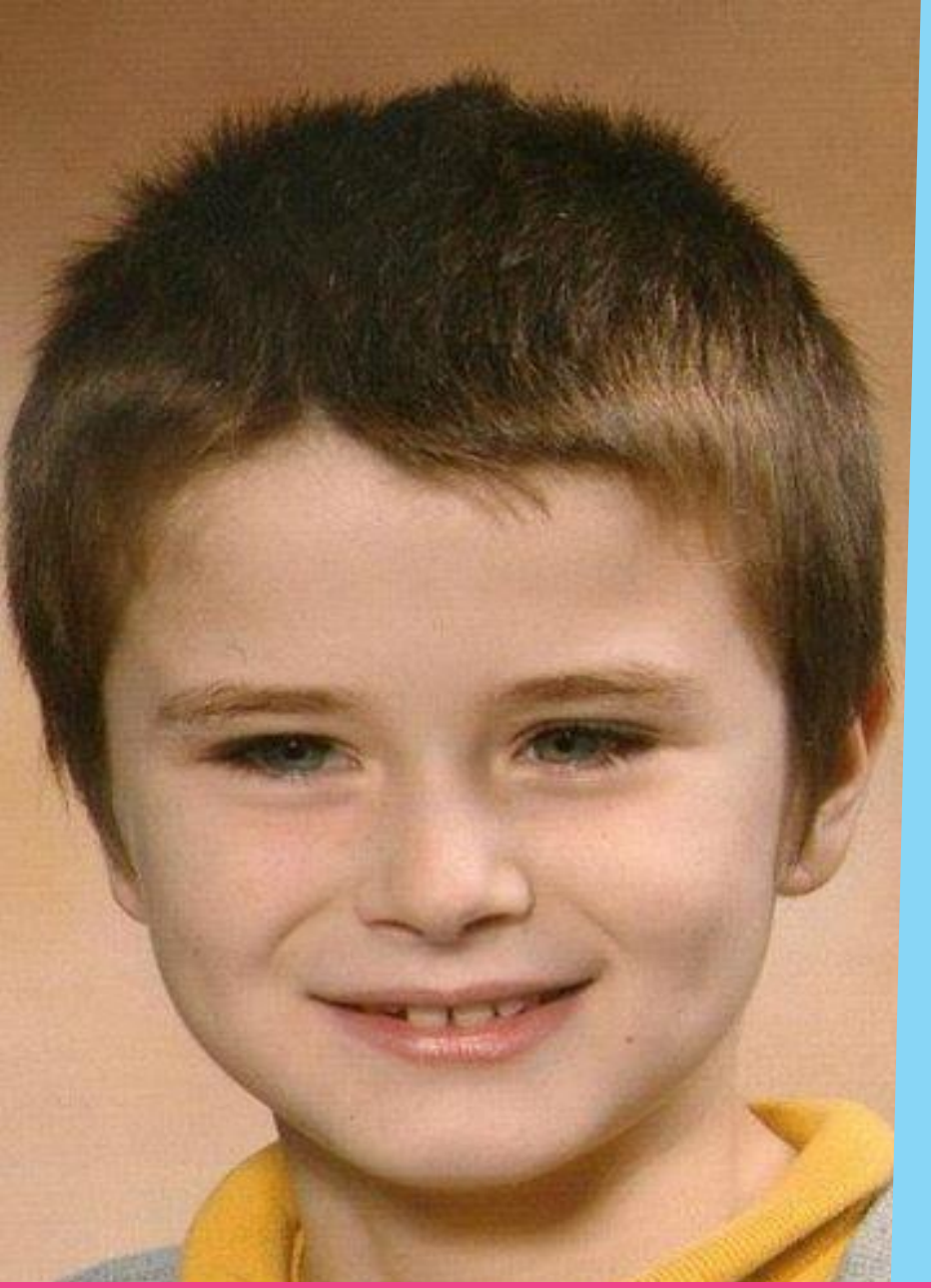
- I was born In Margate, Kent
- Before birth I was already known to social services
- Born into a hectic environment where both parents where suffering from Generational Trauma

Parental History Before Birth
That was the cause of Generational Trauma

- My fathers history in crime
- Parental drug abuse and binge drinking
- My father got sexually abuse
- My mother witnessing her sisters death
- Mum getting raped as a teen and contracting H.I.V
- My mum suffering with Bulimia

Timeline Update Age 5

- I am diagnosed with ADHD
- although born healthy, developmental concerns where raised. (Speech, Sight Balance)
- Still needing a dummy.
- Wears nappies at night
- Needs glasses



Timeline Update Age 7

- I'm prescribed drugs for ADHD and Insomnia
- Referred to Orchard House (CAMHS) by my primary school.
- Concerns regarding family Life
- Sister(s)? gets sexually abused for the second time by mothers partner at the time.
- Unknown sexual abuse status of myself?

Life In Primary School

- Reported as disruptive
- Stole from school
- Bullied
- Disorganised and distracted

- (Primary school subject access request In progress)

Timeline Update Age 8/9

- I self-harmed For the first time in secret “The Thing”
- Social services get more involved with the family
- I’m still bedwetting and wearing nappies at night enuresis clinic can’t find the cause
- CAMHS - “There has been good improvement reported both at home and at school after taking Ritalin, although the benefits at home were less sustained”

What is the Thing?

- On-going issue due to me refusing any further treatment (discussed later on in the slides)
- attempted to resolve it twice in adulthood. 1st time i got lost in the system
- 2020 marks the day I started to get it resolved again and I've only recently been referred to surgery (still pending)
- The thing happened twice, the first time was to try and fix a problem, the second time was an act of self-punishment.
- one day I will discuss the thing in more details but for now it will remain as said.

Care With My Mum Ends

- My mum continued with abusive relationships
- My siblings had been sexually assaulted on 2 occasions.
- Multiple failed relationships
- Praise to my mum for making It so far and never giving up (struggling with 6 kids all with unique issues) Despite her own issues
- Stealing of mum
- Transfer of Care to Father

8 Months With My Father

- My father was very aggressive and still used drugs (cannabis) around his children
- The property was reported to be in a mess
- 3 siblings living in one room
- I was still bedwetting and my father could not keep up with our care meaning I would go to school in dirty clothes and smelling of urine
- We was always in our rooms “babysat with computers” unsupervised.

Going Into Foster Care Age 11

- My father made A choice to give up two of three siblings in his care.
- Father was happy to give up just me
- The taxi to school
- Crying with my mum at school
- Going to my first foster care placement

My First Foster Care Placement

- Family friend
- Disclosure of being gay turned down
- Didn’t spend time with us often; separate living room, constant reference to their family
- Developing mental health issues
- Infections relating to the thing started to become more apparent
- Placement ended, I was happy that it ended (8months)

My Second Foster Care Placement Age 12

- Carol and Johns placement lasted 4 years
- Developing issues with my mental health
- Increased CAMHS sessions
- Becomes “a medicated mess”
- Bedwetting issues still ongoing
- Despite my spiraling issues Carol and John had a massive impact in my life

My Mental Health Is Spiraling Out Of Control Age 14/15

- I played a lot of the Sims
- I was seeking new ways to harm myself to feel something (getting people to stand on my hand) X marks the spot.
- Numb to the environment i felt like a simulation in a game? (A bad game of the Sims)
- I am now starting to get into fights on purpose and my knuckles and hand have gone purple and swollen.
- Despite no further self harm in the area. “The thing” was getting worse. I’m now bleeding heavily
- Came out as gay – this time accepted

How Was Secondary School?

- I was bullied a lot, but this was sometimes the plan to get beaten up to feel something.
- Issues at school started. Not attending school, stealing and damage to school computers by hacking into their systems.
- Intentionally getting into fights and causing havoc around the schools.
- (Secondary school subject access request in progress)

Going into the Mental Health Hospital Aged 15

- Escalating concerns for my mental wellbeing, and the safety of myself and others
- The choice I was given

NHS slam files snippets from my psychiatrists referral to mental health hospital

I am referring Li for admission at the earliest because he is a danger to himself and this has escalated and he cannot be contained safely using other methods. Indeed, I am recommending that he should be admitted and, if possible treated, against his will. He is refusing all help except pretend-help, i.e. talking about other things if at all. I am going to request a MHA assessment, and I seek a very secure, 24/7 *constant specialling* clinical environment in the first instance. Li had ½ cup of blood spilled in his bed a few nights ago, this is rather more than usual (see below); then he clearly fractured bones in his right hand by punching a hard surface; then he asked fellow pupils to trample on it - and apparently one of them did. He has not only refused all necessary professional attention over his behaviours and state, but even threatened to beat up any health personnel who tried to help his person.

I would seek to force him to go into hospital and be watched day and night in hospital. I made it clear to him and to his carers that I reserved the right to cease my involvement altogether, and forthwith, if, for some reason, relevant colleagues were to reject my recommendation and expect me to continue to take "responsibility" for Li. This I would not do, as it would be contrary to his best interests to pretend that I was serving him in ways which I could no longer support.

3 Months at Kent And Medway Adolescence Hospital

- Section 2 and 3
- Refusal to speak or partake until…
- Pen and Paper!
- Rushed for a physical Examination for “The Thing“
- Discharged after 3 months but not back to Carol and John

Placed With Pilgrims Corner Aged 15/16

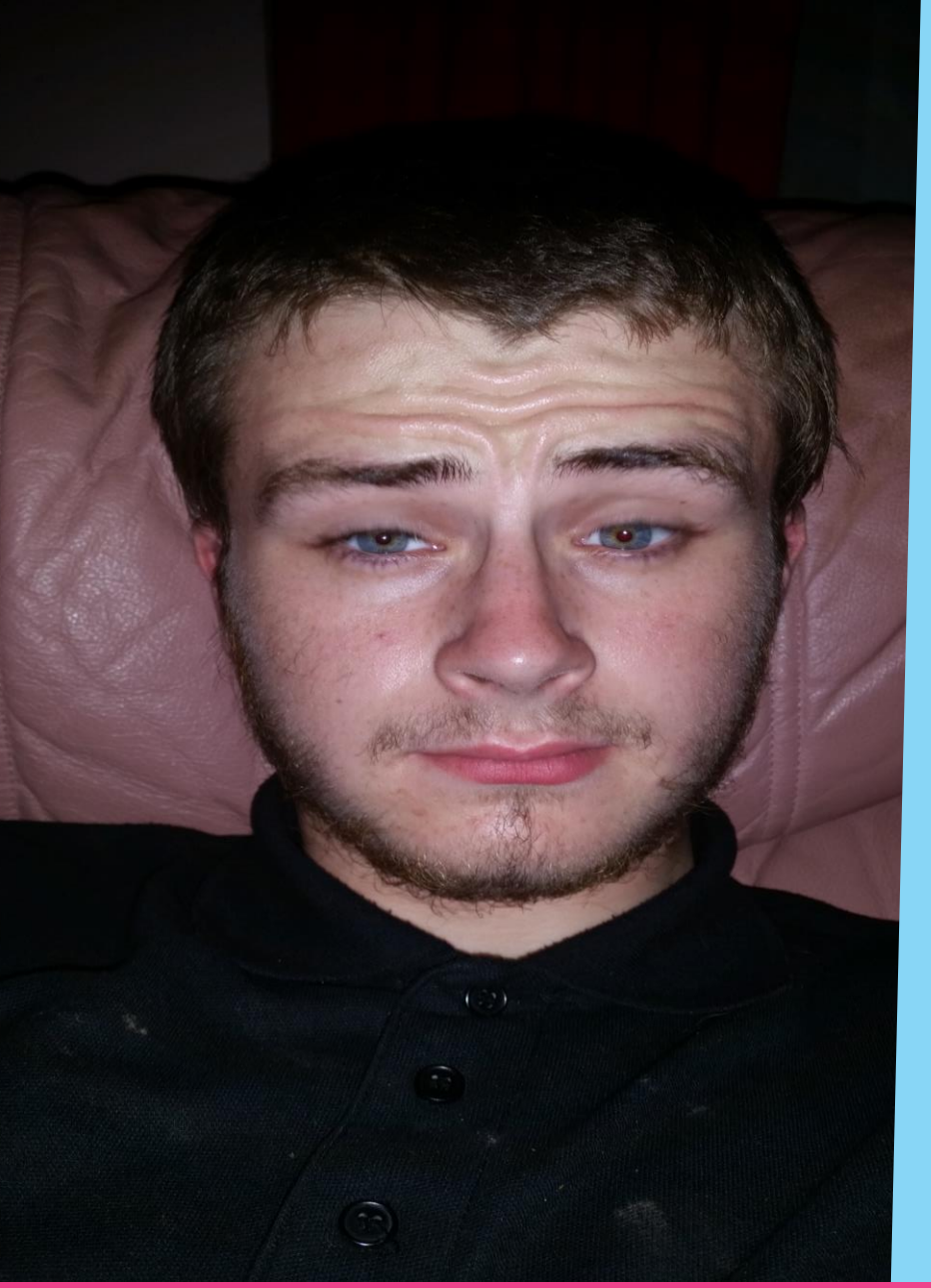
- Grieving Carol + John
- Residential Home With Limitations
- Unable to go back to school, not wanting to engage with care
- Disrupted the placement intentionally to try and move back “Home”
- Stopped Taking all medication

Moved to Independence – Development Aged 16/17

- Semi Independence Placement
- Started Volunteering Attended College
- Started to Run a little eBay store and made websites for people.
- Helped me to develop my identity and build Confidence
- Despite being 16 I Still was suffering With Nocturnal Enuresis. Did not attend any further Treatment for “The Thing”
- Needed to go back home to Thanet (Regrated the next move)

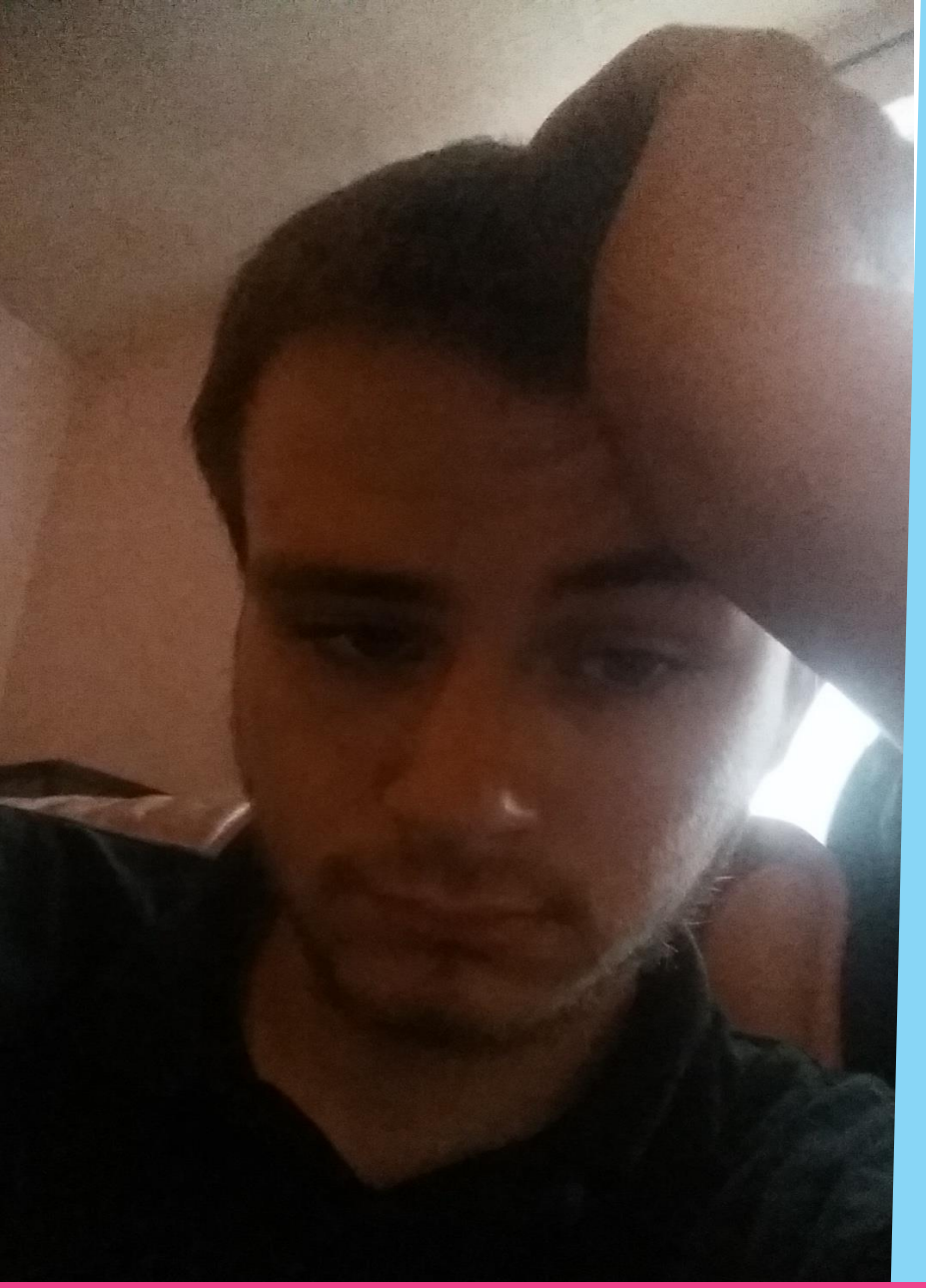
Moved to Liberty Care Homes Aged 18

- I'm Now 18, a care leaver and back in the Local Area.
- I Dropped out of further education.
- I Started meeting up with the wrong crowed
- The Placement Was the “Hotel” I only turned up for money.
- Discharged From CAMHS “Back to stage 1”



I Started Taking Drugs Aged 18/19

- It started with weed
- And then it became spice / legal highs
- I was working as a stock taker
- Sofa surfing between houses
- Placement ended at liberty group PA was aware but I was not “utilizing the placement enough”

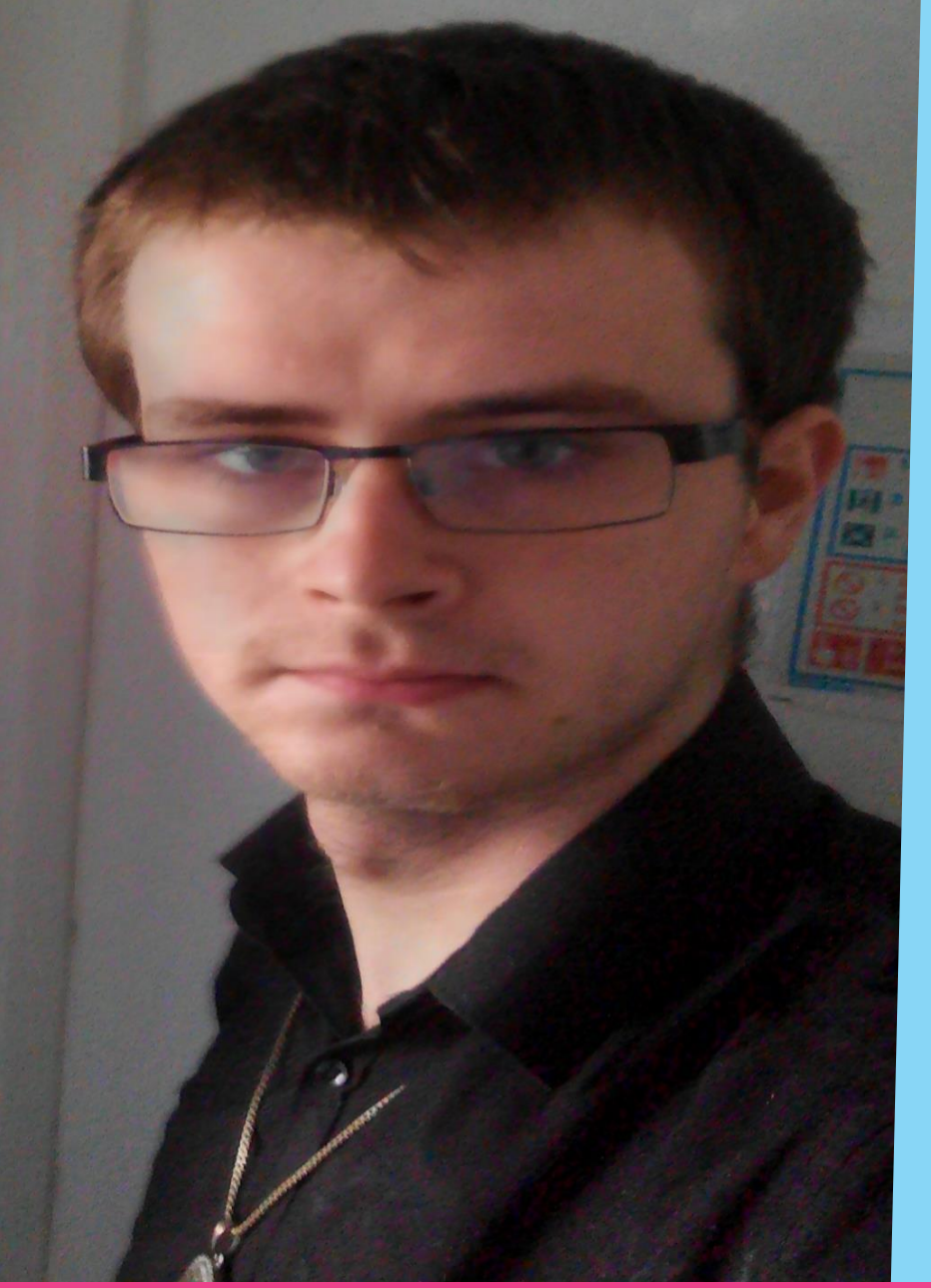


Sofa Surfing Ran Out

- I was back at mums
- My drug habits increased
- I dropped out of work
- The incident that changed my life

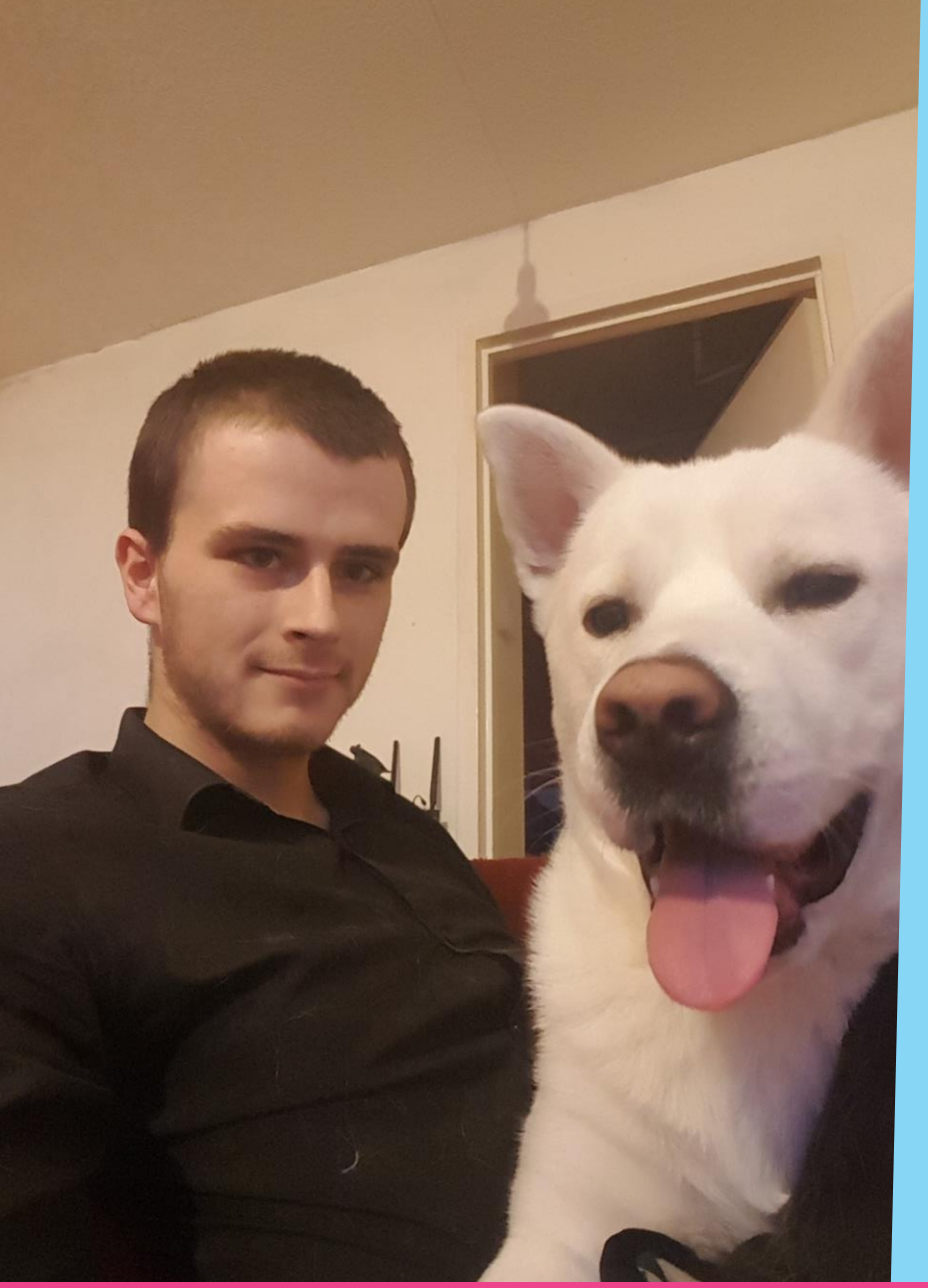
I'm Now Homeless Aged 18/19

- Homeless and addicted to drugs in the woods
- Isolated, ashamed and embarrassed
- Learned how to bulk buy drugs and continued
- Spent almost every day at our local council office trying to find housing, despite my pa's best effort the local authority was not willing to help



Emergency Placement

- I spent 8 months in emergency housing
- I cleaned myself up and started regaining my confidence.
- The local authority finally accepted responsibility to house me
- No longer smoking legal highs / weed.



I Get my First Flat Aged 19

- I spent 3 years in this flat, I did not enjoy the flat or location but I made do with it.
- I Started working as a stock taker again
- Almost made homeless again
- New Job IT In a semi-independence Care Home
- Met Josh, my now Fiancé and partner of almost 6 Years

My Life Started Getting Even better

- I grew professionally
- I started working in health and social care
- I'm slowly requesting and accessing past records to help my recovery
- I've almost completed my Level 4 In Residential Child Care
- And I'm now Acting House Coordinator at a 16 + Residential Semi Independence Care Home

We Brought A Property Together Aged 21

- We are homeowners
- And both building each other up to create a great future for ourselves.

What's Next for me?

- I've Created a company Called Looked After Child where I do public life story work for Care Experienced People to share the importance of using our experiences good and bad to build a more positive future for ourselves
- Looked After Child Will Continue Creating, Educating and motivating; Care Leavers, Care Experienced and Social Care Professionals to provide a better service.
- Become an Educator For Care Experienced People and Care Leavers
- Continue Progressing as a working professional.

Thanks for listening

Scan the QR to Get in contact, or come speak with me at Lunch

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