

L.P. (17-year-old male)

A 17-year-old male student came to the Centre with his mother, describing symptoms of high anxiety and depression. Their main concern was the student's self-injurious behaviour (i.e. skin cutting), and a risk of dropping out of high school. After the completion of the assessment, the Foundation's psychologist and psychiatrist started treating the project participant's depression with cognitive-behavioural psychotherapy.

The project participant was involved with the Wings of Hope's multisystem program that encompassed:

- Medicinal treatment;
- Cognitive-Behavioral Psychotherapy of depression;
- Parent Counselling;
- Support in Learning.

Due to the efforts made within the multisystem approach, including support from the project participant's mother and school, the project participant managed to eliminate the risk of failing the school year, or even dropping out. Self-cutting was gradually reduced during the therapy. In addition, on recent self-evaluation questionnaires, the project participant reported his mood as stable. He also indicated that he can regulate his emotions better. The project participant will continue to be treated within the multisystem program until his situation is fully stabilized.