

Sarah



Sarah grew up in a chaotic and overcrowded household with her mum, dad and 11 siblings. Both parents were alcoholics and prone to violent outbursts.

When Sarah was 8 years old, her mother left the family home and moved across the country. Her father worked long hours and left Sarah and her older sister to look after their younger siblings. They struggled to feed everyone with what was in the house and while they were expected to keep the house clean, they often didn't have the tools or products to keep good levels of hygiene.

Sarah is mixed race and she struggled to fit in at school. She was regularly racially abused by staff and bullied by peers.

After her older sister left the family home, Sarah felt she couldn't cope any longer and she ran away at age 15. Whilst on the street, she met an older male who offered her shelter but introduced her to drugs.

From that point on, she alternated between sofa surfing and being in and out of hostels.

Sarah is diagnosed autistic and is highly impulsive. She often leaves a placement because she struggles with loneliness and prefers the community that she has built for herself. She recognises that they are not necessarily positive relationships for her but still prefers this to being on her own.

She is currently housed in a hostel and has recently been diagnosed with Hepatitis B and C. She is at high risk of overdosing from ketamine and heroin use and needs a lot of support with her dependence to drugs.

She would like to go into rehab and have mental health treatment. She cannot envisage doing one without the other but is finding it difficult to access both in the way the system operates.

With the support of hostel workers, she does attend regular mental health reviews with the GP. In the past 6 months, she's also started attending housing meetings with her new key worker.

She's a very talented visual artist and is engaging in the hostel's regular art sessions. They are the highlight of her week.

Her dream is to have her own flat with a dog for company.

