



BETHANY

HOLLAND HOUSE



IN THE EARLY DAYS

Bethany joined Holland House just 8 weeks ago, following a period in hospital. With a diagnosis and suspected autism, she found change and transitions particularly challenging. Before moving in, she visited the service several times to help ease the move, as she presented as shy, found social situations overwhelming and preferred one-to-one support over group environments.

SUPPORT AND PROGRESS

Since arriving, Bethany has been supported through a structured, person-centred approach focused on building trust, routine and confidence at her own pace. She enjoys her own space, often using Xbox time as a way to self-regulate, while gradually beginning to engage more with staff and her surroundings. Over time, she has started to form positive relationships with staff and is showing increasing comfort within the service.

Bethany's Goals

- Re-engage with education by exploring a suitable college course
- Continue building confidence in social situations and group environments
- Maintain her recovery, including attendance at weekly support meetings
- Develop greater independence in the community

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Bethany's quality of life has improved massively since moving to Holland House. She has really come out of her shell, and is happy now to speak to staff on a daily basis.

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TIM FRANKLIN, TEAM LEADER


CELEBRATING EACH STEP


Bethany has already achieved a number of meaningful milestones. She has re-engaged with her community, spending time with friends and regularly attending bingo outings with her mum and nan. She has also been supported to continue her recovery journey, attending weekly local meetings with staff support and gradually building confidence in social settings, even beginning to speak with others during breaks.

LOOKING TOWARDS THE FUTURE

Bethany is now expressing interest in returning to college to continue her education, and staff are working alongside her to explore suitable courses. With continued encouragement and support, she is building confidence, strengthening independence and discovering new possibilities for her future, progressing steadily from the young person who once feared the unknown to someone beginning to shape her own path forward.

For more information regarding our referral process or to discuss life at Holland House:

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