



TWMAD NEEDS IN PRACTICE

WHAT YOUNG PEOPLE ARE CARRYING

Behind absence, anger, shutdown, conflict or refusal, there is often a layered story.

THE CHALLENGE IS RARELY JUST BEHAVIOUR.

1 EMOTIONAL WELLBEING

- Severe anxiety, panic and emotional overwhelm
- Anger, emotional dysregulation or aggressive behaviour
- Self-harm, hidden distress and difficulty naming feelings
- Low mood, isolation and unhealthy coping

2 TRAUMA, LOSS & FAMILY

- Childhood trauma, neglect and disrupted attachment
- Bereavement, loss and separation from family
- Domestic abuse and Children's Services involvement
- Family breakdown, parental ill health or alcohol dependency

3 EDUCATION & ATTENDANCE

- School refusal, avoidance and very poor attendance
- Suspensions, lesson avoidance and disrupted engagement
- Missed learning and anxiety about classroom demands
- Difficulty staying in school or seeing education's value

4 CARE & INSTABILITY

- Foster care, residential care and edge-of-care pressure
- Placement moves, breakdowns and major transitions
- Court proceedings and uncertainty about where they belong
- Missing episodes and a lack of consistent trusted adults

5 PEERS, RELATIONSHIPS & SAFETY

- Bullying, cyberbullying and friendship breakdown
- Conflict with peers, carers, family or school staff
- Negative peer influence and unhealthy relationships
- Difficulties with respect, empathy, consent and boundaries

6 RISK & DECISION-MAKING

- Impulsive choices, conflict and staying out of trouble
- Cannabis use and wider substance-related pressures
- Vulnerability to negative influence and unsafe situations
- Difficulty reflecting on consequences before acting

7 CONFIDENCE & COMMUNICATION

- Low self-esteem, body confidence and limited self-belief
- Withdrawal, masking and reluctance to ask for help
- Distrust of adults, services or professional support
- Difficulty expressing worries, needs, identity or ambitions

8 ADDITIONAL NEEDS & FUTURE

- SEND or unmet needs affecting access and engagement
- Difficulty with routines, change or leaving the house
- Gaps in independence, money and everyday life skills
- Limited aspirations and uncertainty about post-16 pathways

**WHAT WE SEE
IS OFTEN THE SURFACE**

Absence. Anger. Withdrawal. Conflict. Refusal. Risk.

Underneath may sit trauma, fear, grief, instability, shame or unmet need.

TWMAD STARTS WITH THE YOUNG PERSON - NOT THE PRESENTATION.

Consistency. Trust. Hope.

Grounded in recurring needs documented across TWMAD case studies and referral work, 2025/26.