



Introduction to Child & Adult Criminal Exploitation and Cuckooing

CASE STUDY 3: AMINA

You have been asked to assess Amina Khan, a 26-year-old woman who has been referred by Police after being arrested during a raid on a property linked to drug trafficking. Officers reported that Amina appeared confused, terrified and disoriented at the time of arrest, raising concerns about her mental health and her level of involvement.

Amina has struggled with her mental wellbeing since her late teens. Following the sudden death of her father when she was 18, she experienced depression, anxiety, and periods of self-harm. Her mother, overwhelmed by her own grief, became distant, leaving Amina without emotional support. Cultural stigma within her extended family made it difficult for her to seek help, and she often disengaged from services despite needing them.

Over time, Amina formed a connection with a group who offered kindness and companionship at a moment when she felt isolated and vulnerable. Some members of this group were involved in drug activity. They gradually gained her trust and later manipulated her into delivering packages, escalating toward drug transportation. Amina complied due to emotional dependence, financial pressure, and a belief that these individuals cared for her when no one else did.

The Police referral highlights concerns about coercion, criminal exploitation and the impact of her mental health on her capacity to recognise risk or seek help.

Question: What are your initial thoughts, and how would you approach your first interaction with Amina?

At the end of the discussion take 5 minutes to complete the [critical reflection survey](#) and get a certificate of completion

