

Leeds: Making a PACT to respond to child to parent abuse



Overview

- Our journey-How we developed our response to child to parent abuse
- Our programme-PACT: the programme and the approach
- Our city-Improving everyone`s response to child to parent abuse in Leeds
- Our challenges and opportunities
- Our experiences of PACT

Once your awareness is raised, doing nothing is not an option!



Our journey

- Researched-read everything!
- Raised awareness-own and others
- How big is the issue?
- Secured partnership support
- Designed the PACT programme and the approach
- Designed and delivered training to PACT workers
- Linked with others working in the field
- Ensured child to parent abuse was on the City`s agenda
- Designed and delivered training in partnership with Leeds domestic violence unit to improve front line responses



PACT

- Aims include improving wider outcomes for families alongside a reduction in child to parent abuse and an increase in family safety
- 12 session group work programme for mums and boys and can be adapted for use on a one to one
- Operational guidance and referrers guidance
- Leaflets and referral forms
- PACT coordinator role
- PACT 2 days training programme



PACT

- PACT manual:
 - Underpinning approaches and methods used
 - Clear aims and key learning points for each session and exercise and a “script”
 - Sequenced and lots of linkage to previous exercises and sessions
 - Pre engagement sessions for mums and boys
 - Evaluation questionnaire
 - Workbooks for mums and boys
- Evaluation after each session-participants, material and delivery

Session 1-Introductions, feeling safe and the boy code

RESOURCES: flipchart, pens, boy box, objects such as boys and girls toys, laminates with adverts, sports, hobbies etc, workbooks, 2 wolves picture for wall , would you rather book

AIMS & OBJECTIVES :

- To enable the group to begin to get to know each other and the workers
- To devise a group or individual agreement to enable the boys to feel safe
- To begin to explore the “boy code” and the impact of that on boys, particularly in respect of relationships with others
- To introduce the idea of choice in our behaviour

| Time and Learning Style | Session Layout | Resources |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 5 Mins | <p>Introduction: It is important that the lads are very clear about why they are here and what to expect from the PACT programme. They will already have discussed this with a worker in their preparatory sessions in more detail. This introduction is to start to help them to relax a little and to begin to try and motivate them to consider what the programme could offer them and what they might gain from it. At this stage appeal to their sense of ego and focus on what's in it for them! Throughout the programme there are many opportunities for them to consider the impact of their behaviour on others and how they can make changes which will also improve others lives. Remember it is not unusual for our young people to have a poor sense of empathy, for many reasons, and it is important not to let this wind you up as a worker and begin to lecture them!</p> <p>Remember this is the first time they have come together as a group. This is difficult in itself, even more so because they all know that they are there for abusive behaviour towards their Mums/female carers. They might be expecting you to be judgmental of them and it is <u>key</u> that you do not slip into this and avoid judging them as people.</p> <p>A very warm welcome to the PACT programme, we are really looking forward to getting to know you all over the next 12 sessions. We know it can be really hard</p> | |

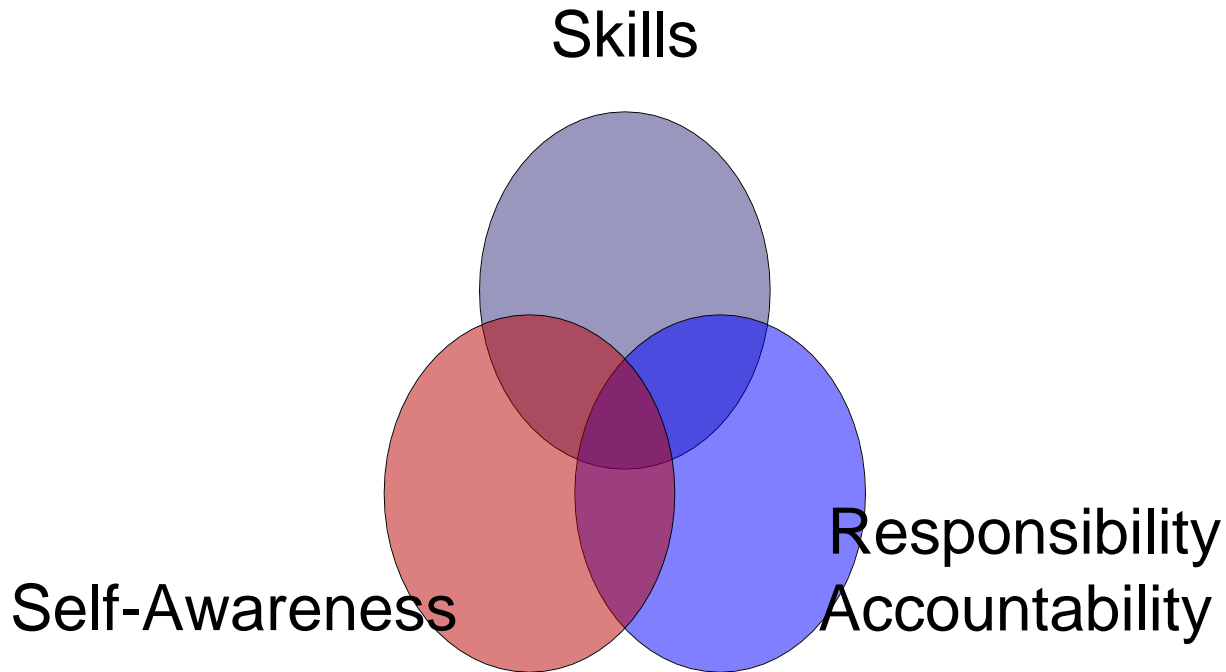
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| 10 Mins | <p>Costs and benefits of abusive behaviour: On the flipchart draw 2 columns one with benefits and one with costs and ask the lads to 1st say <u>what are the benefits of abusive behaviour (draw on the scenario to prompt them if necessary)</u> and then list the costs. It is important to list what they tell you even if you don't think it is a benefit HOWEVER you must make sure that the costs of abuse outweigh the benefits by the end of the exercise. You might need to talk about short and long term costs to illustrate this. The co worker could go back into role to elicit some of the answers, if necessary. At the end of this exercise you don't need to sum up as the point should be obvious.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • To weigh up the costs and benefits of abusive behaviour • To identify that whilst there are some benefits of abusive behaviour, they tend to be short term whilst the costs can be far reaching • To motivate the boys into considering a change in abusive behaviours | Flipchart with benefits and costs |
| 20 Mins | <p>The emotional tank: Either draw a tank on the flipchart or use a box to signify a tank. See end of the session for a picture of how to set up on flipchart. At the bottom of the tank is all the stuff that remains bubbling away, such as loss, being bullied, witnessing DV etc. In the top come our triggers or the things we get angry about such as other people letting us down, our mum nagging us, teachers at school having a go etc. These things all build up in the tank and can lead to negative behaviours when they</p> | Flipchart with emotional tank on Workbooks with personal tanks in |



Approach

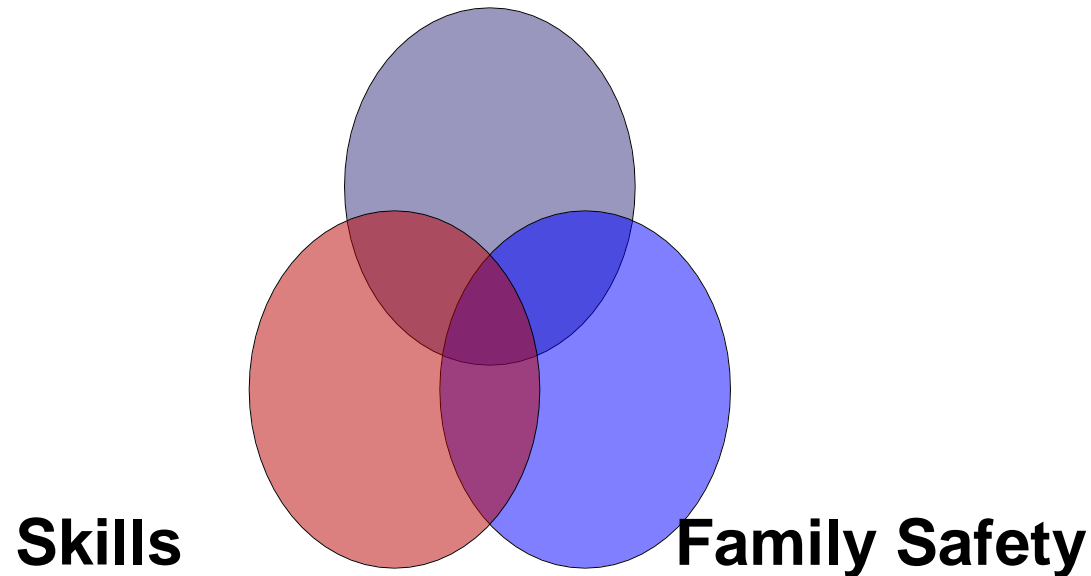
- Parents are NOT part of the problem they are part of the solution
- Reduce parental guilt don't create more
- Non judgemental approach (can be hard)
- Restorative-restore and build relationships
- Separate the behaviour from the person when working with the boys
- Acknowledge and engage with their feelings of vulnerability and powerlessness

The young people learn.....



The parents learn.....

Self-Awareness



So far?

- Over 100 referrals/enquiries-tip of the iceberg
- Piloted PACT in September 2013 and finished December 2013
- 8 mums and 7 boys completed-5 were mothers and sons
- Feedback: from staff, from mums, from boys
- Evaluated and made some changes
- Second PACT completed July 2014-opened to mums of girls and mums of some younger children
- 10 mums completed the group
- Trained 30 PACT staff across Leeds

Listening to families

“I have seen a huge difference in his attitude towards me. He is now respectful and caring towards me and listens and accepts reasoned conversation. PACT has made a wonderful difference to him” Carer of young person

“ I am more confident in myself as a person. I am feeling positive about my family's future” Mum on first PACT group

“ PACT has changed how me and my mam speak to each other”
Young person on first PACT group

“ This group has lowered my anger-it`s not what it used to be”
Young person on first PACT group

Improving Leeds response

- Awareness raising-services and leaders
- Leeds domestic violence strategic action plan
- Community Safety partnership scrutiny board
- Partnership work with Leeds domestic violence unit and joint 1 day training
- Dedicated YOS team in local police station
- Delivered in partnership with signpost and FIS
- Still lots to do e.g. work with police, CSWS, CAMHS-it`s everyone`s business!

Challenges

- Lack of systems to identify and collect data
- Accessing a programme
- Resources-longer term commitment
- Huge demand
- How to measure success
- Meeting the needs of fathers, daughters, siblings etc
- Reaching all agencies to ensure a citywide approach
- Referral culture and getting people to stay involved
- Engaging the young people

Opportunities

- Change in definition of DV
- National policy-VAWG and YJB/HO guidance
- National attention-academics, media
- HMIC report on police response to DV
- Joint work on a definition and mapping resources
- Practitioner forums and sharing good practice
- Early intervention opportunities
- “Troubled families” agenda
- Locally: Scrutiny panel report; DV action plan; the 3 “obsessions”; working with Leeds university; Families First; parenting unit; relationships with DV services
- Working in partnership with parents-parent mentors