



Who's in Charge? CHILD TO PARENT VIOLENCE

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The Problem

“My wife and I are at the end of our tether and I believe it will only be a matter of time before he seriously injures either of us or someone else – there is no preventative help available until it is too late.”

(respondent to web survey, When Family Life Hurts, October 2010,
Parentline Plus)

What Can We Do?

- Parentline describe an increasing number of calls from parents and carer's experiencing abuse at the hands of their children. The abuse includes intimidation, aggression and physical violence which goes beyond the 'normal' and expected developmental stages for children. The report suggests that a growing minority of families are battling with entrenched and complex problems which point towards concern about the child's emotional and mental health. Parentline Plus 2010

The report further suggests...

- Support from statutory services is all too often not available to desperate parents early enough to prevent damaged lives.
- The stigma attached to abuse can prevent families from seeking help early.
- We know that this unmet need is storing up huge problems for universal and specialist statutory services across schools, health, criminal justice and society as a whole.

Who's in Charge?



2010 noticed the issue

2010/11 Research what's available

2011 Found Who's in Charge? – Eddie Gallagher

2012 Piloted 1st Programme in Ipswich

2013 CPV National Conference UCS

2013 Conference



Who's in Charge?



Since 2012

We have run 15 programmes in Suffolk

12 of these in the last year since conference

We have trained 32 facilitators to date

Who's in Charge? Programme

- 9 week programme
- Two trained facilitators
- Other costs are venue and printing
- Programme outline
- Rationale

Facilitator Feedback

- Loving the programme
- Parents are learning from each other
- Empowering for parents
- Parents tangled heads become untangled – amazing to see
- Really pure programme
- Completely believe in it
- Lots of light bulb moments
- Changing the view of parents

Parent Feedback



Strength & Support:

- I can do things
- Within my rights
- Made friends

Parents Feedback

Confidence:

- Handling situations
- Putting boundaries

Being consistently assertive/not passive:

- Boundary with ex-partner
- Break through with son; trying to be helpful
- Son tells me he loves me lately
- Nothing, because my children are older

WIC? Parent Feedback Overall

- I know I'm not alone
- Helped me at a time when I needed to be assertive with son and husband
- Strength returned
- Defiance about boundaries resolved
- Helped to leave small issues and focus on big issues
- Keep conversations upbeat/ light focus on positives
- Got my life back

WIC? Parent Feedback cont:

- Doing something I enjoy
- The world doesn't seem so black
- Doing things I enjoy now
- Try to walk away/problem solve
- Putting in to action with younger siblings
- Boundaries in place for all children
- More understanding, especially concerning children's anger
- Proud of myself for coming

2 Month Goals – Follow Up

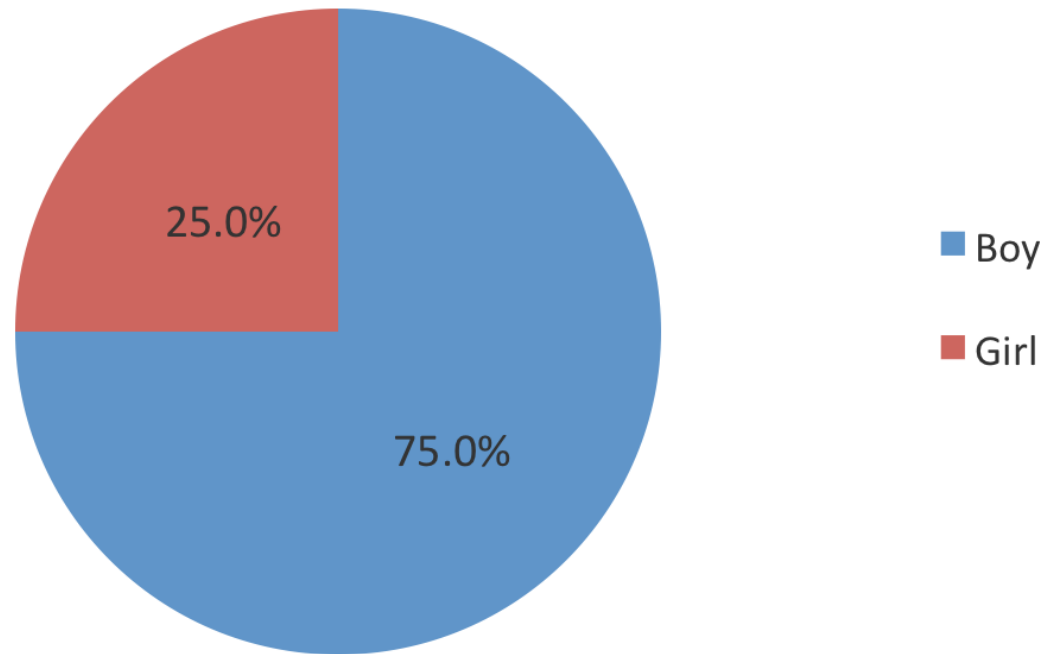
- Start doing something for me
- Having a violent free husband
- Children all doing as they are told without kicking off
- Children to appreciate what I do for them by eating meals I have cooked for them
- My son to be less confused and happy (raised self esteem)
- Me to be more confident and assertive
- More happy family days-meals out
- To have more control e.g only have to ask once

2 Month Goals – Follow Up

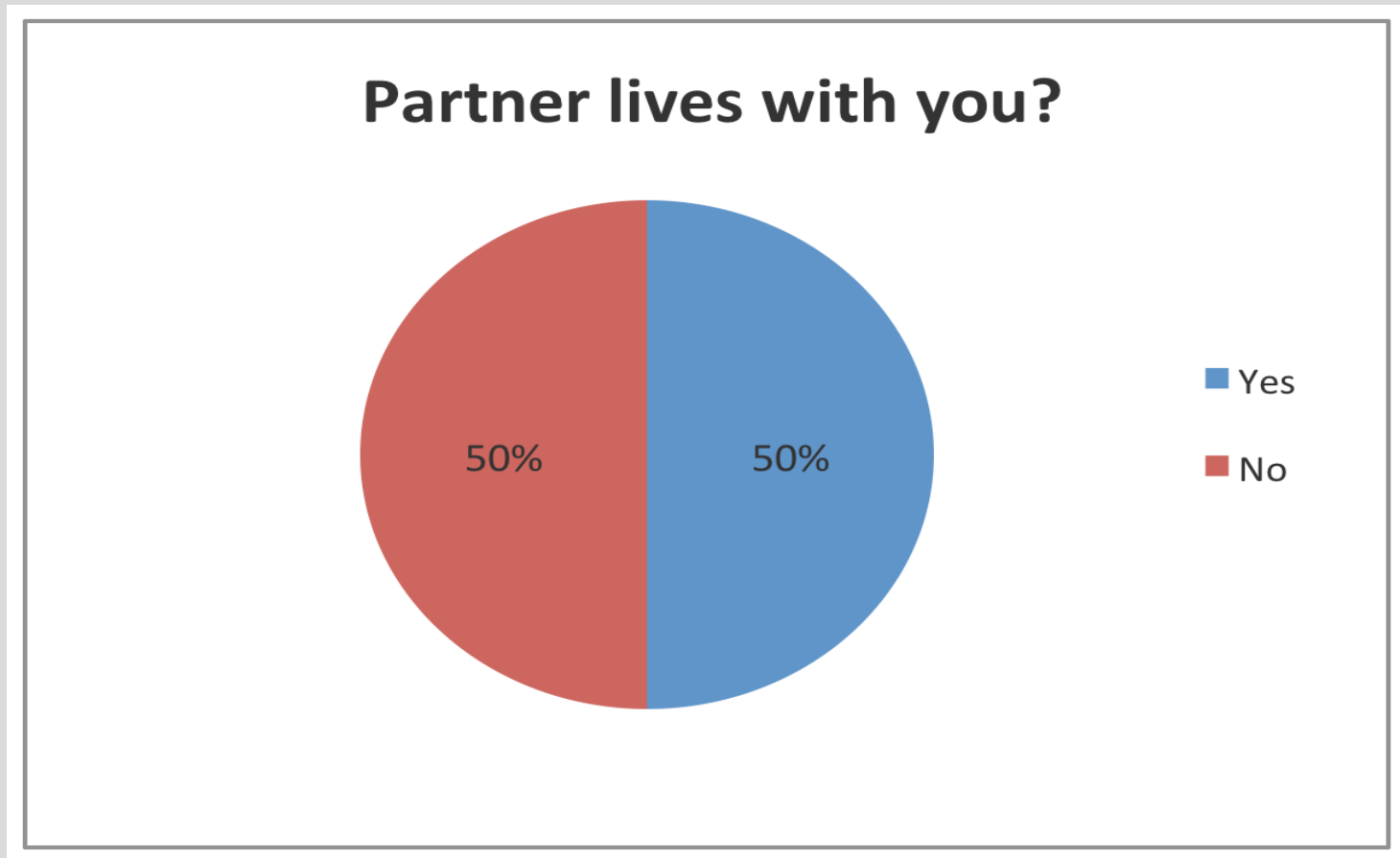
- Hope that my son can spend 3 nights a week at home
- Hope that the verbal abuse has stopped
- Have more order/ organisation
- Better feelings/ considerate towards family members
- Kept in touch with whom I can from the group
- Sort my life out, talk more with my children
- Get my SLA licence
- Get less stressed, see things more clearly

Most Difficult Child's Gender

Most difficult child's gender

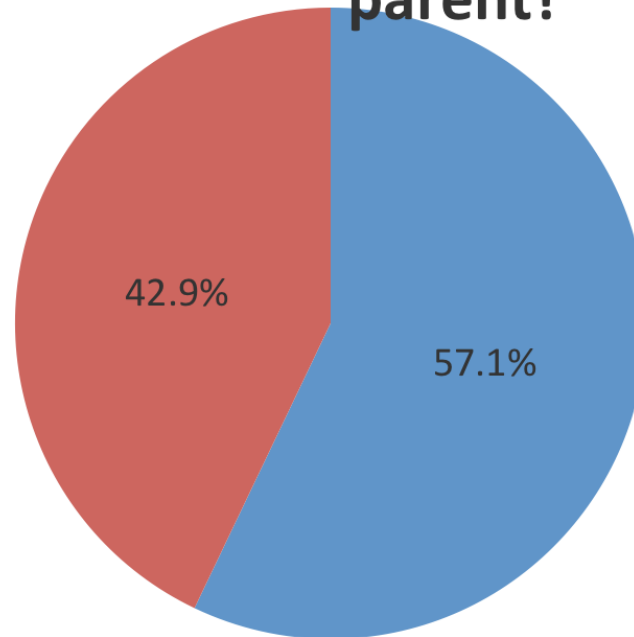


Partner Lives With You



Is Partner the Most Difficult Child's Parent?

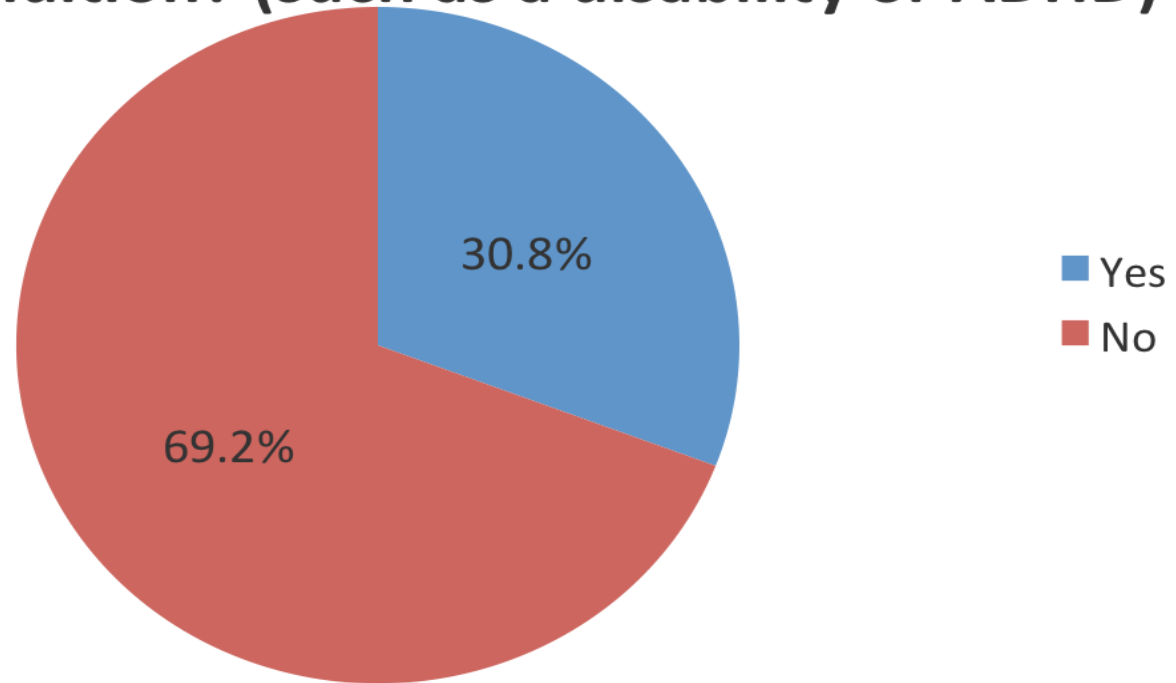
Is partner the most difficult child's natural parent?



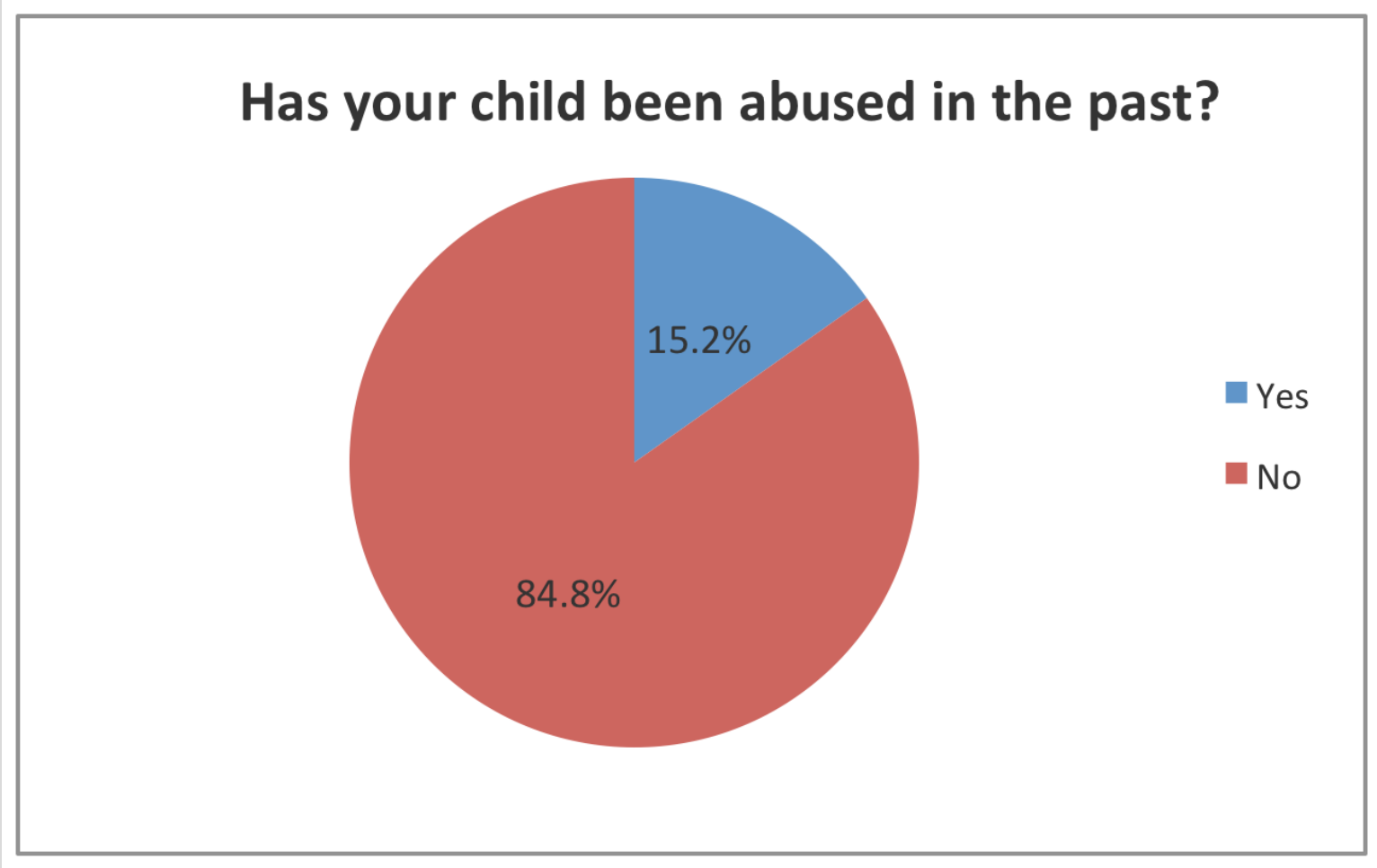
■ Yes
■ No

Does Child Have A Diagnosed Condition?

Does your child have a diagnosed condition? (such as a disability or ADHD)

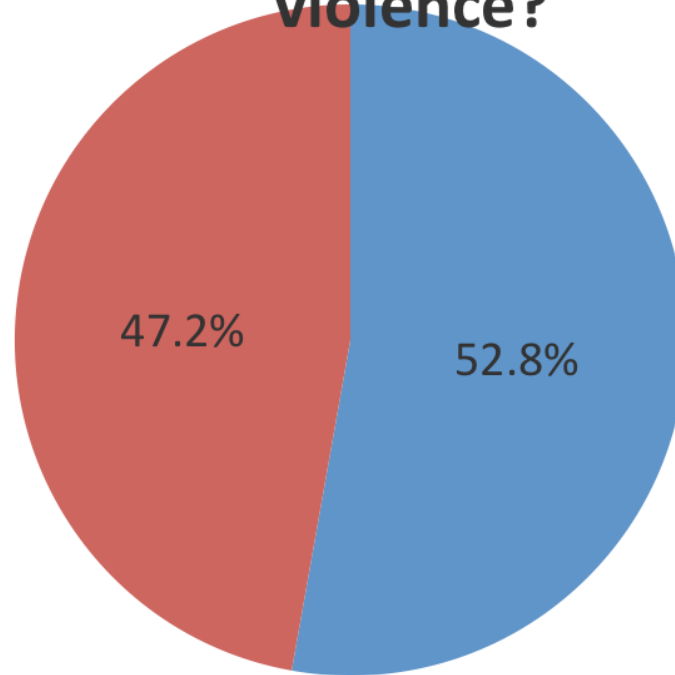


Has Your Child Been Abused In the Past?



Has Your Child Witnessed DV?

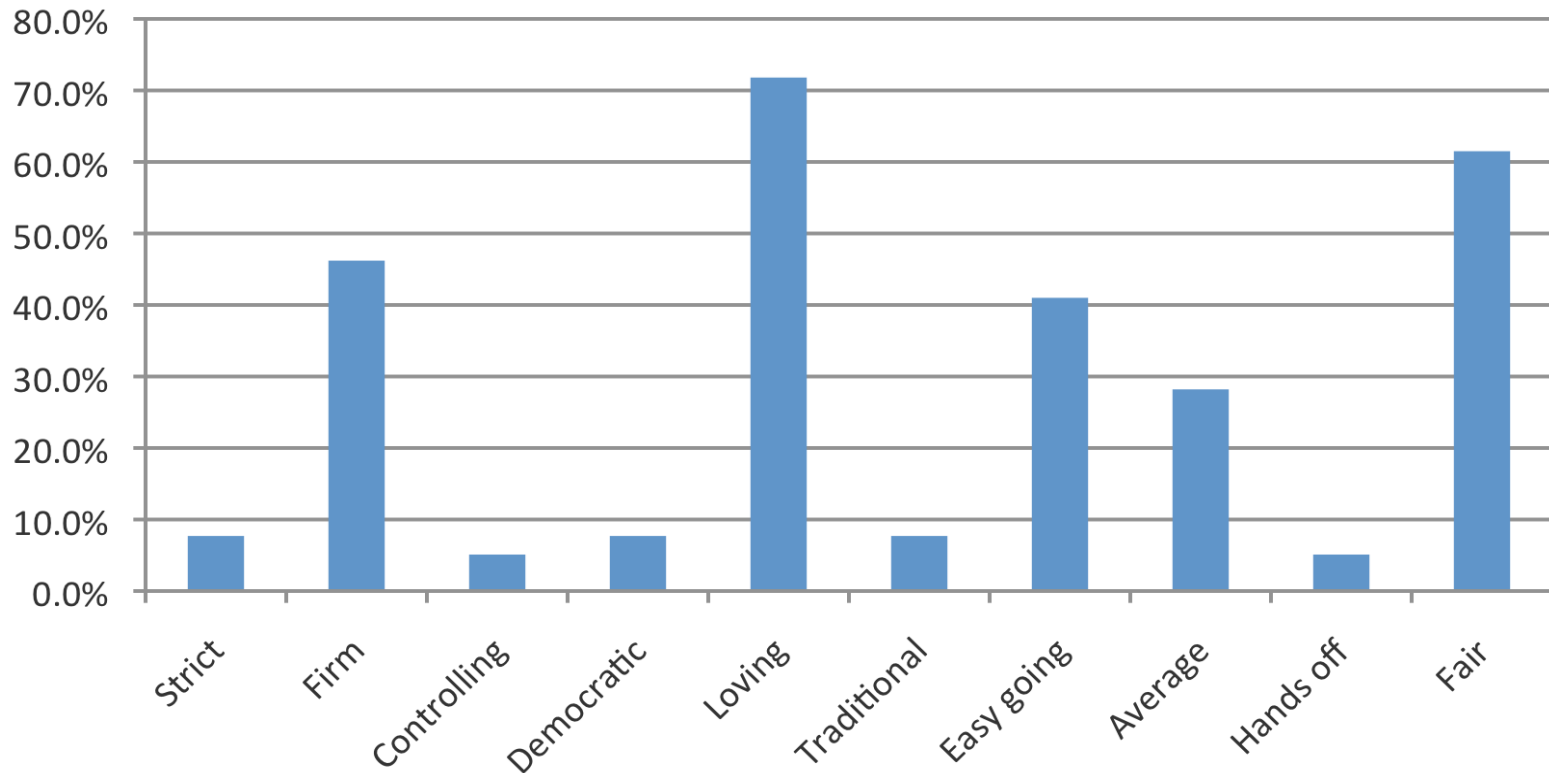
Has your child witnessed domestic violence?



■ Yes
■ No

Parenting Style

How would you describe your style of parenting? Tick all those that apply



Parents are the solution not the problem

- Parents' behaviour often plays a crucial role in the vicious circle maintaining violence.
- Parents need to feel believed.
- Their behaviour may be “normal” even “good” but not **good enough** in an abnormal situation
- Often they can only reflect on and change their behaviour once they stop feeling under attack
- If you feel you are being attacked it's only natural to be defensive

Supporting parents.....

- “Control” and “discipline” are not dirty words in this context
- Firm not strict
- Two-parents: can they work together?
- One-parent: influence of ex partner
- Warn of the risks!
- Clarifying boundaries
- Rules and consequences are crucial!



CPV Question Time

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