



With financial support from the
DAPHNE programme of the
European Union



A Brighton & Hove Multi-agency Child to Parent Violence Model of Intervention



**BREAK4
CHANGE**





With financial support from the
DAPHNE programme of the
European Union



What is the Break4Change Programme?

Responding to the needs of families & workers....



freedom from domestic abuse



*Youth
Offending
Service*



Break4Change Model

The programme aims to:

- Address the young person's abusive/violent behaviour, reducing the instances of abuse and violence and develop more effective relationships between parent/carer and young person
- 10 sessions parallel group work programme (11 to 16 years) with film conversation
- Inbuilt creative & film conversation elements
- Facilitators mixed gender
- Young people & parents/carers/step parents/trans/gay people/grandparents
- Mixed genders attend the young people & parents group
- Pre group – see both the parent and young person separately to complete assessments.

Interconnectivity of expertise

- Joint working and collaboration of:
 - Domestic violence experts both survivor and perpetrator work
 - Family programme workers
 - Experienced social workers
 - Experienced youth workers
 - Creative artists
 - Interviewing and filming
 - Criminal justice interventions

Supported by a Steering Group



Break4Change Outcomes

- Parents and young people report a growing sense of empowerment
- Parents report increased awareness and understanding of their child's and own behaviour
- Parents begin to appreciate that they may have contributed to the problem and need to change parenting strategies
- Parents report feeling more assertive
- Young people being to make tangible progress
- Parent and young people report improved communication
- Young people and parents demonstrate more empathy between them





With financial support from the
DAPHNE programme of the
European Union



Other core elements that support the model

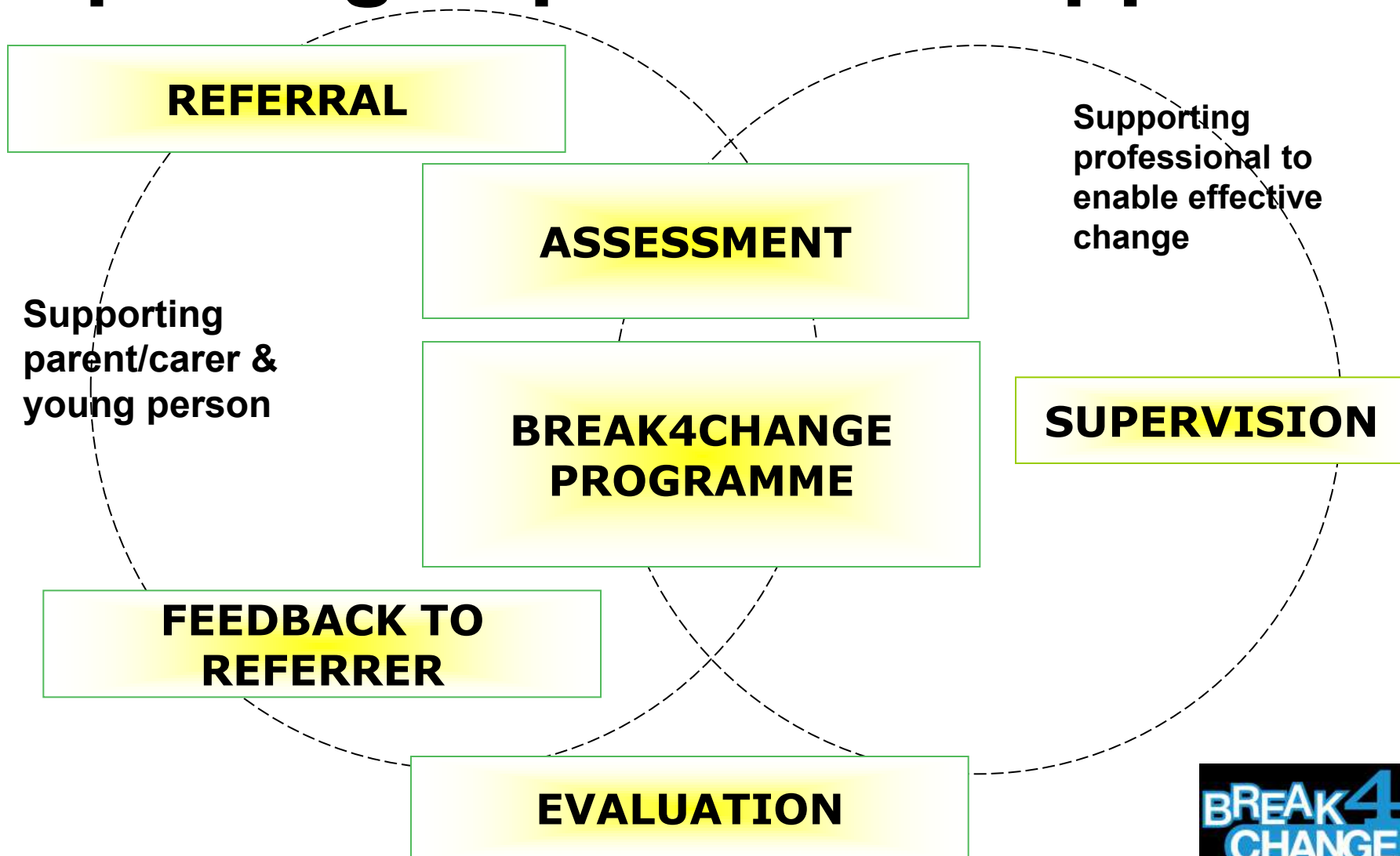
Reversing power dynamics to



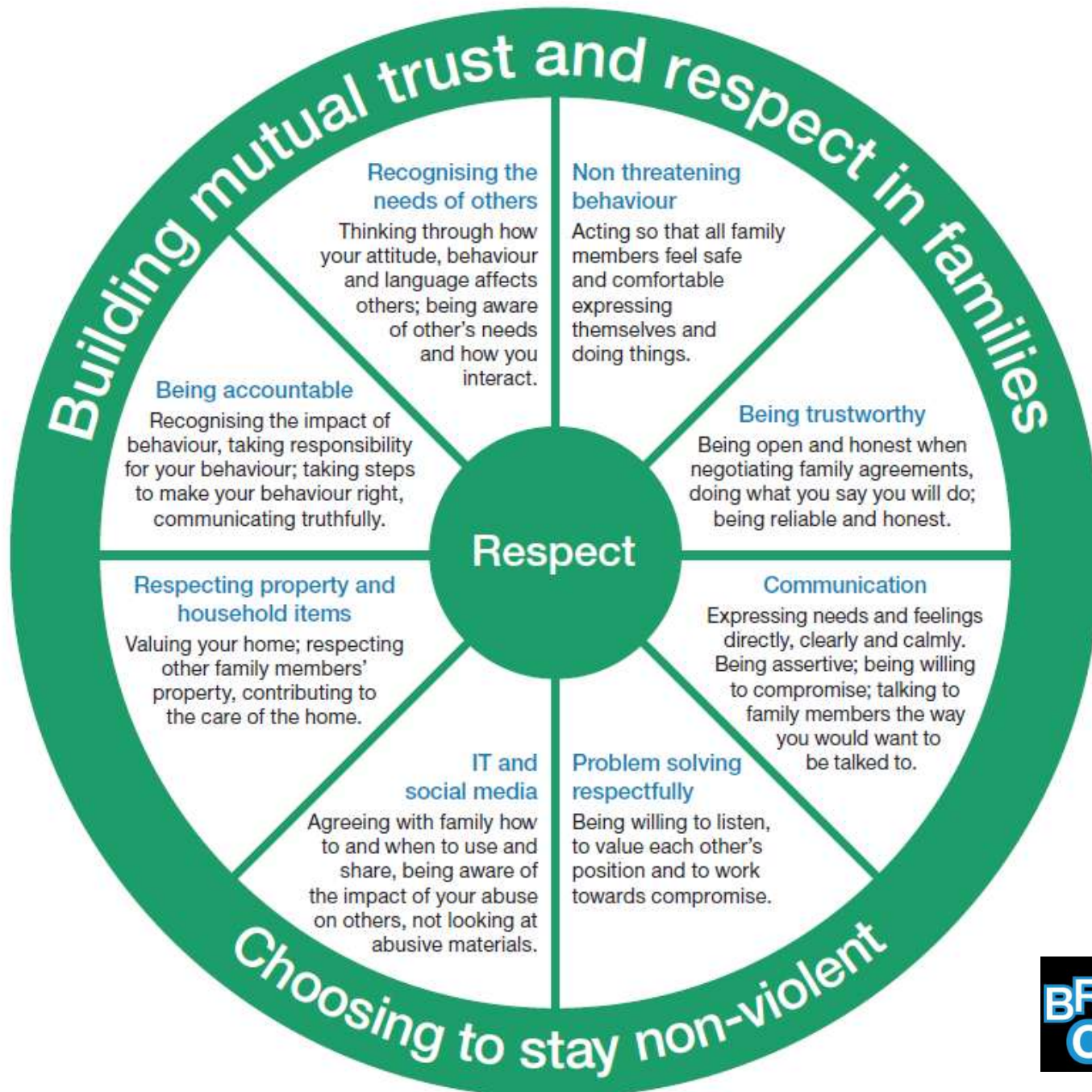
Reversal of power dynamics...

- Difference between childhood testing of boundaries and child to parent violence?
 - The issue of power makes the difference.
- Child to parent violence is an ***abuse of power*** through which the child or adolescent attempts to coerce, control or dominate others in the family.
 - » See Tew and Nixon 2010 & Coogan 2011, 2012.

Knowing the full picture, putting in place the support







Parent/Carer Group

- Week 1** Introductions – Hopes and Fears – Cycle of Change - Programme
- Week 2** Communication –TA – Drama Triangle
- Week 3** Goals for change - Influences - time out v walk out
- Week 4** Abusive behaviour – expectations v responsibility – consequences
record questions for young people
- Week 5** Experience of being parented - parenting styles – what do you do for your child
- Week 6** Anger management, what is anger, how do you deal with your anger?
How do you make your teenager angry? How do you deal with their anger?
- Week 7** Assertiveness test. What is assertiveness? Why do we need to be assertive?
Look at pitfalls between being assertive and aggressive.
- Week 8** Building self esteem, Maslow' s hierarchy of needs
- Week 9** Goals – What support do you have and looking after yourself
- Week 10** What has changed – certificates & positive affirmation, cards - watch DVD with young persons group.

Young People's Group

- Week 1** Pre assessment, Welcome/Introduction to B4C, Likes & dislikes
Group agreement, Hopes & barriers, Desert Island, Take Away
- Week 2** Refresh, Group rules, Chuck Out, Agree/Disagree
- Week 3** Chuck Out, Where do you see violence? Identifying abusive behaviours,
Types of abusive behaviours, Take Away
- Week 4** Chuck out, What abusive behaviours am I displaying? Gains & loses. Take Away
- Week 5** Chuck out, Power & Control wheel, Responsibilities & Rights, Endings. Take Away
- Week 6** Chuck Out, How Do We Communicate? Communication Styles, I-Messaging,
Endings, Take Away
- Week 7** Chuck Out, When I have used I Messaging, What is Anger, Anger Control
Sequence, Endings, Take Away
- Week 8** Chuck Out, Recap Anger Control sequences, Negative Self Talk, Body
Map, Positive Self-talk, Anger Reducers, Relaxation technique, Endings,
Take Away
- Week 9** Chuck Out, Mutual Respect wheel, Positive role models, Commitment to
Change, Regaining Trust, Endings, Take Away
- Week 10** Chuck out, Recap, Ending, Celebration (Watch DVD, certificates) & Pledge

AudioActive hold a creative session each week after the therapeutic session using the learning and subject matter from that session. In addition the film conversation is used

Creative workshop with young people

Creative workshop embeds learning through

- Lyric writing
- Music production
- Drawing and visual art

Film Dialogue Process

- The bridge between parent and young people's group in terms of a form of communication.
- Young People and Parents explain their perspectives of the behaviour.
- Group nature of the process is a great opportunity to build empathy.
- Creates valuable legacy to take away.
- Gives insight into the creative workshops that young people do.

Contacts

- Email break4change@brighton-hove.gov.uk
- @break4change
- www.break4change.co.uk

