Who is involved?

Parents Group
Eamonn Mullins – Tusla Family Services
Michelle Moran – Tusla Family Services

Teenage Group
Karyn Cronin – Youth Work Ireland Galway
Sylwia Gryczuk – Youth Work Ireland Galway
Oswaldo Gabriel aka ‘DJ Ozzy’ – Creative Facilitator
Cyril Dully & Ewa Halat – Therapeutic facilitators
Veronica Byrne – Independent Evaluator
Aims

- The Power2Change programme aims to challenge aggressive/violent behaviour in a safe environment and ultimately promote healthy interpersonal relationships.
- To break the pattern of violence continuing within families.
- To support young people and their parents/carers to learn alternative ways of coping with stressful situations.
Objectives

- To encourage young people to understand the impact that violence can have on their family members and future partners.
- To help young people envision an alternative future for themselves.
- To encourage young people to learn different strategies for dealing with their emotions.
- To assist parents/carers to review their own communications and coping systems.
- To assist parents in examining their behaviour towards their children and to help them to develop more effective relationships with their teenager.
To support parents/carers in addressing aggressive and violent behaviour within their families and reduce the instances of abuse and violence.
Context/ Models of Influence

- Non Violent Resistance
- Break 4 Change
- Parenting Programmes - Therapeutic tools
- Personal Development
The Process

- Committee Meetings
- Funding
- Research
- Referral process
- Screening process
- 8 Week Programme
- Evaluations
- Review meetings
- Certification Ceremony
- Reward outings
- Ongoing Support
Programme Challenges

- Sensitive subject
- Feelings of shame and despair around the issue
- Child Protection Concerns
- Isolation of vulnerable families and how it was overcome
- Ongoing support required for vulnerable young people and highly-stressed families
Approach

- Sensitive Subject - handled in a matter of fact, honest and proactive way
- Personal Responsibility and Empowerment approach
- Safe Environment - Respect and Responsibility
- Safeguarding - through group contract, especially important regarding aggressive behaviour and right to privacy (social media culture)
- Confidentiality within limits of child protection guidelines
- Cohesive support from whole team, everyone working to support young people and parents in goal of reducing violence at home
Target Group

- Young people aged between 14-17 who are exhibiting aggressive and/or violent behaviour towards their parents/carers.
- Parents/carers experiencing aggression and/or violent behaviour from young people in their homes.
- Participation in the programme is subject to participants being ready to identify that aggressive behaviour is a part of interaction in the family together with the desire for things to be different.
- 9 families participated in the programme: 7 parent and child units; 1 child without parent; 1 parent without child. All 9 families were still involved on conclusion of programme.
Funding for Power2Change was kindly provided by:

- Western Region Drugs Task Force
- Community Foundation of Ireland
- Galway Rural Development
- Galway County Council (Rapid)
- St. Vincent de Paul
- Tuam Lions Club
Referral Process

- Importance of Referrer’s knowledge of the programme
- How they put it across to families, honest naming of the issue of child to parent violence and how the programme might be beneficial
- A detailed referral form requiring details specific to the violence and aggression taking place within the home completed by referrer and family being referred
Facilitators met parents/teenagers separately before the programme, introduced to families by referrers.

Issue of violence and aggression named.

Non Judgemental – no blame apportioned, the issue is the violence, not the people involved.

Acknowledgement that young people themselves may have been witness to, or victim of, violence at home but this programme is about what they want for themselves and their futures so focus is on personal responsibility.

No hidden agenda – cards are on the table, detailed screening form is completed by facilitators and young person and parent/carer.

Motivation to change is fundamental.

Everyone involved is working towards the same goal; what is being offered is a chance to build a better, happier future.
Programme Structure

- Eight week programme consisting of two groups running parallel:
  - Parents/carers group - intensive 2.5 hour interactive therapeutic workshops.
  - Young persons’ group - an hour long interactive therapeutic workshop followed by an hour long creative workshop.

- A video conversation technique is used to facilitate communication between parent and the teenager – the power of indirect communication.
Teenage Group
Dual Approach

Dyamics of Violent/Abusive Relationships

Personal Development

Cognitive Behaviour Therapy

Beliefs

Behaviour

Tools

Change Beliefs

Change Behaviour
<table>
<thead>
<tr>
<th>Dual Approach</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Defining Violence/Abuse</strong></td>
</tr>
<tr>
<td><strong>How the mind works</strong></td>
</tr>
<tr>
<td><strong>Dynamic of violence</strong></td>
</tr>
<tr>
<td><strong>Potential</strong></td>
</tr>
<tr>
<td><strong>Consequences/Responsibilities</strong></td>
</tr>
<tr>
<td><strong>Conditioning</strong></td>
</tr>
<tr>
<td><strong>Healthy Relationships</strong></td>
</tr>
<tr>
<td><strong>Self Talk</strong></td>
</tr>
<tr>
<td><strong>Rules for Fair Arguing</strong></td>
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<tr>
<td><strong>Self Image</strong></td>
</tr>
</tbody>
</table>
Teenage Group: Creative Sessions

- Flexibility needed re creative ideas
- Functions of creative sessions – essentially to:
  - build self esteem
  - encourage peer support
  - soothe and settle difficult feelings and emotions invoked during intense personal reflection before returning home
Video Conversation Technique

- Fundamentally a video conversation between child and parent
- Creating a safe environment for communication
- Not face to face = less heat, less conflict
- Building empathy
- Encouraging acceptance (person not the behaviour)
Trust is key, it is important to be clear and honest; why are you asking to video participants? what do you want to achieve? who will see the footage? what happens after the programme?

Honouring the trust placed in the workers was fundamental. Video process was to facilitate a conversation between child and parent, only their own parent/child would be watching them, after the programme the footage was deleted.

Emotional support: video work was emotionally intense individual work and young people and parents needed emotional support as feelings and emotions were invoked.
Parent Group

- Planning: Session by Session -
  Adapted template sessions from programmes mentioned to meet specific needs of the group.
- Facilitators meetings
- Check in with Participants
Parent Group

What worked well:

- The ‘cup of tea’ - Welcome
- Ground rules essential - made the space a safe space to talk within
- Ensure they ‘owned the group’
- ‘Not on their own’
- Communication models for challenging behaviour - Transactional Analysis
- Self confidence in parenting ability
- Self Awareness
Outcomes for Parents

- ‘This works’: Parents noticed changes halfway through the programme.
- Took blame out of the situation – looked for positive ways to deal with violence and physical aggression.
- An understanding of healthy vs. unhealthy relationships and rights and responsibilities
- Changes in their own behaviour and attitude towards their children
- Improved communicative ability, most notably listening skills
- Increased confidence and self-esteem of parents
- Consistency in parental approach
- Increased coping skills
- Decreased intensity of physical episodes at home
- Increased informal social support for parents
- Improved relationships with children
Outcomes for teenagers

- An understanding of healthy vs. unhealthy relationships and rights and responsibilities
- Friendships
- Peer support
- A sense of not being alone with this issue
- Increased communication skills
- Increased self esteem
- Increased social ability
- Hope for future
- Improved relationships with parents
- Ongoing support following the programme
- Referrals to various supports for vulnerable teenagers
Domestic Violence can have a major impact on children/teenagers – lasting effect on self esteem and coping skills.

It must be acknowledged that young people exhibiting aggressive/violent behaviour may be reacting to such behaviour in their presence, or towards them, in past or present context. (Learned behaviour)

There was a lot of frustration at ‘not being heard’ amongst young people who were behaving aggressively at home.

When parents improved communication skills and listening ability- this had a major impact regarding young people feeling ‘heard’ and reducing aggressive outbursts

Young people behaving aggressively/violently wanted better relationships with their parents.

Young people felt valued by their parent committing to attending a programme specifically to help make their relationship better.
A programme response to Child to Parent Violence is of merit because the peer support was really valued by young people and parents.

If an alternative future is offered, young people and families will buy in (higher than average consistent attendance).

Honesty and integrity by programme team is key.

Aggressive/violent behaviour by children towards parents can be changed.

When aggressive/violent behaviour is named and examined in more detail, communication between the parties involved can be improved and strategies can be put in place by the young people and the parents/carers to recognise when a situation is escalating and reduce the potential risk of harm.

Follow up support for participants was essential.

Value for money.

Recommendation -

The Programme needs more time – facilitating change and personal development takes time and ongoing input from services.
We calculated the potential savings an intervention such as this may bring using the Family Savings Calculator - developed by the Family Intervention Project evaluation programme (UK) used to calculate the savings achieved through a project averting certain adverse outcomes in life and the ‘Ready Reckoner’ (UK)- used to calculate the Cost of Violence to Women and Girls using the metric of criminality. (Strength to Change: Return on Investment Study, Perfect Moment 2010)

**€12,000**
- Reduction in Criminality = €96,000
- Savings to the Health Service = €108,000
- Savings to Public Agencies = €420,000
- Savings in Human and Emotional Costs = €576,000
- Total = €1,200,000

**€20,000**
- Reduction in Criminality = €160,000
- Savings to the Health Service = €180,000
- Savings to Public Agencies = €700,000
- Savings in Human and Emotional Costs = €960,000
- Total = €2,000,000
Child to Parent Abuse

Assessing the Impact of Power2Change:
A Pilot Study
NUIG, DClin, Veronica Byrne
Assessing the Impact of CPA

- Parenting Stress Index:
  - Total Stress
  - Parental Distress
  - Parent Child Dysfunction
  - Difficult Child

- Global Measure of Change
SCORE: Systemic Clinical Outcome Routine Evaluation Measure

- Family Strengths
- Family Difficulties
- Family Communication
- Mean Family Functioning

- > 2, No significant family difficulties (Parents)
- > 3, No significant family difficulties (Young people)
- < 2, Significant Family difficulties (Parents)
- < 3, Significant Family difficulties (Young people)
Young People: Measures Used

- SCORE
- Culture Free Self Esteem Inventory
- Academic, General, Parental, Global, Social, & Personal Self Esteem
- Global Measure of Change
Participants

- N = 14;  8 Young people  6 Parents
- 50% male,  50% female
- Age range: 14-49
- Data collected at T1 & T2
## Assessing Difference

### Global Change

<table>
<thead>
<tr>
<th>Median Score</th>
<th>Time 1</th>
<th>Time 2</th>
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<tbody>
<tr>
<td>Parents</td>
<td>1</td>
<td>5</td>
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<tr>
<td>$z = 2.23, p &lt; .04$</td>
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<tr>
<td>Young People</td>
<td>1</td>
<td>5.5</td>
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</table>

* 5 = “Moderately better, a slight but noticeable change”
Parenting Stress Index

- Total Stress
- Parental Distress
- P/C Dysfunction
- Difficult Child

Time 1 vs. Time 2
## Parenting Stress Index

<table>
<thead>
<tr>
<th></th>
<th>Time 1</th>
<th>Time 2</th>
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</thead>
<tbody>
<tr>
<td>Total Stress</td>
<td>106.5</td>
<td>115.0</td>
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<tr>
<td>Parental Distress</td>
<td>42.0</td>
<td>43.0</td>
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<tr>
<td>Parent- Child Dysfunction</td>
<td>39.5</td>
<td>39.5</td>
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<tr>
<td>Difficult Child</td>
<td>26.0</td>
<td>28.5</td>
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</table>

- No statistically significant differences observed
<table>
<thead>
<tr>
<th></th>
<th>Time 1</th>
<th>Time 2</th>
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</thead>
<tbody>
<tr>
<td><strong>Strengths</strong></td>
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<td>2.8</td>
</tr>
<tr>
<td><strong>Difficulties</strong></td>
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<td>2.6</td>
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<tr>
<td><strong>Communication</strong></td>
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<td>2.7</td>
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<td><strong>Mean Family Functioning</strong></td>
<td>2.9</td>
<td>3.3</td>
</tr>
<tr>
<td>$z = -2.20, p &lt; .05$</td>
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</tbody>
</table>
SCORE: Parents

- **Strengths**
- **Difficulties**
- **Communication**
- **Family functioning**

**Time 1** and **Time 2**
SCORE: Young People

- Strengths
- Difficulties
- Communication
- Family functioning

- Time 1
- Time 2
## SCORE: Young People

<table>
<thead>
<tr>
<th></th>
<th>Time 1</th>
<th>Time 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strengths</td>
<td>3.3</td>
<td>2.8</td>
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<tr>
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<tr>
<td>Communication</td>
<td>3.2</td>
<td>2.7</td>
</tr>
<tr>
<td>Mean family functioning</td>
<td>2.9</td>
<td>3.3</td>
</tr>
</tbody>
</table>

- No statistically significant changes detected
- Clinical Significance
Self Esteem
Time 1 & 2

1-3 Very Low Self Esteem

4-5 Low Self Esteem

6-7 Below Average Self Esteem

8-12 Average Self Esteem

13-14 Above Average Self Esteem

15-16 High Self Esteem

17- 20 Very High Self Esteem
Self Esteem: CFSEI

<table>
<thead>
<tr>
<th></th>
<th>Time 1</th>
<th>Time 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic</td>
<td>6.5</td>
<td>9.5</td>
</tr>
<tr>
<td>General</td>
<td>7.5</td>
<td>8.0</td>
</tr>
<tr>
<td>Parental</td>
<td>5.5</td>
<td>8.5</td>
</tr>
<tr>
<td>Social</td>
<td>8.0</td>
<td>7.5</td>
</tr>
<tr>
<td>Personal</td>
<td>5.0</td>
<td>6.5</td>
</tr>
</tbody>
</table>

\(z = -1.9, p < .04\)

Global Self Esteem: 66 (Extremely Low) to 82 (Low Average)
Findings

- Changes detected in global measure of change, SCORE: family difficulties, family functioning (for parents), and Self Esteem (Parental/ Home self esteem) for young people

- Limitations: Small sample size
  Lack of control group
  Time limited Intervention Period
  The importance of clinical significance
Pilot Study Summary

- This research revealed small but meaningful changes for parents and young people across domains of family functioning, parental stress, self esteem and global change following completion of the Power2Change programme.
- This evaluation serves as a pilot investigation of the Power2Change Programme in an Irish Context.
- Given the prevalent and silent nature of YPA and the psychological impact that YPA has both in the present and in the future in terms of patterns of abuse it is essential that further research continues to evaluate and develop interventions to address this complex family difficulty.
Parent and Young People Testimonials

'It was brilliant, meeting with other parents in the same boat and realising you are not on your own, it has really helped.'

'I've really enjoyed it, I felt like I was losing myself and I feel empowered now with some tools to help me with the challenges ahead.'

'More communication, more of a bond, more affection.'

'I've built a relationship with my child, and we talk a lot more.'

'It has encouraged me to be calmer, and talk to my child and listen to him and he has come around in being able to approach things more quietly rather than in temper.'

'There have been a lot of changes..The relationship between me and my mam has improved.'

'We are talking more, things are quieter now, I do feel I'm being heard now.'
Questions and Answers