

## **Public Health Approach to Domestic Abuse (PHADA)**

### **Literature review undertaken by Jessica Wilson, Research Intern, University of Hull**

The following document outlines effective evidence-based interventions for children and young people aged 0-11, who are affected by domestic abuse and/or violence in the home.

After identifying a number of evidence-based interventions, the [EMMIE framework](#) provided us with the ability to assess their effectiveness. This framework was chosen since it is used to present evidence of research in a format that helps users to access and understand it quickly. This was possible through rating an interventions' research evidence against the following five dimensions:

- E**ffect – What is the impact and does the evidence suggest the intervention has been effective?
- M**echanism – How does it work and what is it about the intervention that could explain its effect?
- M**oderators – Where does it work and in what circumstances and contexts?
- I**mplementation – How do we do it and what conditions should be considered?
- E**conomic cost – What are the costs and are there any cost benefits?

Note: This document includes clickable hyperlinks, enabling the reader to navigate between programmes and evaluations.

Programme name	Programme design	Demographic	Effect	Mechanism	Moderators	Implementation	Cost <sup>1</sup>
<a href="#">For Baby's Sake</a>	<p>A whole-family approach for expectant parents who have experienced domestic abuse, and want to support their baby's early development</p> <p>Can work with the parents collectively or separately in a coordinated way</p> <p>Possibility of up to 70 sessions over a 2+ year period</p>	Antenatal – 2 years	<p>Evaluated by <a href="#">Domoney et al (2019)</a>, who interviewed practitioners, stakeholders and parents up to three times over the course of the evaluation (2015-19)</p> <p>Facilitated changes in parental relationship with their babies and in the understanding of what parenting input babies need to develop</p> <p>Participants were able to identify the way domestic abuse had impacted them, explore their successes, and recognise abusive behaviours</p> <p>Fathers reflected on how the therapeutic model allowed them space to acknowledge their own emotions, and to use tools and develop methods to instil healthy coping mechanisms</p>	<p>A combination of evidence-based elements are utilized to break cycles of domestic abuse in parental relationships</p> <p>Involves CBT, Transactional Analysis, Gestalt techniques, mindfulness, visualisation and motivational interviewing</p> <p>Tools and strategies help manage their situations and feelings, which involves addressing their own childhood trauma and focusing on parent-infant attachment</p> <p>Support include babies because of how DA can significantly affect the development of their brains, bodies and relationships with their parents</p>	<p>For Baby's Sake is available for parents who are expecting a baby, who are 17+ and who want to change behaviours that cause hurt or fear</p> <p>The whole-family therapeutic approach provides support for the needs of the individual, within intimate and/or co-parenting relationships, and for the needs of the children</p> <p>Also for those who want to co-parent even if they are not a couple</p>	<p>For Baby's Sake collaborate with local authorities and multi-agency partners to deliver their programme</p> <p>They already have teams in Blackpool, Cambridgeshire, Hertfordshire and London Bi-borough</p> <p>For Baby's Sake CONNECT is an alternative online support system, for those families living in places without a dedicated local area team</p>	

<sup>1</sup> Costs were not always quantified or included in evaluations; therefore this column remains blank for the majority of the document.

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<a href="#">Parent-Child Psychological Support (PCPS)</a> Provided by the WAVE Trust	A parent-child programme  A minimum of 7 sessions that take place every three months  Each session lasts 60-90 minutes	Babies aged 3-18 months	<p>The WAVE Trust has 25 years' experience of working in the field of trauma, delivering training and workshops on ACEs and trauma in England, Northern Ireland, Scotland and Wales</p> <p>The PCPS programme was evaluated by <a href="#">Hosking &amp; Phillips (2021)</a>, who revealed that 90% of children involved in the service were progressing in line with, or ahead of, global developmental expectations</p> <p>Of all the babies who attended the 15 month visit since the programme began, 86% demonstrated a secure attachment relationship</p> <p>Positive impacts were visible on outcomes across a variety of sectors, including schools, healthcare, prisons, housing and children's services</p>	<p>PCPS focuses on parent-child interactions, their bonding and attachment, and infant social and emotional development</p> <p>Three stations are attended in sequence at each visit. First, the care professional does a physical check-up of the infant (monitoring physical and cognitive progression). Next, the baby's development is assessed whilst observing parent-child interactions. Finally, feedback is given using a strengths-based approach</p> <p>The programme also offers a space for parents to talk about their own well-being, allowing for the referral to additional services as required</p>	<p>Investing in the earliest phase of a child's lives is critical in their healthy growth and development. Historically, this is where there has been the least support and fewest services available</p>	<p>Integrated within Child Health Services, this programme is delivered by professionals in the caring sector</p> <p>Professionals include nurses, health visitors, speech &amp; language therapists and psychology practitioners</p>	

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<a href="#">Theraplay – Sunshine Circles</a>	<p>Groups in a classroom setting</p> <p>19-28 sessions (plus 4 follow ups)</p>	<p>Birth-12 years</p> <p>Appropriate for children and young people of all ages, whether they are infants or teenagers</p>	<p><a href="#">Francis et al (2017)</a> evaluated the impact of Theraplay between 2016-17</p> <p>Pre- and post-tests involved strengths &amp; difficulties questionnaires for all 20 children by their significant adult in school</p> <p>100% of schools rated the project as either valuable or very valuable, reporting positive changes in behaviour, self-esteem, connections with others and engagement with education</p> <p>100% of children rated 5/5 on a scale of how much they enjoyed their sessions</p> <p>Findings support the Theraplay evidence base that the approach builds relationships between the child and the significant adult</p>	<p>An attachment based therapeutic intervention aimed at children and young people, allowing them to build a relationship with a key adult in school to help bridge the gap between their emotional well-being and engagement with education</p> <p>Adult-directed and structured groups involve play therapy sessions that incorporate playful, cooperative, and nurturing activities that enhance the emotional well-being of children, building their self-esteem, trust in others, and joyful engagement</p> <p>Unlike other play therapy groups, learning takes place on a non-verbal level, so instead of talking about positive social behaviour, children DO positive social interaction</p>	<p>Depending on the environment, the significant adult can be a teacher, classroom assistant, social worker, counsellor, play therapist or behaviour mentor</p>	<p>This programme is currently running in over 36 countries, being translated easily into different cultures with only very minor adaptations</p> <p>Theraplay UK has been set up since July 2020, and is working in tandem with The Theraplay Institute (TTI) in the US whilst it grows and develops</p> <p>Group training is available for professionals who want to use Theraplay in classrooms, day-care, residential settings or with family groups</p> <p>For individual training experiences, a further stage is available that is guided by a Theraplay supervisor</p>	

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<a href="#">FACT22 (Families Achieving Change Together)</a>	<p>A whole family approach</p> <p>Sessions are available for over 6 months (depending on plan)</p>	Ages 0-18	<p><a href="#">Heal et al (2017)</a> evaluated the programme when it was a CATCH 22 pilot in Cheshire East, named 'Project Crewe'. Between 2015-16, 423 families received a service, of which 258 cases closed successfully</p> <p>The programme has since been replicated across the authority with a second team based in Macclesfield and renamed FACT22</p> <p><a href="#">Nolan et al (2020)</a> evaluated FACT22 since it has been implemented in Coventry between April 2018-20. It was clear that re-referrals reduced from 23% to 8.8%. there was also an increase in long-term stability, a reduction in risk for children. There was also improved engagement with the wider community and school, improved emotional and behavioural regulation, and better interpersonal dynamics at home</p>	<p>A holistic service that takes a 'whole family' approach in order to improve outcomes for children and young people</p> <p>The programme strengthens the family unit as a whole, instigating change and reducing factors contributing to risks</p> <p>A solution-focused approach uses therapeutic techniques to emphasise positive assets and optimises these to achieve improvement</p> <p>Decreasing the number of risk factors a young person faces and increasing their protective factors has been proven to prevent the escalating needs, risks and costs associated with intervening too late in cases of abuse</p>	<p>FACT22 supports children and young people who are assessed as being a Child in Need (CIN)</p> <p>The programme is available for families experiencing domestic abuse, mental ill-health and substance abuse</p>	<p>Family practitioners offer intensive support for families with a Child in Need (CIN) plan for over 6 months</p> <p>Frequent and flexible contact time is offered to families, with day-day support being available from social work consultants, volunteer peer mentors and family role models</p> <p>Teams are organised into 'pods', with each case allocated a family worker</p>	

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<a href="#">Growing Futures Project</a>	A variety of programmes can be 'mix & matched' to tailor the needs of children and young people	0-18 years	<p>Growing Futures was launched in 2016 by the Doncaster Children's Services Trust</p> <p><a href="#">McCracken et al (2017)</a> evaluated the programme during its first 12 months, in which 440 family members were supported. There were decreases in repeat MARAC referrals (-15.6%) in its first year and a reduction in cases of looked-after children that feature domestic abuse and/or violence (-26.3%)</p> <p>A longitudinal follow-up study was carried out by <a href="#">Boxford et al (2020)</a> between 2017-19. It was clear that the programme had a sustained impact on the delivery of services children and families receive. Social care staff reported the lasting impact that it had on creating stability for the young people, proven by schools reporting differences in the children's behaviour, attainment, and engagement in school</p>	<p>A trauma-informed and therapeutic led response to domestic abuse</p> <p>Works with families impacted by DA, helping them to recover safely from their experiences through bespoke and challenging activities</p> <p>Cultivates personal growth, responsibility and community awareness through education, health &amp; fitness and community services</p> <p>For the children and young people, tailored therapies reduce the emotional harm caused by domestic abuse, directly supports recovery, and breaks the pattern of abuse as it re-presents in their lives</p>	Mentoring can help CYP who are not in education, employment or training, and who are affected by abuse, exploitation or at risk of offending	<p>Professionals from relevant agencies work together to address the needs and issues of the whole family</p> <p>1:1 mentoring relationships for young people</p> <p>Early years programme those aged 0-5 involves exploring the outdoors in a safe environment, and children participating in activities (farming, bug hunts, harvesting and recognising vegetables)</p> <p>The primary school programme involves planned outdoor activities (community garden projects, arts &amp; crafts, hands on activities across all curriculum areas)</p>	

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<a href="#">Safety Trust and Respect (STAR) Programme</a>  Within the Opening Closed Doors programme	Separate but concurrent parent and child groups  Children in 1:1 sessions, or in a group of up to 8  All programmes are delivered over 10 weekly sessions	Age 4+	Has been established in five local authority areas in South East Wales since March 2019  <a href="#">The Institute of Public Care (2020)</a> evaluated the programme between 2019-20 through workshops, interviews, case file analysis and strengths & difficulties questionnaires pre and post intervention  There is strong indicative evidence that the programme has had a positive impact on families involved with it so far  Outcomes with the strongest impact so far are that the programme provides 'a safe and stable home environment', 'a reduction in children's emotional stress' and families with the ability 'to recover from DA'  100% of mothers had a better understanding of the effect of the abuse on their child, and 100% of children felt safer	STAR involves a variety of programmes that provide support for each individual in the family  Reduces the potential for CYP to develop aggressive behaviour after witnessing domestic abuse  The programme takes a holistic approach by offering a whole family intervention that includes four different interventions  All CYP programmes allow them to explore their feelings around DA, to understand what has happened, and to provide them with skills to keep themselves safe	Aimed at children and young people who have been exposed to domestic violence/abuse or other adverse childhood experiences (ACEs)  Their parents/carers may or may not wish to change  Young people who access this service are likely to have trauma-related emotional health and wellbeing issues, and are living with both hidden risk and hidden harm, and are at risk of continuing the cycle of abuse/ACEs	4-6: early intervention  7-11: arts, crafts, therapeutic role-play  6-12: meeting others with similar experiences  11-13: respect, gender and non-violent communication  14+: sexual consent, sexting, pornography and sexual exploitation  Perpetrator: 20 week 'DAPP', supports men to end abuse  Women (IWS): 20 weeks for the partner/ex-partner, focusing on risk management, safety and support networks	

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<a href="#">Community Group Programme (CGP)</a>	<p>Separate but concurrent mother and child group work</p> <p>12 weekly sessions</p> <p>Each lasting 2 hours</p> <p>Age-specific groups</p>	Ages 4-16	<p>Developed in Canada in the 1980s and has been rolled out across 32 London Boroughs in England since 2009</p> <p><a href="#">Nolas et al (2012)</a> carried out research between 2010-12, in which 18 families and 34 professionals participated in interviews, focus groups and questionnaires</p> <p>A quality of life measure (Kidscreen) demonstrated trends in CYP feeling more positive about their lives</p> <p>Mother's responses indicated that their children were less sad/lonely after the groups, and that the programme was the only form of support they'd come across that dealt with life after an abusive relationship which supported their children too</p> <p>Facilitators commended for the non-judgemental and safe spaces created for women and children</p>	<p>A psycho-educational intervention that supports children in processing their experiences of witnessing DA in a supportive environment</p> <p>Gives the opportunity for children and young people to recognize, name and explore feelings surrounding incidences of DA, to be in a positive environment that provided them with esteem-building and fun activities, to tell their stories and be heard and validated, and to develop and practice safety plans</p> <p>Parallel groups with mothers aid them in supporting their children with coming to terms with their experiences, gives them space to reflect on what had happened, and to gain strength from being with others who have been through similar experiences</p>	As found in the evaluation, it is important for the option of CYP's group to be age-specified, with mixed gender composition and the separation of siblings	<p>Professionals facilitate a safe and supportive environment for both parents and their children to respond in creative ways and in the company of peers who have had similar experiences</p> <p>3 day training courses are available for practitioners who want to become Community Group coordinators</p> <p>The programme works best when a range of partner agencies in an area are trained and committed to working together</p> <p>This can include health visiting, school nursing, social services, CAMHS, education, the voluntary sector and the probation service</p>	<p>£9,123 .96 per group (7 children) or £1,303 .25 per child</p> <p>(As of 2012 evaluation in London)</p>



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<a href="#">Stronger Families</a>  Part of the Troubles Families Programme	Concurrent mother and child groups  Children are divided into age-specific groups  10-12 weeks	Ages 5-16	<p>The first phase was successfully delivered in Doncaster between 2012-2015. During this time, the programme supported over 1000 families and successfully 'turned around' 870 families as agreed with the Government</p> <p>As of April 2018, 110 families affected by DV/A improved</p> <p>This allowed for the Expanded Programme to go ahead which was proposed as a 5 year programme (2015-2020)</p> <p>This programme reduces the demand on high cost services by identifying and intervening in families earlier</p>	<p>This therapeutic group recovery programme uses a whole family approach to improve the way families are supported</p> <p>Through fun games and activities, arts, crafts and discussions, this programme builds children and young people's self-esteem, helps them to deal with emotions, recognising healthy relationships and to understand their own feelings</p> <p>The mum's group provides a safe and supportive environment so that they can focus on the impacts of the abuse on their family, address their children's behaviour and feelings, and gives them more confidence to support their child</p>	For children and their mothers who have experienced, currently experiencing or at risk of experiencing domestic violence and/or abuse in the last 12 months	<p>A lead worker is allocated to the family, who first completes a whole family assessment which takes account of the needs of all family members</p> <p>A whole family action plan is in place with interventions to tackle the identified issues</p>	

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<a href="#">Friendship Works</a>  Part of Family Action	Three weekends a month for at least 2 years	Ages 5-18	<p>Considering how the intervention is 1:1 and external, using 'real stories' from those who have benefited is perhaps the most beneficial way to evaluate the mentoring. Over the 7 years that this mentoring scheme has been running, an <a href="#">archive of impact reports</a> have been collected</p> <p>One individual would 100% call his mentor a friend that he trusts, and another built enough confidence to attend school</p> <p>During lockdown, the team supported mentors to continue contact via telephone and video calls. Volunteers came up with creative ways to interact, with one volunteer using weekly postcards and photographs</p>	<p>Research shows that for young people, the most significant impact of a mentoring relationship occurs after 12 month. Therefore, in order for them to build effective and supportive relationships, it is important that contact is frequent and long term</p> <p>Mentoring improves young people's social and emotional development, bringing positive change to their lives through a friendship role model</p> <p>The young people are accepted for who they are, helping them develop confidence, and to be in a position to grow confidently within that secure and consistent friendship. Increasing their protective factors builds their capacity to grow into confident and capable adults with improved life chances</p>	<p>Aimed at children and young people who are living in poverty, with effects of DV, addiction or bereavement</p> <p>They may be young carers or have additional needs that mean they struggle to make friends</p>	<p>Children and young people are matched with a volunteer mentor</p> <p>Quality training and ongoing support are given to volunteers, with the reward of knowing that they are making a real difference</p> <p>Is currently primarily (but not exclusively) in the London boroughs of Islington, Camden, Tower Hamlets and Lambeth</p>	

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<a href="#">Domestic Abuse Recovering Together (DART)</a> Within the NSPCC	A group work programme  10 weekly sessions that each last 2-2½ hours  Half of sessions are joint (parent-child), and the other half are delivered to separate peer groups	Ages 7-14	At the time of the evaluation, there were 30 external providers supported by the NSPCC to deliver DART  <a href="#">Smith et al (2020)</a> evaluated this programme through the use of a quasi-experimental design, with an intervention group (over 100 families) and comparison groups  4 measures completed (self-esteem scale, S&D questionnaire for children and parents, and a parent-child relationship questionnaire)  Substantial improvements were reported by 62% mothers with low self-esteem, and improved relationships reported by 88% children, with their emotional and behavioural difficulties being significantly reduced  DART has advantages over other DA programmes that work with the mother or child in isolation	Within the children’s group, interactive sessions help raise the subject of domestic abuse in a way that is appropriate. Through artwork and games, children who would usually find it difficult to talk about their experiences are more able to express them creatively. Mechanisms for change include the modelling of positive behaviour, dealing with feelings and developing positive relationships at home (among others)  Parent-child sessions facilitate the understanding of domestic abuse, emotions, healthy relationships, managing loss, embracing change and safety planning  Aims to break the cycle of intergenerational transmission, reducing the risk of an individual becoming a domestic abuse victim or perpetrator	The parent and child are most likely to benefit if the family no longer living with the perpetrator  If the child or young person remains in a ‘high need’ category after the programme, practitioners can offer 1:1 support or refer them onwards to a suitable service	The NSPCC support organisations to adopt, implement and deliver DART themselves  Tailored support packages are available according to the needs of the organisation, from providing training and consultancy to implementation support and resources	

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<a href="#">Relationships without Fear (RwF)</a>	<p>This programme is delivered during Personal, Social and Health Education (PSHE) lessons</p> <p>6 1-hour weekly sessions</p> <p>A frequent programme that starts in year 4 and runs through to year 11</p>	Ages 8-16	<p>Relationships without Fear have 16 years' experience of delivering education and prevention programmes</p> <p><a href="#">Fox et al (2016)</a> evaluated the programme between 2010-11</p> <p>Boys and girls who had participated became less accepting of DV and were more likely to seek help for abuse in comparison to those in a control group</p> <p>However, this trend was not maintained at the 3 month follow up data collection. This led Fox et al (2016) to argue that CYP require more than a one-off program to persuade them of the benefits of seeking help for abuse. This positively reflects the RwF programme since it has the possibility to be run from year 4 through to year 11</p>	<p>This educational programme is designed to be interactive to encourage participation, therefore relying heavily on the use of Q&amp;A sessions, fact sheets, role-playing and discussions around real-life stories, so that pupils are encouraged to share, voice their opinions and listen to those of others</p> <p>Sessions with younger age groups emphasise on friendships and peer group relationships, which builds up to talking about abuse in intimate relationships with year 6 children</p> <p>The programme helps young people to understand how to develop relationships that are free from fear and abuse, tackle underlying attitudes that give rise to abusive tendencies, and address attitudes towards abuse, through challenging stereotypical views</p>	<p>Tailored to specific age groups</p> <p>This is a primary intervention aimed at the whole community, raising awareness of domestic abuse and unhealthy relationships before individuals are at risk</p>	<p>This programme is delivered by trained Relationships without Fear staff (either practitioner or trained teachers)</p> <p>Can also be delivered virtually and there are opportunities for 1:1 sessions for those affected by any issues raised</p>	<p>From £1.94 per child</p> <p>(Based on a class of 30 pupils, for 6 weekly sessions)</p>

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<a href="#">Respect Programme - IDAS</a>	<p>Sessions are available with either the whole family, the parents or the young person</p> <p>Sessions are spread over 3 months</p>	<p>Ages 10-16</p>	<p>This programme is available for families across North Yorkshire</p> <p>Between 2016-17, young people saw decreases in emotional abuse (85%) and physical abuse (100%); violence (89%)</p> <p>Between March 2019-20, 150 families received intensive support through the programme</p>	<p>The Respect programme addresses inter-family abuse and support both parents and young people through a 'whole family' approach</p> <p>It is an early intervention that aims to reduce incident frequency and severity</p> <p>Young people work on goal setting, anger management, handling emotions, training in assertiveness and dealing with conflict</p> <p>Parents develop on family agreement, parenting skills, safety planning, training in assertiveness and dealing with conflict</p> <p>Enable young people who are starting to show signs of and/or demonstrating abusive behaviour within intimate relationships and/or the family setting to recognise this and help them to change their behaviour and re-build their relationships</p>	<p>Where children or young people are abusive or aggressive towards the people close to them, particularly their parents or carers</p>	<p>Accredited training and professional consultancy services are on offer for partner agencies, which includes access to a free online training programme</p>	

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<a href="#">The MPower Programme</a>	Group work sessions during after-school hours  10 weekly sessions	Ages 11-16	<p>This programme was developed as part of a 2 year European research project (UNARS) across 4 European countries (Greece, Italy, Spain and England)</p> <p><a href="#">Callaghan et al (2018)</a> evaluated the programme between 2014-15 by incorporating ratings of group sessions with semi-structured interviews</p> <p>Young people valued the shared common history with others, helping them to share freely and feel less isolated from others. They also described the group as a positive, trusting environment in which they could express themselves, build self-confidence, and strengthen their capacity to trust others</p> <p>The non-directive, facilitative approach of the group provided space for them to discuss issues that mattered to them</p>	<p>The MPower programme is a resource-oriented intervention to support children and young people affected by domestic abuse and/or violence</p> <p>The focus of the intervention is on the effects of domestic abuse that young people experience in everyday life, including its relational implications, its influence on their emotions, and their coping strategies</p> <p>The programme empowers young people to build a sense of safety, develop trust, explore coping strategies, challenge myths about DV, foster caring relationships and deal with endings and loss</p> <p>It also facilitates an understanding of the creative adaptations you can make to enable children and young people to live with the violence they experienced</p>	<p>The group is directed by the children themselves, with guidance from supervisors</p> <p>At the beginning of each session, the young people decide what they will focus on that day</p> <p>A group format is applied to reduce senses of isolation and experiences of 'being different'</p>	The implementation of a free of charge programme that takes place on a weekday at after-school hours, most importantly in a safe and comfortable space	

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<a href="#">Newham NewDAy</a>	A whole-family approach that incorporates four interventions that can be accessed separately or in combination	No specific ages given	<p><a href="#">Langdon-Shreeve et al (2020)</a> presents findings from the summative evaluation of the Newham NewDAy programme</p> <p>Outcomes suggest that NewDAy had a positive impact for CYP, both qualitative and quantitative data highlighted improvements in anxiety and wellbeing, educational engagement and achievement, and health of family relationships</p> <p>Risk of harm to CYP reduced and feelings of safety improved</p> <p>IPR and Caring Dad's interventions improved relationships between partners which resulted in decreased violence in the home and reduced the risk of witnessing DA by CYP</p>	<p>Addresses the lack of direct engagement with families about domestic abuse and associated risks, and the lack of a consistent model of practice to help with fathers' low levels of engagement</p> <p>For young people, 'NewDAy Children's Wishes and Feelings' manages emotions and behaviours over three 1:1 sessions. Additionally, 'NewDAy Talking About Emotions' facilitates parent-child communication (3-6 sessions)</p> <p>Schools provide support over three terms to improve a child's engagement, attainment &amp; wellbeing</p> <p>The Caring Dads 17-week group programme to increase child-centred fathering and responsibility</p> <p>Inter-Parental Relationships (IPR) sessions with both parents up to 6 months</p>	In the circumstance where a programme for the whole family is necessary in the tackling of domestic abuse and/or violence	<p>The potential implementation of a project that comprises two short-term interventions for young people, a schools learning programme, a programme for fathers, and sessions for both parents</p> <p>Referral by allocated social worker or families first practitioner</p>	

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<a href="#">Time to Listen</a>	<p>1:1 sessions with children and young people</p> <p>12+ weekly sessions, each lasting approx. 45 minutes</p>	<p>No specific ages given</p>	<p>34 child evaluations received in 2021</p> <p>100% of CYP would use the service again and would recommend it to others</p> <p>90.3% felt they had been helped with their problem 100% were either completely or mostly satisfied with the service they received</p>	<p>This programme involves therapeutic play, a way of working that is familiar to a child and important in their making sense of their world</p> <p>Young people can express their feelings, thoughts and behaviours in a safe and controlled environment, and in their own time and pace</p> <p>Therapeutic play therapist are understanding, friendly and sensitive to the needs of the young person</p> <p>Sand-tray therapy involves working with sand and using miniature toys/objects to enable creative expression, allowing the construction of their own micro-world, acting as a reflection of their own life</p>	<p>Where children and young people are in command, allowing them to express themselves and to deal with conflicts appropriately</p>	<p>This programme is currently being run in Hull and neighbouring areas, but there is opportunity for the roll out to be expanded to other areas in the Humberside</p>	



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<a href="#">Tender</a>	These projects run as enrichment days or 2-day projects running over the course of the term	Primary schools pupils aged 8-11  Secondary school pupils aged 11-18	<p>Those who engage in theatre-based education to learn about relationships are more able to apply it to their everyday lives, compared to traditional lessons (PEACH, 2017)</p> <p>Tender has worked with a range of independent evaluators including DMSS Research, Middlesex University and Project Oracle to measure the success of their educational and preventative work</p> <p>There have been 2 impact reports, the most recent being <a href="#">2020-21</a></p> <p>Over 2020-21, 145 projects were delivered, 2613 young people participated and 99% of participants had an increased understanding of healthy and unhealthy relationships</p>	<p>An arts charity working with young people to prevent domestic abuse and sexual violence through creative projects</p> <p>Through interactive programmes, young people identify key elements of healthy and unhealthy relationships, explore the importance of equality and respect, understand personal boundaries and learn where to seek support</p> <p>Age-appropriate, drama-based sessions allow CYP to engage with sensitive topics and real-life scenarios through script-work, role-play and creative media such as films and art</p>	<p>Work within primary, secondary and specialist schools, delivering a range of short and long-term workshops and programmes</p> <p>Can also work with young people with special educational needs and disabilities (SEND) and in youth settings</p>	<p>The franchise is currently funded across every London borough and in Hull, West Yorkshire, Kent, Devon, Avon &amp; Somerset and Norfolk</p> <p>In Hull, Corner House have joined as trainers</p>	

## Contact details

If any questions or queries arise please feel free to email me at: [Jessica.Wilson@humberside.pnn.police.uk](mailto:Jessica.Wilson@humberside.pnn.police.uk) or Marie Morgan at [Marie.Morgan@humberside.pnn.police.uk](mailto:Marie.Morgan@humberside.pnn.police.uk)

## References

### **For Baby's Sake:**

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