

RESPECT Young People's Programme

City of York and North Yorkshire
April 2019 - March 2023



An overview



RESPECT Young People's Programme

Evie Duarte, Regional Manager

We believe at IDAS that teaching young people about healthy relationships, alongside teaching skills such as managing feelings and respectful communication will help to prevent them entering into future unhealthy relationships. Our Respect workers inspire behavioural change and help families to support one another to strengthen their relationships.

The Respect Programme has celebrated much success as an intervention for families where a young person is displaying aggressive or abusive behaviours towards their parent or carer. The programme encourages families to work together to find solutions without apportioning blame and follows a 12-week plan that works with parents or carers and their children.

In 2022 IDAS marked its 10th anniversary delivering the Respect programme and were delighted to be reunited with a young man who had successfully completed the programme during its infancy and has gone on to have healthy and happy relationships with his family and peers.

Such is the success of the programme with families, that in 2019 IDAS worked with Commissioners, young people, and Respect to adapt the programme to support young people displaying unhealthy or abusive behaviours in their own intimate relationships.

When parents told us that they needed support prior to embarking on the programme, we added another element to the model which provides a tailored package of support for parents via telephone. The popularity and effectiveness of this support has been extraordinary, and we have replicated this in our other service that supports families.

For some young people, attending such a programme is daunting and may feel impossible, so we are excited to be trialling new tools and interventions with some of those young people as we strive to be inclusive and give every young person the opportunity to develop safe and healthy relationships.

Key features

RESPECT Young People's Programme



Trauma informed



Support for parents



Structured sessions for young people and the family



Telephone support



Strengths based



Joint sessions with parent and young person



Working with the family

Our impact

RESPECT Young People's Programme

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833

Total referrals
received.

377

Adults
supported.

456

Children
supported.

26%

of children had a
disability

27%

of children had a
mental health
support need.

25%

of adults had a
mental health
support need

17%

of adults had a
disability.

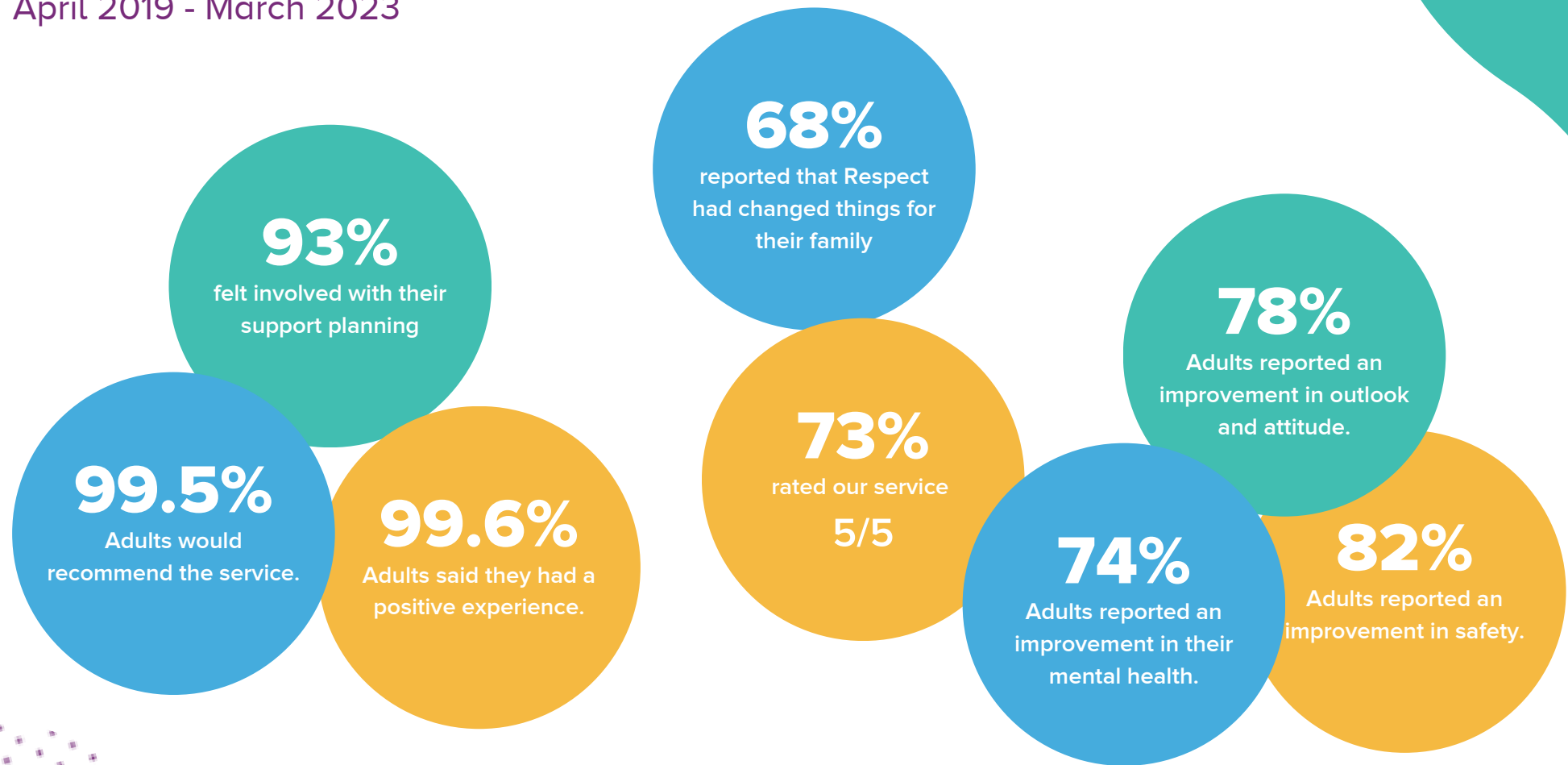
153

people received
telephone support

Our impact continued.

RESPECT Young People's Programme

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Trauma informed

A secure family life is the context in which children and young people can thrive and learn skills such as regulating emotional and behavioural responses to situations. Living within a family where there is domestic abuse or poor parental mental health are considered to be adverse childhood experiences, potentially resulting in trauma which can significantly affect children, impacting relationships and interactions.

Within the family, trauma can change the dynamics as each individual works to survive and adapt to cope with situations. Each family member will be impacted differently by trauma, affecting the relationship with one another and the overall functioning of the family.

Such is the complexity of the context in which Respect Workers support families. Understanding trauma, the child's, possibly aggressive responses and how this can trigger the whole family's trauma response is key to achieving successful outcomes.



Telephone support



The onset of the pandemic meant that much of the support provided to families was via video or phone. In many cases, children and young people did not want to engage with support in this way, but we found that many parents did, as the impact on their already busy lives was reduced.

An evaluation of telephone support in 2021, showed that working in this way also helped us to provide some of the important stabilising groundwork with families, ensuring their basic needs were met so they could more engage fully with the Respect programme.

Practitioners work alongside parents to develop safety plans, refer and signpost to agencies that support with health, housing, financial or other needs, before beginning a structured plan of support, which usually focussed on exploring different parenting styles and setting clear boundaries to keep both parent and children safe.

We also found that the parents we supported had frequently been subject to domestic abuse in their own relationships and benefitted from accessing IDAS' Moving on from Domestic Abuse groups, alongside the Respect support. Many parents have told us that they no longer felt they needed to access the full Respect programme after receiving telephone support, as they began to understand their child's behaviour and felt more confident in how to respond.

“

I think you've been amazing. I have had 6 telephone sessions and the journey's been easier because I know you have got me behind you.

“

I know my son wouldn't engage, but I got a lot from your calls. We got to talk and put things in place. Richard helped with this, showing me how.

Telephone support feedback



"The Telephone support really helped. I had someone to talk to at a difficult time. The parent pack helped me realize I was not alone and that I wasn't going crazy."

"Richard is down to earth and this made it easy to talk to him, The telephone support was great, I felt I could phone him and discuss anything, he would be calm and understanding."

"To be seen sooner, something to cover a 'crisis moment' and follow up sessions would help."

"The sessions were helpful and have supported me to slowly get the bond back with my daughter"

"Thank you very much for your help and support throughout the time, with college, mediation and now X is ready for the next steps in improving his mental health."

"I noticed a massive change in K for quite a few weeks when you were working together. I think the sessions made him a lot more confident as his friendship circle grew as well."

"You have played a major part in C's success and her healing journey.' 'you are a great role model for C"

"My worker was easy talk to; he was non-judgemental. He gave good guidance, the sessions were delivered by Zoom & phone & worked perfectly, they ran smoothly, I didn't want the Faf of face-to-face appointments in the office eg driving and parking, I have a busy job."

Inside track

I have worked for IDAS now for a little over two years. Coming from a youth work background, I'd seen young people and families struggling with a variety of problems. I was excited to work with young people in a more targeted way, supporting them to tackle a specific issue. I started at the end of the third lockdown which was an interesting time. Most other staff were still working from home and weren't working face to face, meaning that shadowing opportunities were limited.

The type of role was new to me, so I took some time to figure out the logistics and manage my diary effectively. Over the past couple of years, it has also become evident how much of a long-term effect lockdown has had on young people, particularly those experiencing domestic abuse or post-separation abuse at the time. School refusal and online safety have become common issues experienced by many of the families I work with.

I recently demonstrated to a parent how to have a conversation about a difficult issue with her daughter. The parent acknowledged that her daughter had probably felt judged during similar conversations and wanted to approach the topic (online safety) in a way which would encourage her daughter to open up more towards her in the future.

I worked with the parent to help her develop her communication skills and her confidence in addressing difficult topics with her daughter. The parent has stated that since we completed this work, her daughter is being more open with her about problems at school or online, including texting her when she'd had a bad day at school to tell her about. Both parents now feel that they have more insight into their daughter's world.

Charli, IDAS Respect Worker

Partnership working



Multi-agency and partnership working is key to families achieving the best outcomes, as well as being crucial to safeguarding children and young people.

The strength of our partnerships is something we are very proud of at IDAS, and we are committed to investing in existing and new partnerships that best support our local communities.

As well as forming part of a local area multidisciplinary team within IDAS working closely with the Adult Domestic Abuse and Sexual Violence services, our Respect Workers have strong links with local partners in each locality such as Community Safety Teams and Police Liaison Officers. They have also developed key relationships within schools across the region.

Respect Workers are crucial in the support for families open to Early Help or Children's Social Care, and frequently attend Child Protection and Core Group meetings. Where there is no Statutory Plan in place, Respect Workers are increasingly convening professionals' meetings to support families.

The Respect team have also participated in webinars with North Yorkshire colleagues during Safeguarding weeks, with 71 participants attending the most recent webinar.



Professional feedback



“The Respect programme has enabled the parent to recognise she is in an abusive relationship with her son, and this has enabled to transfer some of her guilt thus allowing her to access more services for herself. The parent’s confidence is more positive, now she is heading in the right direction and its really nice to see the parent ‘smile again’. Early Help Worker

“IDAS are amazing, they’ve supported a lot of my families over the years and the work you do is amazing. Thank you.”-
Social Worker

I’ve just spoken to one of my young people who attended the Leadership Course. He loved it, he said he enjoyed meeting new friends, playing football (however he said he was the best player there lol!) and liked the first aid training. He said he did not mind filling in the book.”-
Professional.

“YP really values your support. I did the safe houses exercise with her recently and she put you as one of her safe houses.”- Social Worker

Early Intervention and Prevention



Early intervention and prevention is vital to reducing domestic abuse and challenging harmful societal views. In addition to working with families where children and young people are already displaying abusive behaviours, our team of Respect Workers work closely with schools and academies, such as Danesgate School in York where we delivered creative sessions to young people who struggle with mainstream learning environments, and assemblies for Years 10 & 11 at Sherburn School with Police Liaison Officers.

They also support the delivery of Crucial Crew across York and North Yorkshire, with more than 1800 young people attending sessions in York in early 2023. Crucial Crew delivers interactive sessions to young people in schools and covers a range of topics that help young people learn vital life skills. Our Respect Workers, alongside other IDAS specialist Children's Workers, deliver age-appropriate workshops which focus on healthy relationships and friendships.

We are delighted to also be involved in a pilot to trial early intervention tools with younger children, and for those children and young people who do not meet the threshold for Respect Support. We look forward to evidencing the impact of this pilot.

Some feedback from school staff includes:

“

The group provided a calm and nurturing environment, where children were encouraged to share their ideas. The presenters were lovely with the children and were gently encouraging. It was great to give awareness of an unknown organisation.

“

There was lots of discussion, allowing some healthy debate and the session was well-pitched and clearly delivered. The children were very engaged.

Reaching rural communities

We are acutely aware of some of the specific challenges that adults who are subject to domestic abuse can face when living in rural communities. It has become increasingly apparent to us that families with children who are displaying abusive behaviours can be equally impacted.

Children and young people living in rural communities have the same need for connectivity and meaningful activity as those living in urban areas, and parents can feel even more isolated when living in a close-knit community, feeling they will be judged by others.

During the course of the contract the Respect team have tried to reach more people living rurally by working alongside partner agencies who may already be engaged with young people and raising awareness with village schools and GPs and community groups. In addition, a Respect worker can also be frequently seen alongside other agencies on the Citizen Advice Bureau's rural bus in Richmondshire and Ryedale.



Parent feedback



"I now have system in place, and I have learnt how to deal with situations by myself. My worker helped me to pick my battles-making me much safer."

"Things have really improved between me and my son, I understand myself more, so that has helped our relationship."

"Thank you so much for yesterday and for everything. Yesterday was specially amazing, Simon felt included too. I am really optimistic that this will have a long-term positive effect. Oh, and the agreement is on the fridge."

"My worker was easy talk to; he was non-judgemental. He gave good guidance, the sessions were delivered by Zoom & phone & worked perfectly, they ran smoothly, I didn't want the Faf of face-to-face appointments in the office eg driving and parking, I have a busy job."

"We now have a much calmer household and levels of violence have reduced and de-escalation is quicker. There are still occasional outburst which are scary. Having the support has given us the confidence knowing that we are doing the right thing. It is good to have someone to talk to who understands because it's such an isolating place to be in."

Children and young people with a disability

Families who have children who are neurodiverse or have a disability can also feel unheard and isolated, so the Respect team have forged links with agencies such as York Inspirational Kids, who support families who have a child with a disability in the York area.

The team recently gave a presentation and held a Q & A session for 150 delegates to increase our understanding of how we can better work with young people who find universal and mainstream services inaccessible.

In Hambleton and Richmondshire, the Respect Worker has built a relationship with colleagues in the NHS, including the Autism Community Connectors and Engagement Team, whose aim is to improve the health, wellbeing, and independence of families with children and young people who have recently received an autism diagnosis.

We are very privileged to be involved with the delivery of a pilot across York and North Yorkshire trialling tools and alternative ways of working with children and young people who may find accessing the Respect programme difficult.

The pilot has been commissioned following 2 years of Commissioners, partners, IDAS and The National Respect Charity working together to understand the needs of young people who face additional and often complex issues.

Seldom heard communities

90% of people who have accessed the Respect Service said they found the service accessible, however we know that we must always try to understand the needs of the communities we serve and strive to make services accessible for all, using interpretation services where required.

We recognised that some seldom heard communities are less likely to access support, so have worked with partners to increase referrals from these communities. For example, we work closely with the Military community, the Refugee Council and Horton Housing to try and engage families from the Traveller community, adapting resources to be more inclusive. Workers also engage with faith leaders to support families, including working with Imans from local Mosques and Elders from the Jehovah's Witness communities.



Young people and their own close relationships

In 2019, we extended the scope of the Adult Community Victim Service to include anyone over the age of 13 who is subject to abuse within a close teenage relationship. The Domestic Abuse Practitioners provide support in a sensitive and age appropriate way, liaising closely with Respect Workers.

The Respect team have developed bespoke tools to work with young people displaying abusive behaviours in their own relationships, whilst also recognising that these young people are frequently impacted by living in an abusive household themselves.

Working closely with Foundation, who deliver the +Choices behaviour change programme, we ensure that no young person will fall through the gaps in accessing support for their abusive behaviour.



Children's feedback



64%

Children reported an improvement in their mental health.

89%

Children reported an improvement in their outlook and attitude.

80%

Children reported an improvement in their education, skills and training.

"Richard is very approachable, he just 'gets it'. Richard has huge empathy and is informal about serious issues, he made me laugh, every time. I find it hard to talk to strangers, but this was not the case with Richard, he has a lot of respect, that respect is mutual"

"It taught me anger management skills and help me get on with my mum. I was able to talk to Richard about how I felt about my mum and what's going on at home he listens and gives advice. Me and my mum get along better, made us closer and a better understanding of other. I have less meltdowns than a year ago. He was Friendly, we can have a laugh and still do the work."

"I still kick off, but now I know how it effects my mum and what the consequences will be e.g. The police will be called if I'm violent."

Leadership course



IDAS has partnered with North Yorkshire Sport and York City Foundation to give young people supported by IDAS the opportunity to gain a Level 1 Sports Leadership Certificate.

Since 2022, 17 Respect young people have not only gained a certificate, but have also been introduced to sport as a way of maintaining good physical and mental health, build confidence, make friends, and learn essential life skills such as budgeting.

We are very proud that the initiative led to IDAS being presented with a Diversity and Inclusion award in 2022.

Tom completed the first course and was invited to the second to support the young people. He is now keen to be an IDAS Champion. Tom said:

"I was nervous about meeting new people but I was also excited to play football. I was taught first aid, this is good for my future, like when I get a job. The work we did was ok and I needed to ask for help from time to time from the coaches. The best thing was playing football and scoring some good goals and also seeing the stadium and the pitch – it was amazing."



“ I would like to say how much I enjoyed last week and want to say thank you for the opportunity. If anything else this comes up please could I be considered. Thanks

“ You referred me to York city sessions in the half term and I'm still grateful for that. I learnt good leadership and sportsmanship and it made me want to be a professional footballer even more.

10 year anniversary

I recently had the pleasure of meeting up with a family I supported 10 years ago. They were one of the first families accessing support from the Respect programme.

Dan's mum had always kept in touch, sharing updates every now and then so I had a good idea how well Dan had done; first getting a job as a groundsman for Manchester United and then becoming a Royal Marine.

When I met Dan, the first thing I noticed, was his size (over 6ft) and how deep his voice was; he was now a man. The second thing was how polite, courteous, and gentle (compared to the angry, frustrated, worried little boy I used to know) he was.

During our meeting the thing that stood out was the fine detail Dan had remembered from our sessions (which seemed a lifetime ago), such as when he gave me a Man United magazine, when I supported Liverpool, he found this hilarious and still does!

The other thing he told me was that I changed his life because I explained the 'cycle of abuse'. Dan said that this was the point he recognised what had been going on in his life and felt he was able to make some important decisions in his life concerning his dad and how he was able to reflect his relationship with his mum when he was growing up.

After the meeting I felt very proud of Dan and happy that he had grown up and 'found his own way' and become such a polite courteous young man, I guess it made me wonder how many other young people the Respect programme had helped and will go onto help and was a real reminder of the value of the work IDAS offers families who have been subject to domestic abuse.

Richard, IDAS Respect Worker

Case Study

Poppy was struggling to manage her emotions at home. Her mum had re-married, and Poppy had gone from living in a small family unit with her mum to being in a family where there were 6 children. She was also not seeing her dad and missed him.

Poppy had been impacted by the domestic abuse she had witnessed from her dad, but still loved and wanted to have a relationship with him. The trauma Poppy had experienced through witnessing domestic abuse, together with feeling abandoned by both mum and dad, had begun to manifest as aggressive behaviour, particularly towards her mum and stepsiblings. Poppy was also finding it difficult to engage at school both with learning and forming friendships. The family were open to Early Help who referred them to IDAS for Respect.

The Respect Practitioner worked collaboratively with the family, Early Help and Poppy's school to support the whole family.

The Respect Worker convened a number of professionals' meetings to coordinate a plan of support. The Early Help Worker was in a position to work with dad so that Poppy and he could safely see each other, and the Pastoral Support Worker at School was able to help Poppy with the difficulties she was having with her friendships in the school setting.

This meant that the focus of the Respect Worker was on the family and how they interacted in the home; she encouraged stepdad to participate in family meetings, which was hugely important to Poppy as she felt that she mattered and was as important as the other children. They worked on communication and conflict resolution, as well as boundary setting and coping strategies when things felt like they were escalating. The family completed the programme and reported that they had particularly enjoyed the family meetings. Early Help and School both confirmed that things had improved for all the children

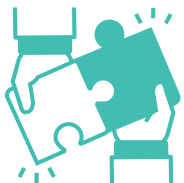
***Names have been changed to protect client anonymity**

Challenges and next steps



Young people need specialist domestic abuse aware trauma therapy. In addition, professionals working with children and their families would benefit from being trauma informed. There are gaps in provision of mental health support which can exacerbate the challenges families face.

The development of domestic abuse informed trauma therapy and mental health services to support children and young people, working alongside specialist domestic abuse services.



Children who display violence and abusive behaviours can often be criminalised when their behaviour is a result of trauma they have experienced.

Stronger multi-agency working to increase understanding of children displaying abusive behaviours as traumatised children and providing appropriate support at the earliest opportunity.



Including the views of children and young people is vital to developing services to support them and their families.

IDAS has appointed a survivor engagement coordinator to assist with ensuring the voices of all the people we support are heard and included in service development.



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