

Building Respectful Families Service

Information for Families

Building Respectful Families (BRF) is a service run by SAFE! which works with families where young people are using abusive and / or violent behaviour towards their caregivers.

Child and Adolescent to Parent Violence and Abuse is a mouthful, so we refer to it as CAPVA. It is a complex form of family violence which is often underreported and misunderstood.

As a parent or carer, you may feel like you are 'walking on eggshells' with your child. You may find yourself giving in to their demands to maintain peace in the home and prevent the abusive behaviours from happening. You may even live in fear of what your child may do. You might feel like no one would believe you, you could be feeling guilty and judged by others.

You are not alone; we are here to help you. We will listen and we will not judge you or your child.

It is not due to poor parenting and there is hope! The BRF team works with families where parents or carers may be experiencing some, or all the following behaviours from their child:

- physical violence directed towards you as the parent or caregiver
- damaging belongings, or the home environment (holes in walls, doors),
- regularly stealing items or money from the home or family members,
- Threatening to harm family members, to hurt or harm siblings or pets or themselves
- Attempting to or controlling the home environment

Building Respectful Families is an intervention which has been developed over several years. Our aim is to help families identify their own solutions, through working with parents and their child simultaneously.

BRF is for parents and young people who are willing to make changes in how they communicate to each other to improve home life.

Themes that run through all our work are respect and responsibility.

How does BRF support work?

- **Get support from our friendly team:** Once a referral is accepted you will be allocated a BRF worker who will stay in contact with you whilst you are waiting for support to start. Your BRF worker will take time to get to know you, and your child; and together you can plan what support might look like, considering the unique needs of your family. We will always seek to work closely with any other professionals already involved with a family. Your BRF worker will stay in contact with you for up to 6 months after the intensive element of support finishes.
- **Helping you feel safe:** The one-to-one support and groups we run can help parents and young people to feel less isolated and to reflect in a supportive environment, secure in the knowledge that this is a safe and non-judgemental space.
- **Encouraging you to reflect and grow:** Our Team will work closely with families to identify realistic and achievable strategies for parents and young people to use.

The exact nature of the support will depend on what each family's needs are. As well as one-to-one and group-based support for young people and their caregivers, we can arrange individual support for siblings who are also affected; and we can work with extended family members, if this would be helpful.

What are the eligibility criteria?

- Young people must be aged 8 to 18 to be eligible for support.
- Families need to live within the Thames Valley area (or be 'on roll' at a school in the region)
- The behaviours will have been occurring for a minimum of 6 months.
- The young person **and** their parent or caregiver both need to consent to support and will want to engage with u at the same time.
- Young people and caregivers need to have the capacity for self-reflection and the ability to change
- Both will need to be motivated to change their current situation. They may not know where to start, but a willingness to try and find ways to move to a more respectful way of interacting with each other is a must.
- We usually ask a professional to refer into the service your behalf, such as a Social Worker, Teacher, or health professional. If you do not have anyone in this capacity, you can self-refer.

How can I find out more information?

- Look at our website for more information and links to helpful resources.
- To request a referral or to make a general enquiry about BRF, please contact the team at brf@safeproject.org.uk or by calling 01865 582 495