



## ***Yuva***

The service Yuva service has been developed by the Domestic Violence Intervention Project (DVIP), with the primary aim of increasing safety and supporting positive relationships for families where an adolescent child is abusive towards a parent(s). Yuva works with young people (age 11- 18) who have used violence/abuse towards their parents. The service also works with parents who have experienced abuse from their son or daughter.

Yuva's services include 2 separate but integrated services:

- The Programme, which works directly with young people who are using violence/abuse towards their parent(s)
- a Parent Support Service

Although our work with parents and young people using violence/abuse is mostly separate, the two strands of the service operate in parallel and some sessions are delivered as joint sessions, to promote the safety and well-being of both the parent and their son/daughter.

### **Programme for young people who are using violence/abuse**

The Yuva Programme works with young people, aged 11-25, who have used or are using violence/abuse. Through structured 1-2-1 direct interventions drawing on social learning theory, cognitive behavioural therapy, attachment theory and systemic practice; Yuva helps young people to identify and challenge their violent/abusive behaviours and adopt non-violent/non-abusive alternative ways of interacting in close relationships. We work alongside young people, helping them to make changes and take responsibility for not only their involvement in the Programme but, more importantly, their behaviour towards their parents.

We understand that young people are not a homogeneous group; that their backgrounds, skills, abilities and needs are many. Many young people using violence/abuse have a variety of needs to address, but it is beyond the scope of the Yuva Programme to offer holistic support. Where specific support needs are identified, Yuva will make referrals to more appropriate or additional services and help the YP and/or parent to engage with that service.

The service for young people includes an initial suitability assessment aimed at assessing their motivation to engage with a behaviour change programme and identify key presenting issues within the relationship with the parent. The assessment is usually undertaken in 2 subsequent 1 hour sessions.

Following on from the assessment a 10 session programme consisting of a combination of individual sessions and joint sessions with the parent where possible.

The intervention focuses on building the YP's understanding of safe communication and identifying and reflecting on underlying beliefs and attitudes supporting their use of violence and abuse.

### **Parent Support Service**

Yuva offers a support service to parents or family members who have experienced their son or daughter using violence and abuse towards them. Initially the service includes safety planning, emotional support and referral to appropriate services, such as counselling and housing. We also provide information regarding our programme of work for young people.

Each parent referred to the service will be assessed for suitability and offered 10 sessions which will include a combination of individual sessions and joint sessions with their son or daughter.

The sessions will focus on rebuilding the parent child relationship and supporting the reestablishment of appropriate parental authority. Sessions will incorporate strategies to minimise escalation of conflict and manage their son or daughters' behaviour, building supportive networks to reduce isolation associated with Adolescent to Parent Violence and Abuse, adolescent development and explore underlying difficulties and traumas which may have contributed to their child's behaviour.

### **Who can refer?**

Young people and survivors can self-refer. If you're not sure about how to do this, or want to speak with a Yuva worker first, contact us on the number at the end of this document.

Professionals can refer young people who have used or are at risk of using violence and abuse and survivors. Before making referrals to Yuva please seek the client's consent to do so and, where necessary, the person who has parental responsibility.

### **Making a referral to the Yuva service**

To make a referral or refer yourself to Yuva please complete the referral form including as much relevant information as possible.

Yuva requires that both the young person using violence and the family members/(ex) partners who have experienced their violence be referred. Please enter their details on the appropriate section of the referral form. If you do not have access to information regarding either the survivor or young person using violence, please contact us to discuss the referral.

Young people who are using violence in their own relationships may be survivors of or have witnessed domestic violence. We acknowledge the significance of this and ask that you include such information in the section detailing the history of domestic violence, as well as the young person's own use of violent and controlling behaviours.

It is important to provide as much information as you can about the person you would like to refer. Please complete all sections to the best of your knowledge and ensure that your information is accurate and concise. Where information which you feel is relevant does not

fall into one of the sections provided, please attach separate sheets including details of the referring worker and reference to this form.

DVIP offers a variety of services for adults and young people who are experiencing or perpetrating domestic violence. If you would like to know more about what we offer please email [yuva@dvip.org](mailto:yuva@dvip.org)

For forms and to make further enquiries concerning the Yuva service, Tel: 020 8222 8281 or email [yuva@dvip.org](mailto:yuva@dvip.org)