

WHO'S IN CHARGE ?



Kirstie Richardson

Case Manager & Parenting Worker Youth Justice Team

Elly Wrighton

Case Manager & ETE officer Youth Justice Team



WHO'S IN CHARGE?

- Therapeutic program for parents of a child who is acting abusively towards them or beyond their control
 - This is a structured program comprising of 9 group sessions using exercises, discussion and handouts to take parents through an experiential process of attitude and behaviour change.
- The main goal is to empower parents, reducing stress and guilt and giving them concrete strategies.
- In order to measure progress, we use an initial and closing questionnaire.



WIC? 1

WHO'S IN CHARGE?

Pre-Group Questionnaire

Date of group **[month year]**

Your Name: _____

Most difficult child's name: _____ Age: _____ Boy/ Girl

Other children

Age	Boy	Girl	Lives with you?	Age	Boy	Girl	Lives with you?

Partner lives with you? Yes/No

Is partner most difficult child's natural parent? Yes/No

If "no" does child have contact with natural parent? _____

Anyone else live with you? _____

How often in the past 2 months has this child done the following:

0: Never

1: Once or Twice

2: A few times

3: Once or twice a week

4: Daily or almost daily

My son or daughter	Me	My partner	His/her Brother/sisters
Hit			
Threw things at			
Pushed or grabbed			
Yelled at			
Verbally Abused			
Destroyed property			
Other violent or abusive behaviour			

Please show how strongly you agree or disagree with the following statements:

SA: Strongly agree; A: Agree; N: Neutral or Don't Know, D: Disagree, SD Strongly Disagree

	SA	A	N	D	SD
I feel able to cope with my child's behaviour					
I think things are getting better					
I feel stressed or anxious					
I feel guilty about my child's behaviour					
I feel depressed or very unhappy					
I feel my health is suffering					
I have good support over this issue					

PTO.....



WIC? 1

-2-

The following questions are helpful for research purposes but are not essential.

Does your child have a diagnosed condition? (such as a disability or ADHD) Yes/ No

If yes, the condition is: _____

Has your child been abused in the past? _____

Has your child witnessed domestic violence? _____

How would you describe your style of parenting? Circle all those you think apply:

Strict **Firm** **Controlling** **Democratic** **Loving**
Traditional **Easy-going** **Average** **Hands-off** **Fair**
Indulgent **Other:** _____

What is your usual occupation? _____

Partner's usual occupation? _____

Do you agree to being contacted in the future for research purposes? Yes/ No

Contact Details – Home: ☎ : (03) _____ Business ☎ (03) _____

Mobile: _____

Alternative contact (in case you move or change numbers in the future):

Thanks for your co-operation

WORKERS NAMES

PRE-COURSE QUESTIONNAIRE

Case Study ML

ML was referred to the Prevention service following a MASH referral after he disclosed, he didn't feel safe at home.

Following the MASH investigation, it transpired that ML displayed aggressive, and volatile behaviour at home towards his siblings and parents. His behaviour was also escalating at school becoming verbally abusive and challenging during lessons.

A 12-week intervention was offered however his engagement deteriorated as his behaviour escalated.

Primary concerns for ML

- Sexual exploitation
- Child to parent violence
- Becoming NEET
- Online safety
- Missing episodes
- Emotional and mental health
- Gender identity/sexual orientation

After multiple arrests for Criminal Damage in the community and Assault against his parents, ML was issued with an Out of Court Disposal - Youth Conditional Caution.

+ ML was also placed on a Child Protection Plan under the category of Sexual Harm and a multiagency approach was adopted to address and mitigate risk and safeguard ML +

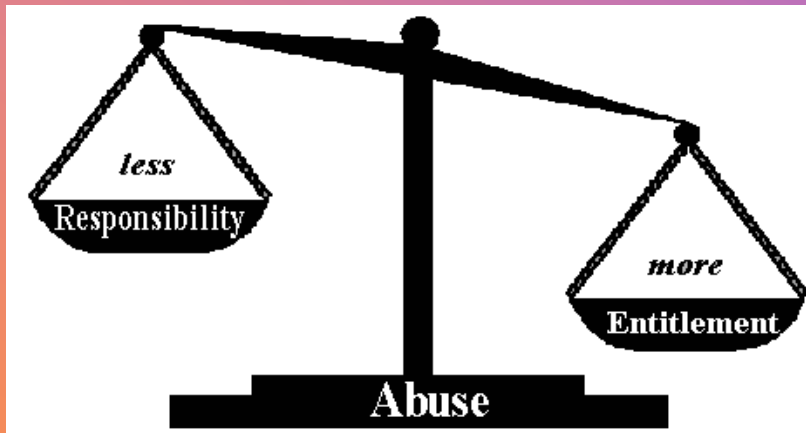
o

ML's parents were referred to the Who's In Charge Programme

In addition to his parents attending the WIC programme, Kirstie and I co-worked ML which gave him a gentle introduction to some of the strategies his parents may adopt at home, as well as general anger management sessions (boundaries, triggers)

EXAMPLES OF WIC WORK

List **everything** you do or provide for your child: **material** (e.g. buying things for household, buying things for them, providing home, electricity, phone, etc), **services** (what work do you do for them daily, weekly, occasionally) **social, recreational, emotional**, etc. Especially list all **privileges**.



In recent years parent's sense of entitlement has decreased dramatically. They have less authority and there is less respect for age generally. Society, particularly the mass media, encourages children to be demanding and materialistic and portrays parents as idiots.

Children are more confident and capable in many ways because of child-centered democratic parenting. However, some children, especially teenagers, have developed excessive expectations of parents.

"I" Statements

When a person feels that they are being blamed, they will be likely to respond in a defensive manner. "I" statements are a simple way of speaking that will help you feel more in control of your own feelings and avoid the trap of blaming the other person.

There are 4 parts to an "I" statement

1. "I feel (emotion word)
2. When (state the situation)
3. Because (The reason you feel that way)
4. And what I want you to do is (new behaviour)"

BACK TO ML...

ML completed this YCC and closed to our service
+ in April 2022, 14 months after being referred to
our Prevention service.

Feedback from ML: "I know my parents care about me,
things have got better"



Feedback from ML: "I can see reasons for not getting into
trouble...I don't want to work with YJT again!"

Feedback from ML: "work on anger and drugs helped
me...my parents will help me with any problems I have"

ML's parents successful completed the WIC
programme

Feedback from parents: "we don't feel so alone"

Feedback from parents: "We have shared what is going on with
our wider family because we don't feel so embarrassed"

Feedback from parents: "we now have strategies to use, especially
using the I statement as he cannot take away how we feel"

OUR SUMMARY

+

ML's parents have been able to utilise the strategies given to them but this has not always been sustainable.

For some parents, although they have all the strategies they are not always able to implement them.

○

YJT perspective – although we have seen a period of desistance and healthier relationships with his parents, ML remains on a CiN plan with similar concerns as mentioned earlier.

●



+



o



.



**ANY
QUESTIONS.....**