YUVA Young People’s Service
Helping young people and their families work towards respectful, non-violent relationships

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Registered Charity No: 1083549 Company No: 3934397
Who do we work with?

- Young people aged 11-18 (up to age 25 with those who have additional needs), who have used or are using aggressive and threatening behaviour towards their parents/carers and/or siblings, or in intimate partner relationships.
- Parents/carers who are experiencing violence and abuse from their children.
- Siblings who are experiencing violence and abuse from their brother and/or sister.
- Young people’s intimate partners, current or ex-partner.
The YUVA Programme

- Our primary aim to increase family safety.
- Our model of intervention draws on CBT, social learning theory, systemic theory and uses strength based approach to support change.
- We work from premise that using violence and aggression is a choice which can be changed.
- We support families and individuals by providing psycho-educational information around mechanisms, processes, outcomes and consequences of violent and abusive behaviour.
- We are not an anger management, a counselling or psychotherapy service.
How adolescent violence is different from ‘adult’ domestic violence?

Child to parent violence:

- Challenges ideas around parental power – isolates survivor
- Not just ‘normal’ challenge of parental control but used in intend to make the parent to do something, stop them doing something or punish them
- Can be extremely traumatic for abused parent
- Barriers for parents when seeking support from Child Protection focussed agencies - often parenting perceived as inadequate
- Not necessarily ‘learnt’ from an abusive parent, though there is often a correlation
- Young person may have been a child witness to domestic violence
How adolescent violence is different from ‘adult’ domestic violence?

**Intimate partner violence (dating):**
- Relationships often don’t fit into accepted models (multiple short term relationships)
- Less access to resources / services
- Greater potential to use social networks and social media to abuse
- Unable to avoid abuser in same class / school
- Added risk of involvement / associations with gangs, including dangers involved in ending relationships or gang reprisals for ‘grassing’
What do we offer?

- Up to 12 individual sessions, including assessment both for the young person and their parents/carers or partner. We may undertake some joint work, if considered appropriate and safe and both the young person and parent wish to participate. No joint work in intimate partner violence work.

- In case where young person does not engage with YUVA, parent/carer will be offered up 2 individual sessions to further identify their needs and other possible support services.
What do we offer?

- In case where parent does not engage with YUVA and they have child/children who are referred to us, young person is offered up to 4 individual sessions in order to identify possible risks and get an understanding of family dynamics, identify young person’s needs, make a possible external referral and support the young person in their initial meeting with the agency.

- 8-week *Who’s in Charge?* parents group run approximately 3 times each year from our Old Kent Road office. Created by Eddie Gallagher.
Key elements of the work with young people:

- Shifting agency: recognise own agency and capacity to take responsibility of their aggressive, violent and abusive behaviour (in accordance with age and mental capacity)
- Recognising and value emotions both in themselves and others
- Build empathy for family members
- Understand the function of their behaviour and explore outcomes (whether it really works for them)
- Explore, test and practice more effective ways of communicating distress and needs
- Explore young people’s values and beliefs around how they and others should behave in relationships
- Building ‘a tool kit’ with safe strategies for dealing with conflict, anger and stress

Key elements of the work with parents / carers:

- Recognise their child’s agency and capacity to take responsibility and control their behaviour
- Recognise their own agency as parents and individual to make changes
- Empathise and understand the child’s distress as well as their own
- Understand the function of their child’s behaviour within the family context and the outcomes and consequences of the behaviour
- Find ways of reducing the escalation of conflict and degree of negative communication
- Safety planning

The Who’s in Charge? parents group:

- Provides a supportive environment to share experiences and ideas
- Reduces the guilt and shame which most parents feel
- Offers ideas to help parents develop individual strategies for managing their child’s behaviour
- Explores ways of increasing safety and well-being
- Helps parents to feel more in control and less stressed
Where do we meet with the families?

- In school or other educational setting, when young person’s attendance is fairly regular
- Youth clubs, if access to the room is free of charge or funded by the referrer
- Youth offending service
- Social service and local authority venue
- Our site at Old Kent Road SE1 and Hammersmith W6
- Work is not conducted in private homes
Referral process:

Who can refer:

- Young people and their families can self-refer
- Professionals working with young people and/or the parent/carer can make a referral with both the young person’s and parent’s/carers’s permission
Referral process:

When referring:

- No social care involvement with the family necessary.
- When talking to a family about our service, ensure you have information to hand to, including the YUVA Service leaflets. Leaflets and referral form can be obtained from YUVA practitioners and the YUVA administrator.
- Before YUVA will meet with the young person, we require the parent’s consent to engage with their child, when they are under 18. Some parents may need referrer’s support to get this done in a timely manner and send the form to YUVA administrator.
- We also provide consultation to professionals over the telephone, if necessary.
Contact information:

YUVA Admin: 0208 741 8020

Email: dvip.yuva@richmondfellowship.org.uk
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Work mobile: 07436 035 855

https://dvip.org/for-young-people/

Please be aware we are a part-time service.