



YUVA Service

1-2-1 support for families across Surrey experiencing
Child and Adolescent Parent Violence and Abuse (CAPVA)



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YUVA works with young people aged 11 to 18 (and up to 25 where there are a wide range of specific needs) who have used violence or abuse towards their parents/carers.

The service also supports parents and carers experiencing abuse from their children.



The YUVA programme provides two integrated support services:

- Young people using violence/abuse
- Parent support service

Young People One-to-one Support Service

Young people are supported to identify and change their violent/abusive behaviours by:

- Recognising their own agency and capacity to take responsibility in their relationships.
- Recognising and valuing their own emotions, offering empathy and validation for these emotions and subsequently building empathy for other family members.
- Exploring reasons for behaving abusively.
- Exploring more effective ways of communicating distress that are safer and less destructive.
- Identifying and reflecting on issues that are relevant to their family such as the impact of DV, mental health, substance use, triggers and responses to stress.
- Exploring any underlying beliefs and attitudes supporting their use of violence and abuse.

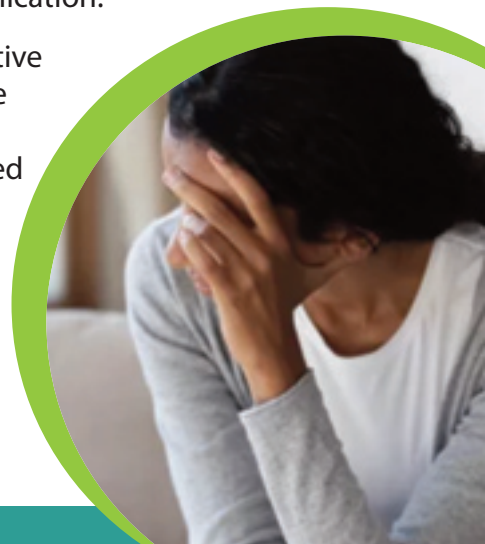


Parent Support Service

Parent/carers are offered the Yuva parent programme which offers online group support sessions to help them manage their child's behaviour. Parent engagement is compulsory for work with the child/young person to go ahead.

The work with parent/carers focuses on exploring their experiences and supporting them to take steps to make themselves and their families safer by:

- Exploring the young person's behaviour as being multi-causal, holding the belief that parents/carers are the solution rather than the problem.
- Enabling parent/carers a space to reflect on their own experiences.
- Exploring how the Yuva parent programme can be utilised, alongside acknowledging and strengthening parents/carers understanding of how neurodiversity may impact thoughts and behaviour.
- Acknowledging the parent/carers' hurt and anger while fostering a child-centred, risk aware support for the family.
- Understanding the function of their child's behaviour within the family context.
- Exploring more effective ways of communicating distress, fostering empathy, and finding ways of reducing conflict and unhealthy communication.
- Fostering a supportive environment where parents/carers feel safe and empowered to view change as possible.



Who can refer?

We accept referrals from all professionals (e.g. Social Services, Early Help, Schools, Community Services, CAMHS, Youth Services etc) and we also accept self-referrals directly from parents.

We require consent from both the parent and the young person if a referral is to be made on behalf of a family.

To discuss making a referral or to request a referral form, please contact:

020 8741 8020

dvip.yuvasurrey@waythrough.org.uk

Child to Adolescent to Parent Violence and Abuse (CAPVA) is any behaviour used by the young person towards any family member, with the aim of controlling, dominating, threatening or coercing them (persuading someone to do something using force or threats).

This includes:

- VERBAL AGGRESSION (swearing, calling you names, shouting, put downs)
- THREATS (to harm you or themselves)
- DAMAGING PROPERTY (punching walls, destroying furniture, damaging possessions)
- PASSIVE AGGRESSION (saying things like "I don't care", "whatever", rolling their eyes, kissing their teeth, ignoring you, or walking away or out)
- PHYSICAL AGGRESSION (hitting, shoving, spitting, kicking)
- FINANCIAL ABUSE (stealing from you, demanding money)

"I have found Yuva such a refreshing course. The practitioners have been so professional and have given us new perspectives to consider. The parental group have been really knowledgeable and have inspired me with their resilience and tenacity. What a great group of people who are optimistic in the face of such great adversity. The course literature has been really good too and each session very poignant and informative and has added to my knowledge in many areas."

Parent commenting on completion of the Yuva parent programme, 2024

"I now understand that I have choices in how I behave, and I want to make the right choices to be the best version of myself."

Young person commenting on completion of the Yuva sessions, 2024

DVIP is part of Waythrough.

We are working to end domestic abuse and reduce the harm it causes to individuals, families and children.

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