BEHIND CLOSED DOORS: UNDERSTANDING AND ADDRESSING CHILD-ON-PARENT VIOLENCE

Carrie Grant *David Grant*

HOSTED BY
THE OLLIE FOUNDATION
ON NOVEMBER 28, 2024

RESOURCE BOOKLET

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The OLLIE Foundation was launched in 2016 by three parents who, having each lost a teenage son to suicide, pledged to prevent such losses for other families.
OLLIE is devoted to empowering individuals and organisations to reduce suicide in their communities through education, intervention, and prevention. By providing the right support and knowledge, we're confident in our ability and yours to create positive change and save lives because...

One Life Lost Is Enough

Thank you for attending The OLLIE Foundation's talk "Behind Closed Doors: Understanding and Addressing Child-on-Parent Violence" with Carrie and David Grant on the 28th November 2024.

OLLIE has a growing reputation for our Thought Leadership Events where we shine a spotlight on a community statistically at higher risk of suicide than other communities.

Our talks are always inclusive, bringing all stakeholders together for education, support and development. We believe that together we can be more than the sum of our parts.

PAC-UK (n.d.) describes Child to Parent Violence (CPV) as a pattern of physical, psychological, and emotional behaviour exhibited by children and adolescents who struggle to regulate their emotions or seek control over their parents or carers.
CPV is a serious issue for many families, which is often misunderstood or overlooked. It can be a difficult and seemingly impossible task for parents and carers to acknowledge that this is happening in their family.

An abridged recording of this talk is now available on our YouTube Channel.
Click here to view: Behind Closed Doors

This resource has been co-produced with our speakers and the delegates who attended the live event. Please use your own discretion when contacting any organisation. The OLLIE Foundation can not endorse any of the organisations listed but have curated this signposting guide in good faith and hope you will find it useful.

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Panelist Information

Carrie & David Grant

Carrie and David Grant are BAFTA award-winning broadcasters, vocal coaches, leadership coaches and campaigners. Their TV and music career has spanned over 35 years and they have been awarded a MOBO award and a BASCA for their lifetime services to the music industry.

Carrie is a reporter for BBC 1's The One Show and together with David hosts the Saturday Breakfast Show on BBC Radio London. In 2018 Carrie was awarded an Honorary Doctorate of Arts from the University of Bedfordshire and in 2020 an MBE for services to Music, Media and Charity.

David has had 14 hit records and been nominated for 2 Brit Awards. David was awarded an MBE in 2019 for his lifetime services to music.

Carrie and David are regularly called upon as commentators on a range of subjects. Music, singing and performance, neuro-diversity, family, adoption, inclusion, education and health.

TV & Media

- **The Saturday breakfast Show on BBC Radio London**
- **Facing The Music**
- **CBeebies Carrie and David's Popshop**
- **BBC1's The One Show (Carrie is a regular presenter)**
- **Songs of Praise (David is a regular presenter)**
- **Carrie has a BBC podcast on Loneliness in the Elderly**
- **Judges and Coaches on BBC 1's Fame Academy, ITV's Pop Idol, Gospel Choir of the Year, Chorister of the Year, Teenstar and Open Mic**
- **Documentaries they have featured on include: Eva Cassidy, Al Bowlly, Madonna, Whitney Houston, George Michael, Aretha Franklin and Freddie Mercury**

Vocal Coaching:

- **Carrie and David are International Vocal Coaches with a Worldwide best-selling book, worldwide best-selling vocal coaching course and UK No. 1 DVD**

Leadership Coaching:

- **Carrie and David have spent 23 years working with global executives on change management, team building, and personal leadership branding amidst disruption**

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Panelist Information

Carrie & David Grant

Carrie and David have 4 children and are passionate campaigners about adoption, autism, ADHD, invisible disability and inclusion. Some of their children are also in the industry.

Campaigning & Support:

Carrie:

- **Carrie has been the President of the Unite Union for Community Practitioners and Health Visitors (CPHVA)**
- **Patient Lead for the College of Medicine**
- **Ambassador for charities: Crohns & Colitis UK (having had Crohn's Disease herself for over thirty years) The National Autistic Society, The Diana Award and Adoption UK.**
- **She sits on the largest Transforming Care Partnership Panel in the UK.**
- **Anti-bullying Ambassador and promotes adoption**

David & Carrie

- **Run a number of community support groups from their home. One being a monthly parent support group for 250 families**

YouTube Channel

- **Deconstructing Diversity is Carrie and David's latest project – a YouTube Channel and Podcast raising the voices of those who are often unheard in order to raise the profile of the diverse but also to help to educate those who don't yet understand**

Books:

- **Walking with Jesus (IBSN: 9780281086788)**
- **A Very Modern Family: Stories and guidance to nurture your relationships (IBSN: 978-0349434728_**
- **A Very Modern Family: Stories and guidance for brave parenting when different is the norm (ISBN: 978-0349434711)**

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Organisations working to support families facing CPV

The OLLIE Foundation has partnered with several UK-based organisations dedicated to supporting families dealing with CPV. These organisations, along with Carrie and David Grant, will participate in our follow-up sessions to assist both parents and professionals. Additional information about the sessions can be found towards the end of this pack.

CAPA First Response

Founded in 2019 by a dedicated sole practitioner, Capa First Response emerged to fill a critical gap in services for families and professionals dealing with Child-to-parent violence and Abuse (CAPVA). With a vision to provide accessible support to the WHOLE family our services support families with children under 18 (or up to 25 for those with neurodivergent or additional needs).

Their services offer:

- **Tailored and Flexible Support**
- **Strengths-Based Approach**
- **Non-Judgmental and Empathetic**
- **Neurodiverse Affirming Practice**
- **Family-Centred Philosophy**

You can access the following services for free:

- **Parent/Carer Weekly Drop-In, every Thursday, 12:30 PM - 1:30 PM**
- **Parent/Carer Forum Every 6 weeks, 1.5-hour workshop and live Q&A**
- **Advice & Support Sessions for Parents/Carers & Professionals**
- **121 Work: support for the WHOLE family including siblings, parents/carers, aunts, uncles, friends, neighbours & professionals**
- **Training - All of our training is CPD accredited and includes a 3 hour - Introduction to CAPA, a 1 day - Understanding and working with CAPA**
- **Capa Community Connection Events which enhance professional awareness and connection**

ALL of their services are offered online or over the phone. You can request support by either emailing them at info@capafirstresponse.org or by heading to their website and filling in their enquiry form.

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Organisations working to support families facing CPV

PEGS

PEGS is a social enterprise set up to support parents, carers and guardians who are experiencing Child to Parent Abuse (including those with adult offspring). They don't directly work with the child displaying the behaviours but have a network of partners whose expertise lies in this area.

They have developed a range of virtual services for parents to enable access from anywhere in the UK, alongside training and policy consultancy for organisations looking to recognise CPA, improve their responses to it, and support those impacted by this type of abuse.

Parent Services:

- **Virtual drop-ins:** multiple virtual drop-in sessions each week, at different times during the day and evening.
- **Peer support group:** closed peer support group on Facebook gives parents the chance to share their experiences
- **EPIC sessions:** online Empowering Parents in Crisis (EPIC) sessions are tailor-made for parents, carers and guardians and aimed at reducing feelings of isolation, guilt and blame.
- **One-to-one support**
- **Bespoke workshops**

Professional Services:

- **CPA Awareness & Practice:** The course is designed to upskill individual practice, encourage professional curiosity, and improve the effectiveness of your organisation's CPA support
- **Understanding CPA:** This training is designed to give attendees as much knowledge about Child to Parent Abuse as possible in a short amount of time, leaving them empowered to work alongside parents, carers and guardians experiencing this often-hidden or overlooked type of domestic abuse
- **PRAM © Training:** PRAM (PEGS' Risk Assessment Model) was created as a dynamic tool to help professionals identify CPA, as an alternative to existing models which focus on intimate partner abuse
- **Bespoke Courses**
- **Awareness Talks**

Head to their website to find out more and if you are a parent complete a self referral form.

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Organisations working to support families facing CPV

Who's in Charge Programme

Offers support and courses for parents dealing with violent or challenging children. It provides strategies, such as implementing boundaries and safety plans, while emphasising mutual respect between parents and children.
Learn more at their website: Who's In Charge

Chrysalis

Chrysalis Centre operating in Beds and Herts, is a ground-breaking programme of interventions to break the cycle of domestic abuse making victims, families and communities safer. This is achieved by challenging underlying abusive behaviours and providing education and support to enable healthy, safe and positive relationships. Central to the role of Chrysalis Centre is the effective screening of referrals to understand causation factors, including Adverse Childhood Experiences, substance or alcohol dependencies. https://chrysaliscentre.net

Newbold Hope

Newbold Hope – Community of Practice
A community for professionals and other staff who work with this cohort of children and young people. Supporting parents and professionals to reduce violent, difficult and dangerous behaviour in children and young people with a disability and/or an additional need.

Newbold Hope is a small, parent-led organization set up by Yvonne Newbold MBE, to work with families and professional staff from education, health care and social services in reducing anxiety-led difficult and dangerous behaviour in children with an additional need or disability. It was formerly known as The SEND VCB Project.
They provide training for parents and professional staff, as well as offering support and resources, which include an online community of 14,000 families who can come together for support, understanding and solidarity.

Who is Newbold Hope for?
Are you worried about a child's difficult and dangerous behaviour?
Does your child sometimes become violent towards others?
Do the rest of the family sometimes get hurt?

Find out more using the link to the website below.
https://www.newboldhope.com/

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What is CPA?

Child to Parent Abuse (CPA) also referred to as CPV (Child to Parent Violence) involves children displaying abusive behaviours towards parents, carers or guardians. CPA is a serious issue and evidence suggests it is increasing. These behaviours can be carried out by someone's child (minor or adult aged) against mothers, fathers, grandparents, siblings and carers. CPA is extreme behaviour that cause the parental figure to live in fear of their child or their child's reactions. Some parents have shared they start to feel like you they walking on eggshells, change their routines completely, reduce hours or leave employment altogether.

Types of abuse can include:

Physical: This can include but is not limited to, hitting, kicking, damaging and throwing things, using weapons to cause harm, causing harm to siblings or pets.

Emotional/Verbal: This can include; humiliation, screaming, swearing, whispering campaigns, threatening to harm or kill themselves or others, verbal intimidation.

Coercion and control: This is a pattern of behaviour used to exert power, control, or coercion over another person. This can include but is not limited to: isolating you from your family or friends, controlling what you eat, wear, or do, who you are allowed to see or spend time with, preventing you from accessing support, gaslighting, monitoring your behaviour (online or in person).

Financial and Economic: This can include, demanding money or things you cannot afford, stealing money or possessions from you, stopping you from accessing work or exerting control over income, spending, bank accounts, bills and borrowing.

Digital: Where someone monitors, harasses, stalks, threatens, controls or impersonates another person using technology. This can be physical, psychological, verbal or online.

Sexual: This includes inappropriate touching, comments or suggestions.

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Facts and figures taken from surveys:

1 in 10 families will experience CPA.

89% of parents reported to PEGS that their child's behaviour became abusive when their child was aged 12 or under.

74% of parents have had to reduce their hours at wok or leave employment altogether due to CPA.

25% of parents have had to call the police more than five times because of their child's behaviour.

65% of adoptive families experience CPA.

Child-to-parent abuse can impact the whole household including siblings - 90% of parents PEGS support have more than 1 child.

36% of children displaying abusive behaviours to parents/carers/guardians have also hurt a pet or animal.

85% of parents experiencing COPV whos spoke to PEGS felt isolated or alone.
74% felt blamed.
67% felt humiliated.
95% felt helpless.
76% felt guilty.
76% felt scared.
90% felt frustrated.

Link to PEGS surveys: https://www.pegsupport.co.uk/blog-search?searchTerm=survey
Sources: PEGS surveys 2022, 2023, Adoption UK

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Nonviolent Resistance (NVR)

What is Nonviolent resistance (NVR) ?

Nonviolent resistance (NVR) is a method of achieving social or political change without the use of physical violence
In terms of child-on-parent violence NVR provides a method for helping people overcome destructive, aggressive, or controlling behavior. NVR can be used in parenting to help build positive relationships with young people.
Non Violent Resistance (NVR) is an approach that can be applied to multiple situations where the young person displays undesirable behaviour for example hitting, kicking, spitting, threating behaviour, violence to themselves (self-harm, suicidality, disrupted eating patterns) or isolating themselves.

NVR does not ignore challenging behaviour, but chooses to deal with it when emotions in both the young person and the adult are not as high.

Key principles of the approach

1. **Avoiding violent reactions.**
2. **Realising that continued struggle is not necessary.**
3. **Being open about the struggles being experienced, don't keep it to yourself.**
4. **Recruiting supporters.**
5. **Taking unconditional reconciliatory action.**

What to do if your child is being aggressive? Capa advise:
If it is safe to do so stay with your child and validate their feelings.
"I can see you are angry and you are allowed to be angry, but it is not okay to hit me/damage things".

Talking too much to anyone who is in a heightened emotional state can 'fall of deaf ears', they are unlikely to be able to respond in a calm way.
Stay present (if safe) and use few words to let your child know you are there. Continue to validate feelings, or if this escalates remain quiet.

Make sure you have your phone with you so you can contact the police or a friend for help and support.

Don't try to reason at this point with your child or demand they stop.

If you are in danger or fear for anyone in the home call the police.

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The Low Arousal Approach

Emphasises a range of behaviour management strategies that focus on the reduction of stress, fear and frustration. These strategies are put in place in order to prevent aggression and avoid creating crisis situations. The low arousal approach seeks to understand the role of the 'situation' on behaviour by identifying triggers and using low intensity solutions to avoid punitive consequences for individuals with additional needs.

Low Arousal Online Training

- **Studio 3 has been providing training in the use and application of the Low Arousal Approach for three decades. Professionals, support workers, carers and family members have been able to access workshops focusing primarily on practical, non-confrontational approaches to supporting individuals who experience significant stress and present behaviours that may be difficult to manage.**

- **Training has encouraged support providers to focus on the person rather than the behaviour and try to understand the underlying causes of the behaviour, rather than viewing it as a problem that needs to be solved. Course participants are also introduced to a range of proactive and reactive strategies as well as being given opportunities to reflect on their own behaviour and how this may impact the behaviour of others. Time is also devoted to the development of effective coping strategies that can help support providers manage their own stress and anxieties around the individuals and behaviours they work with. The Low Arousal Approach enables practitioners to defuse crisis situations within a variety of settings through early identification and intervention.**

https://www.studio3.org/training-and-coaching/low-arousal-training/low-arousal-online

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Some of your key takeaways from the talk...

This is so informative... as a mental health practitioner and a mum of a child really struggling on multiple levels at the moment. Thanks so much.

You have just described my entire life and I would like to thank you both for sharing your story.

I could listen to you talk for hours, this has been incredible, thank you so much. I've learned so much from you both and can't wait to read your book! Thank you.

I have four all autistic this has been so helpful, it's hard when you're also autistic and get overwhelmed.

Wonderful session. Thank you all so much. For the last 1.5 hrs I've felt like I'm not alone and it's ok to have strong feelings about what happens to me. It's also shown that you can talk and at times laugh at this when looking back at things. Thank you both for speaking out and having these frank and honest conversations!

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Recommendations from delegates

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1. The Declarative Language Handbook (Linda K Murphy) very helpful in adapting my communication style with my PDA son.
2. SEN Parent Support Group founded by the wonderful Andrea Dixon boldly on Facebook.
3. https://www.thepotatogroup.org.uk/

Organisations- UK

- **Adoption UK is the leading charity providing support, community and advocacy for all those parenting or supporting children who cannot live with their birth parents. They connect adoptive families, provide information and signposting on a range of adoption-related issues and campaign for improvements to adoption policy and legislation at the highest levels.**

Books

- **A Very Modern Family: Stories and guidance to nurture your relationships (IBSN: 978-0349434728_**
- **A Very Modern Family: Stories and guidance for brave parenting when different is the norm (ISBN: 978-0349434711)**
- **Connective Parenting: A guide to connecting with your child using the NVR Approach Paperback – 23 May 2017 by Sarah Fisher (ISBN: 9781546718703)**

Published articles

- **Promoting Wellbeing Among Adoptees During the Search and Reunification Process** William Love, University of Pennsylvania (2018), Addresses the subject of adoption reunions as a potential trigger leading to a variety of struggles.

Social Media Accounts:

- **@rewritingadoption is a support page for adoptees and hosts live adoptee panel events.**

YouTube:

- **Sophie Wilkinson talks about non-violent resistance of children**
  You Tube - https://www.youtube.com/watch?v=XInXtHYVwro

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Support Groups

National Association of Adoptees and Parents:

A group for any relinquishee who has suffered from addiction to a substance or unhealthy disorder. Inclusive of family and friends. Have a 'Happy Hour' every Friday night with guest speakers.

Helplines:

Childline

Provides counselling and support for children and parents. They also offer practical advice on managing family conflicts.
Visit: Childline.org.uk

Respect

Respect is the UK charity stopping perpetrators of domestic abuse.
Visit: respect.org.uk

YoungMinds

Parents Helpline: A service for parents concerned about their child's mental health. They provide expert advice on behavioural challenges.
Details can be found at: youngminds.org.uk

Action for Children

Offers programs and guidance for parents to build positive relationships and handle tough situations with children effectively.
Explore their resources at: actionforchildren.org.uk

MindEd for Families

Offers online learning sessions and tools to support the mental health of young people and advice for parents dealing with difficulties.
Access it at MindEd

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Staying connected with The OLLIE Foundation

OLLIE is based in the UK but our training is delivered both online and in person. This means that wherever you are in the World, OLLIE can deliver training to you!

Thought Leadership

As well as hosting discussions around Adoption, Addiction and Trauma, we also run regular Thought Leadership events with a focus on topics such as the Link between Autism and Suicide and Gender and Suicide. These can be found on our Youtube.

Online Training Sessions

We have a range of wellbeing and suicide prevention training programmes that are delivered online via Zoom. You can access more information and booking here.

In-house Training Sessions

All of our open training offers can be delivered in-house to your workplace, school or community group, tailored to your needs and at a time convenient for you. Please email contactus@theolliefoundation.org for more information about this.

Volunteers and Fundraisers

If you are interested in supporting OLLIE, either by volunteering your time and skills or completing a fun challenge or run to raise funds for us, please email chris@theolliefoundation.org to find out more.

To keep updated with when our events are happening and to hear regular updates about OLLIE's work, subscribe to our Newsletter here.

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