

## Local support services

If you refer to the programme please continue to facilitate and support attendance by the young person and parent or carer.

### MASS Team

Open Monday to Friday from 9am to 4:45pm

☎ 0300 303 0440

### Resolve

Open Monday to Friday 9am to 5pm

(Counselling service for young people 4-19 years)

☎ 0161 633 5991

### Lets Talk

Open Monday to Friday 9am to 5pm

(Referral for counselling service 4 years+)

☎ 0161 834 6069

### WHAG (Women's Housing Action Group) DVFS Office

Open Monday to Friday 9am to 5pm

☎ 01706 658171

### Victim Support Rochdale

Open 9am - 5pm

☎ 0161 856 5810

### Early Help Team

Advisors to support parents, carers and professionals

Open Monday to Friday 9am to 5pm

☎ 01706 925440

## Contact Information

### Manchester Domestic Violence Helpline

Open 8am to 4pm

(for refuge accommodation and general advice)

☎ 0161 636 7525

### Rochdale Safeguarding Adults Team

Open Monday to Friday 9am to 5pm

☎ 0300 303 8886

### National Support Services

Respect Phone line ☎ 0808 802 4040

Women's Aid ☎ 0808 200 0247

Victim Support ☎ 0845 303 0900

Samaritans ☎ 0845 790 9090

Child line ☎ 0800 1111



## Addressing adolescent to parent violence and abuse

APVA Programme

A brief guide

[rochdale.gov.uk/familyhelp](http://rochdale.gov.uk/familyhelp)



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BOROUGH COUNCIL

## The programme

There is a programme for families where young people (10 to 17 years old) are aggressive towards people close to them - like their brothers, sisters, parents or carers. This includes behaviour like hitting, making threats, damaging things in the home, and financial and emotional abuse.

The programme provides support, insight, simple solutions and improvements to family relationship problems, many of which have been building up for years.

### Families have said ...

Both parents and young people want help that is brief, effective and avoids blaming them - they want to end up feeling better, not worse. In the programme both parent and young person are seen as part of the solution.



“ It's life changing ”

“ Worth every minute spent on it ”

## What does it involve?

The programme is delivered via weekly sessions and lasts around three months. Sessions vary - some are with the family together, some are with the parent(s) alone and some with just the young person. We encourage both young people and parents to attend.



The programme begins with a meeting where the family can find out more about how we work and decide if they want to commit. This stage includes a meeting for both young people and their parent(s) together followed by a couple of separate meetings for the young person and the parent(s) separately.

If all goes well there are a number of follow-on individual sessions with the young person and parent/carer and also joint sessions.

Sessions use a varied and rich assortment of techniques, appealing to a wide range of people and learning styles.

## How to refer

Participation is voluntary and consent is required from both the young person and parent.

The programme is open to young people and to their parents or carers, where there is aggression or violence towards parents or carers in the home.

To discuss a referral or for further information please call the Early Help Team on:

☎ 01706 925440

or send email enquiries to:

✉ [supportingfamilies@rochdale.gov.uk](mailto:supportingfamilies@rochdale.gov.uk)

