

Appendix I

Evidence of the need

Parent Carers Quotes

“My 21 year old still has the odd outburst of aggression towards me. I called the police when he was 15 for help. They arrested him which did not help at all. He also runs off after an lashing out at me, I called the police as he was gone for ages and I was very worried because of the state he was in. Every time they say will refer us to someone for help and support but nothing ever happens. Since he's left school, most support has disappeared.”

“It's physically and mentally draining” “we are walking on eggshells so as not to upset my son, he's 11 and once he starts doors slam, things get thrown, people get either hit or something thrown at them”

“I get punched, kicked, pinched, hair pulled out and a lot more! It is so hard trying to stay in control and not let him know it hurts and breaks me every time it happens”

(mother of an autistic 6 year old)

Data

Space for Autism reported a huge increase in requests for support re managing challenging and violent behaviour since the pandemic. There have been 48 requests in the last 12 months for intensive support with behaviour, on top of this 15 have requested the Promoting Positive Behaviour Course that has been run. They also report seeing an increase in the request for therapeutic support, i.e. the counselling for carers to manage their child or for the child themselves. They are hearing more and more of the child being violent to the parent and or siblings. The Cheshire East People Helping People scheme during COVID had dealt with parents who were being challenged by their young person who have a SEN/autism (6 cases) This was so severe they were referred to childrens services.

MyCWA Data - 12 month period September 2021 to September 2022 we had 25 cases referred on for support. Out of this 25 – 7 were identified as on the ASD spectrum or under assessment. This equates to 28%

Principles

- Behaviour is an expression of an unmet need -
- Use of language - Terms such as ‘domestic abuse’ ‘abuse’ present a barrier for parent carers in accessing support
- Co-creation – the insight of those with lives experience are critical
- Whole family response – support for the parent/carers, for the child/young person themselves and for siblings and wider family

- No wrong door – regardless of where or how a family seeks help or support, there should be an easy, frictionless mechanism to get them the most effective support based on their specific needs and circumstances

Overarching aim	Actions	Owner	Timeframe
To cocreate a self-help resource for parent carers and their family	Review existing materials including – MyCWA resources and toolkit		
	Create a self help resource for parent carers (Note from Annette - Leaflet- we did a one page leaflet for the OP group and we feel the same could be done for this issue too. Katie Jones alongside Judith did the last leaflet so maybe Katie would help again?)		
	Agree language (ask parent carers) and review language used through the existing pathways to support		
	Create a VLOG of a parent carer talking through their own experience		
	Create an information and advice page linked to parent carers forum website – link to Livewell – short breaks, adults, DA pages		Launch at parent carers forum AGM?
	Direct support for the child/young person - mental health, self esteem, understanding and management of their condition		
Raise awareness of the specific issues and challenges faced by families experiencing violence from a child/young person with a SEND and challenge perceptions of judgement and blame towards families who are facing childhood behavioural difficulties, to create more compassionate	Awareness raising campaign linked to national campaigns		

understanding, support, and much needed acceptance.			
	A virtual awareness raising event (drawing on learning from the Dementia and DA ops group)		
Develop training/resources for professionals – initially aimed at Police, Childrens Social Care and Health	Create a One minute guide for professionals in adults and children to remind them to consider any safeguarding concerns for the whole family		
	Online training and awareness for professionals – promote through various Boards (Domestic abuse, Childrens safety partnership, adult safeguarding, SEND Partnership Board)		
	Agree target audience for training – include Police, Childrens social workers,		
	Provider toolkit- as a provider could be going into the parent carers home either because the parent carer has their own needs or the young person has, it would be worth revamping the toolkit we did for the OP group to make it relevant for this group which would help providers and other professionals recognise DA		
Improve pathways to support for those families in need of specialist intervention	Offer parent carers training/support sessions – include crisis responses and longer term strategies		
	explore a programme for young people that helps with understanding healthy relationships – Danielle has done some of this work in other areas		
Identify, or create, a risk assessment tool			

Identify gaps in current responses and make recommendations to relevant Boards about how to address these – (eg. Training for parents, programmes for children/young people)			

Partners

- Autism Inclusive
- S4A
- Cheshire Buddies
- School / educational settings
- ChAPs
- Visyon
- Just drop in
- Young carers (siblings)
- CE Carers Hub
- C & W Carers Trust

Learning from the Dementia and Da group

- 2/Leaflet- we did a one page leaflet for the OP group and we feel the same could be done for this issue too. Katie Jones alongside Judith did the last leaflet so maybe Katie would help again?
- 3/Guidance-as discussed in the OP group, we are due to review the DA and adult safeguarding guidance and even though we do have a carers section in there, we could add more about parent carers who have their own care and support needs

- 4/Provider toolkit- as a provider could be going into the parent carers home either because the parent carer has their own needs or the young person has, it would be worth revamping the toolkit we did for the OP group to make it relevant for this group which would help providers and other professionals recognise DA.
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