

Ceredigion “Worried about Your Teenager?” Targeted Parent Support

Partners involved: Ceredigion Team around the Family, Tim Teulu (Ceredigion Family Support team), Dyfed Powys Police, Barod, West Wales Domestic Abuse Services (WWDAS), Youth Justice Preventions Service.

November 2020

Purpose of Group

The local school and PCSO (Police Community Support Officer) identified a cohort of young people who were highly vulnerable to substance misuse and exploitation with regard county lines. Their parents were increasingly unable to independently manage this behaviour and COVID restrictions made it difficult to put in the intensive face to face support that would have been the usual response. It was agreed to ensure parents were aware of services that could help, for them to be confident in contacting those services directly and for parents to support one another in managing the young people as a group. The aim was to focus on empowering parents using a Signs of Safety and Wellbeing approach to enable them to reassume some measure of influence and control for the young person.

Four twilight sessions were held across four weeks with a different topic each week. Four parents from four were identified via the Team around the Family Lead Professional forum and then assertively engaged by the TAF coordinator by telephone and each parent was sent a wellbeing pack – including the Family Links parent manual as well as tea and chocolate following the initial introductory session

- Session 1- Meet and Greet. What were the parents worried about?
- Session 2- Presentation from Barod: information about different drugs, what are the signs of use and what helps to keep your teenager safe .
- Session 3- Presentation from Tim Teulu: parent communication strategies and using Non-violent Resistance. Presentation from WWDAS: child on parent violence and Break 4 Change strategies.
- Session 4- Presentation from Dyfed Powys police: County Lines. Presentation from Youth Justice: restorative approaches and what happens when a young person is referred.

All parents attended regularly and grew in confidence over the sessions. One young person whose Gran was not coping with him began to accept that he had been through several rejections that was influencing his behaviour and was subsequently supported by her to return to Dad’s care with ongoing work by Ceredigion Early Help services including TAF, the Behaviour team, WWDAS and Youth Justice Preventions to maintain this.

Parents said:

“Really enjoyed each session”

“Such a welcoming Group”

“Looked forward to our session every week”

“Interesting topics and easy to listen to”

“An hour session wasn’t enough could do with it being 1½ hrs”

“I feel confident that I am able to sit down with my son and talk to him about drugs as I have the knowledge now”

“All facilitators were easy to talk to and they really did listen to me”

“Loved receiving my wellbeing packs in the post really did make feel that someone cared and made me realise that I’m not just a Mum and I need to look after myself too”

“Enjoyed meeting other parents and I’m not scared of contacting them for any reason”

“I would definitely attend other groups similar to this. Please keep me on the list”

“It was nice receiving emails each week giving us feedback on each session and hearing positive words”

“Would be nice to have face to face but totally understand why it was virtual”

“It’s given me confidence as a parent that I can put boundaries in place”

Feedback from Dyfed Powys Police

“As School Community Police Officer it is vital that we have these additional opportunities to educate and get the parents involved, in particular, when concerns are raised within the school and through the community of specific individuals. These sessions have allowed us to work on a multi-agency basis outside of the school remit to ensure that we reach the most vulnerable within the school and wider community.”

Report prepared by Ceredigion Team around the Family Coordinator, Emma Jones

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