

Norfolk Practice Week

# The Art of Individuality

Monday 18 – Friday 22 May 2026



# Welcome...

We'd love you to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others – this should be a safe, open and reflective space to learn.

If you need live captions, click on the 3 dots at the top of your screen.

Please do take 2 minutes to provide us with some feedback – we love to hear what you think. The QR code and link will be provided later.

Some of these Practice Week sessions are being recorded for learning purposes. Your presenter will let you know at the start.

Thank you!

Working together to

# Reduce Child and Adolescent to Parent Violence and Abuse

Amanda Murr – Assistant Director for Policy and Partnership, Office of the Police and Crime Commissioner for Norfolk

Justine Dodds - Head of Young People's Services, Respect



# What is CAPVA?

- Respect uses the term CAPVA to describe the dynamic where a young person (8-18 years) engages in abusive behaviour towards their parent/caregiver (includes biological parents, stepparents, adoptive or foster parents, and other family members providing care (including kinship care), such as grandparents.
- The words 'violence' and 'abuse' are included to reflect the diversity of physical and nonphysical forms of behaviour that can be involved –i.e. sexual abuse, damage to property, threatening behaviour, emotional abuse, economic abuse, coercive and controlling behaviour.

*"I didn't get help because I didn't even know there was a word for it." Parent (Unsafe and Unheard Report 2025)*



# Background context

- Child and Adolescent to Parent Violence and Abuse (CAPVA) was identified as an important area of focus for the Norfolk Community Safety Partnership.
- The partnership needed to think innovatively and invest in a self-sustaining intervention that worked systemically with both the child/adolescent and the parent.
- Norfolk was successful in securing funding from the Home Office's Domestic Abuse Perpetrator Fund 23/25 extended 26/27.
- Norfolk's CAPVA partnership formed to deliver the Respect Young People's Programme (RYPP).

*"There is the need for a nationally agreed definition. This inability to talk the same language makes it impossible to collect data around prevalence."*  
**Practitioner (Unsafe and Unheard Report 2025)**

# Norfolk's CAPVA Project

## Project Overview

- 3.5.-year pilot April 2023-Sept 2026.
- Managed by the Office of the Police and Crime Commissioner for Norfolk.
- Funded by the Home Office.
- Partnership between, Children's Services, Youth Justice Service, Respect, Norfolk Constabulary, NIDAS and Brave Futures/Cup-O-T.
- Delivery of the Respect Young People's Programme (RYPP) across Norfolk using a multi-agency approach (dedicated referral pathways).

## The Child and Adolescent to Parent Violence and Abuse (CAPVA) Project

## Project Aims

- Reduce verbal aggression and violence in close relationships.
- Improve family communication and relationships.
- Build parenting confidence and skills.
- Increase young people's insight into their own behaviour.
- Improve emotional well-being (coping with anxiety, anger, emotional self-regulation).
- Increase awareness and understanding of CAPVA across the partnership.

# Norfolk's CAPVA partnership



Project management and partnership oversight group

Training, practice support, quality assurance

Respect



## RYP trained practitioners



- Adolescent and Therapeutic Service
- School & Community Team
- New Roads
- Fostering



17 Norfolk Schools  
*Primary, secondary and specialist provision*

## Therapeutic provider

2023-25



2025-26



## Referring agencies



Independent academic evaluation

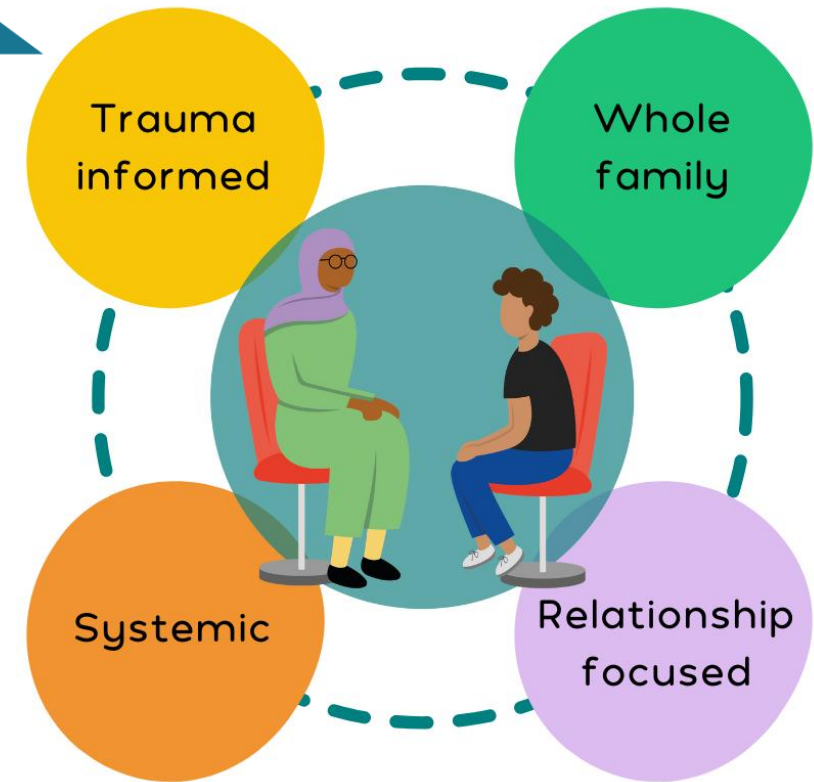


# Who are Respect?

- The UK charity stopping perpetrators of domestic abuse. We work with our members, partners and allies to stop the harms done by those who cause harm and perpetrate domestic abuse.

## Respect Young People's Service (RYPS)

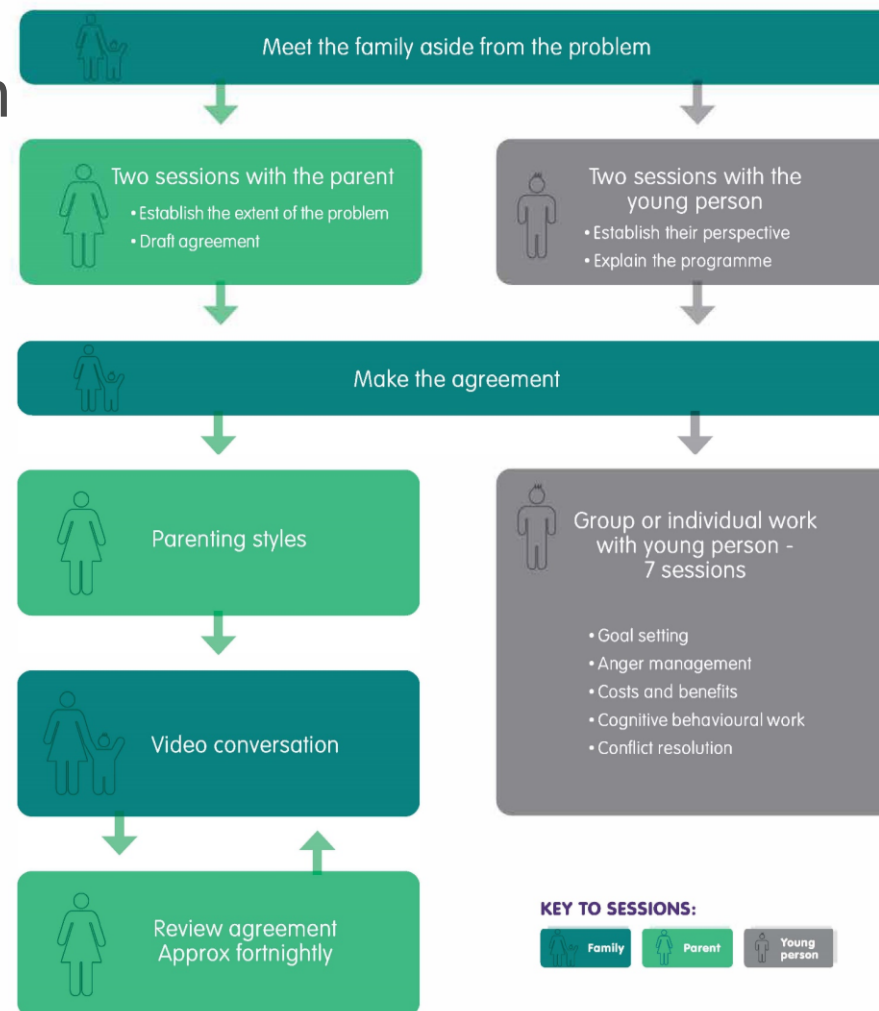
- Supports professionals to respond effectively to young people and their families where a young person is engaging in abusive behaviour towards parents, carers and intimate partners.



# Respect Young People's Programme

**18** sessions delivered over **12** weeks, based on approximately:

- 7 sessions with parents
- 9 sessions with YP
- 2 family sessions
- 1 exit / closure session





**In our recent CAPVA survey what percentage of parents said they did not reach out for support because of the shame and stigma of disclosing?**

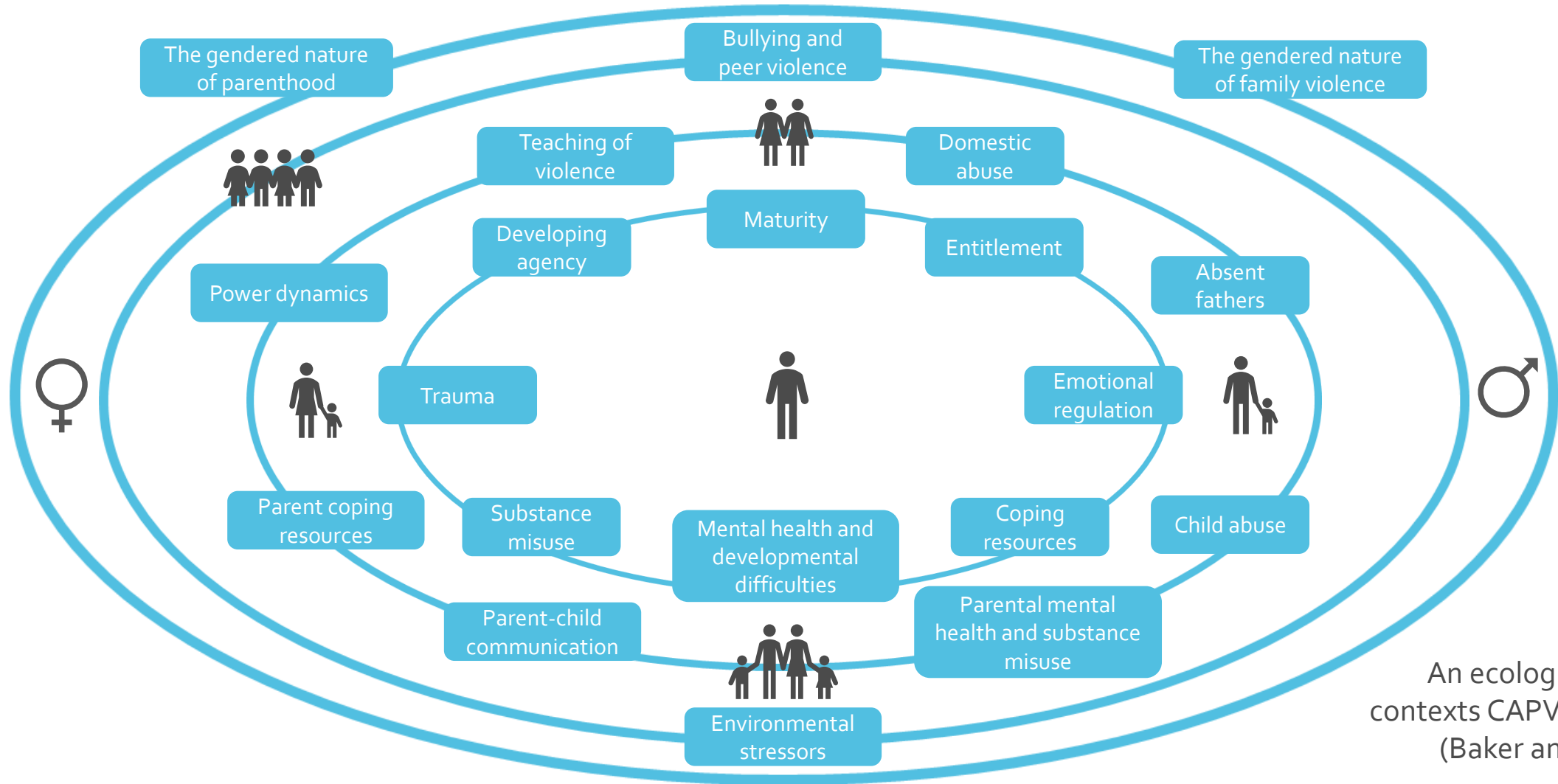


**Capva is most likely to be reported  
when a child is...**



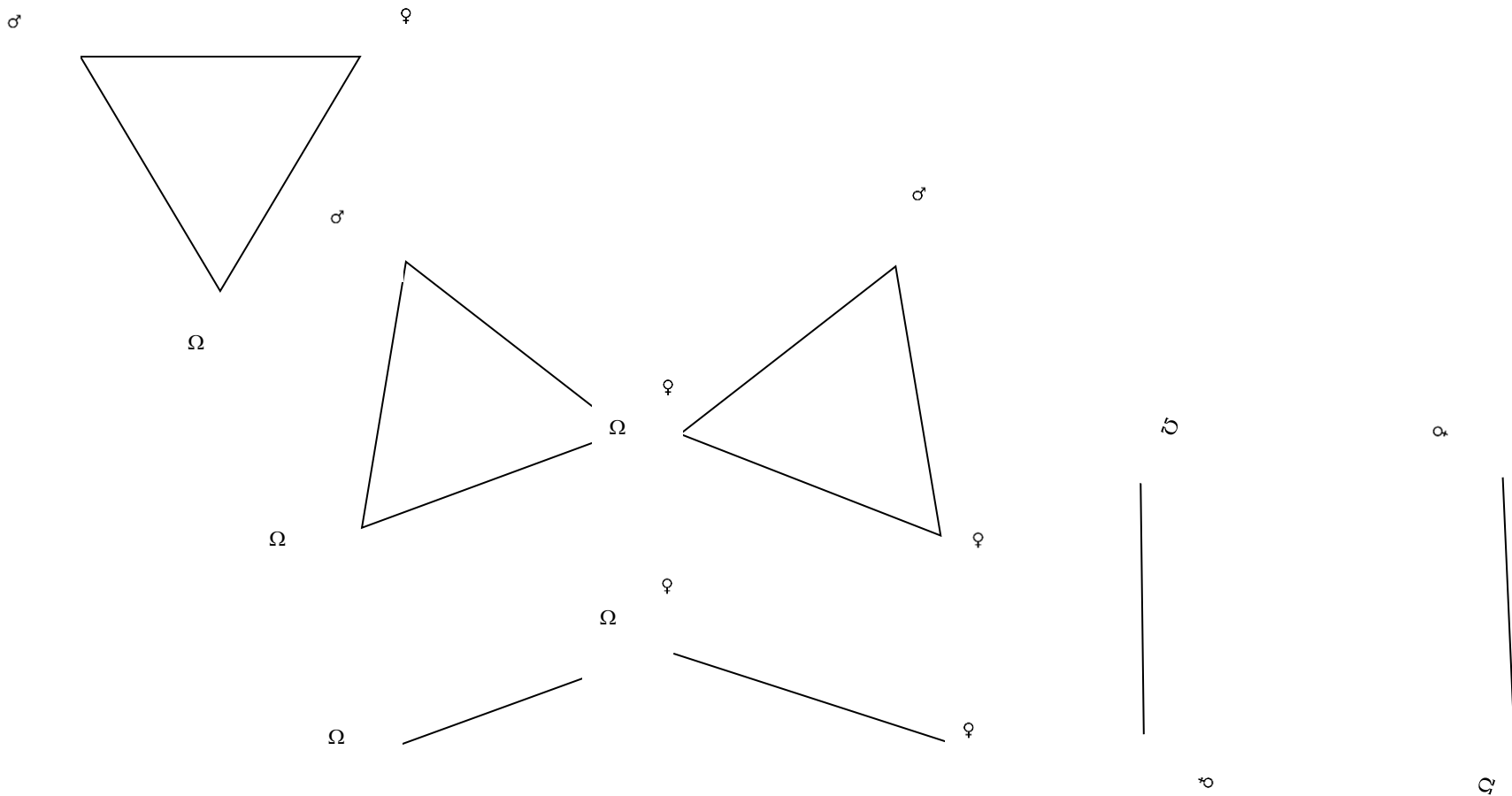
**What contributes to CAPVA  
happening?**

# CAPVA - Ecological Model



An ecological model-  
contexts CAPVA occurs in  
(Baker and Bonnick)

# Domestic Abuse and CAPVA



# From April 2023 to March 2026...



Across all services, we have trained **93** professionals to deliver the RYPP.

- **27** two-hour practice support sessions were carried out
- Additional practice development sessions were delivered to enhance practitioner's skills



**151** families participated in the programme.

- **73** families completed the whole programme or are progressing. A further **35** are being reviewed for pre RYPP work.
- The programme was offered to **281** additional families that declined or could not take part.



**37** children have been offered therapeutic support



Most young people were male, 12-15 years old and white British.

- **29%** were recorded as having at least one disability.

## Children

89-92% of data collected

Ethnicity: 70% White British

Age: 55% 12-15 years old; 18% 16-19 years old

Gender: 67% Male

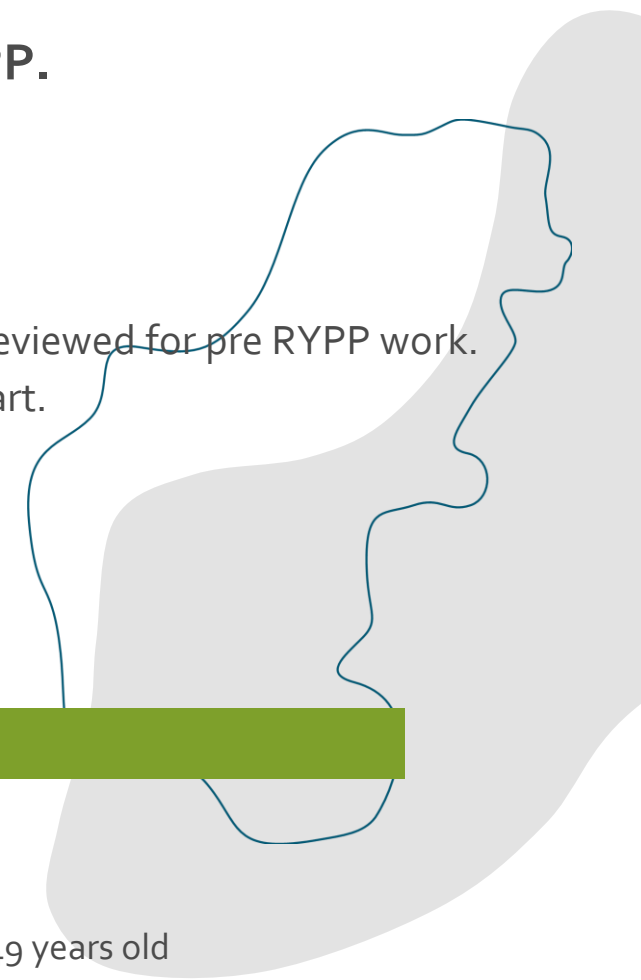
## Parent/carer or siblings

43-95% of data collected

85% White British

37% 30-39 years old; 41% 40-49 years old

76.8% Female



# "I finally felt listened to. You saved my life." - Parent

The Two-Year Norfolk Pilot (2023-2025) was externally evaluated by researchers from University of East Anglia (UEA).



## 95% of caregivers said the RYPP helped improve the situation

- Except for the SDQ\* Hyperactivity scale, there was a significant reduction in all scores of difficulties as reported by carers.
- Positive outcomes observed for some families who partially completed the RYPP programme.
  - ✓ **Reduced aggression**
  - ✓ **Enhance self-awareness**
  - ✓ **Conflict resolution**
  - ✓ **Improved Parental Skills & Confidence**
  - ✓ **Re-engaging with education**

*"The RYPP programme has helped me become more consistent in my parenting, and strengthened our relationship in more positive ways, allowing us to have a stronger bond."* **Parent**

*"I have learnt not to hit mum, or dad. I do not want to be an abuser. I don't want to ever look or behave like my mum's ex. He was an abuser."* **Young person**

*"We are more united and consistent parents, modelling for our children that we are not perfect, but will take ownership of our mistakes and work towards resolving conflict and difficulties."* **Parent**

*"It has been a useful programme. Just being able to talk through things and have another person mediate between us has helped us come together and improve communication"* **Young person**

*"I didn't want to continue as I didn't feel like I needed it anymore as I wasn't being violent to mum anymore"* **Young person**

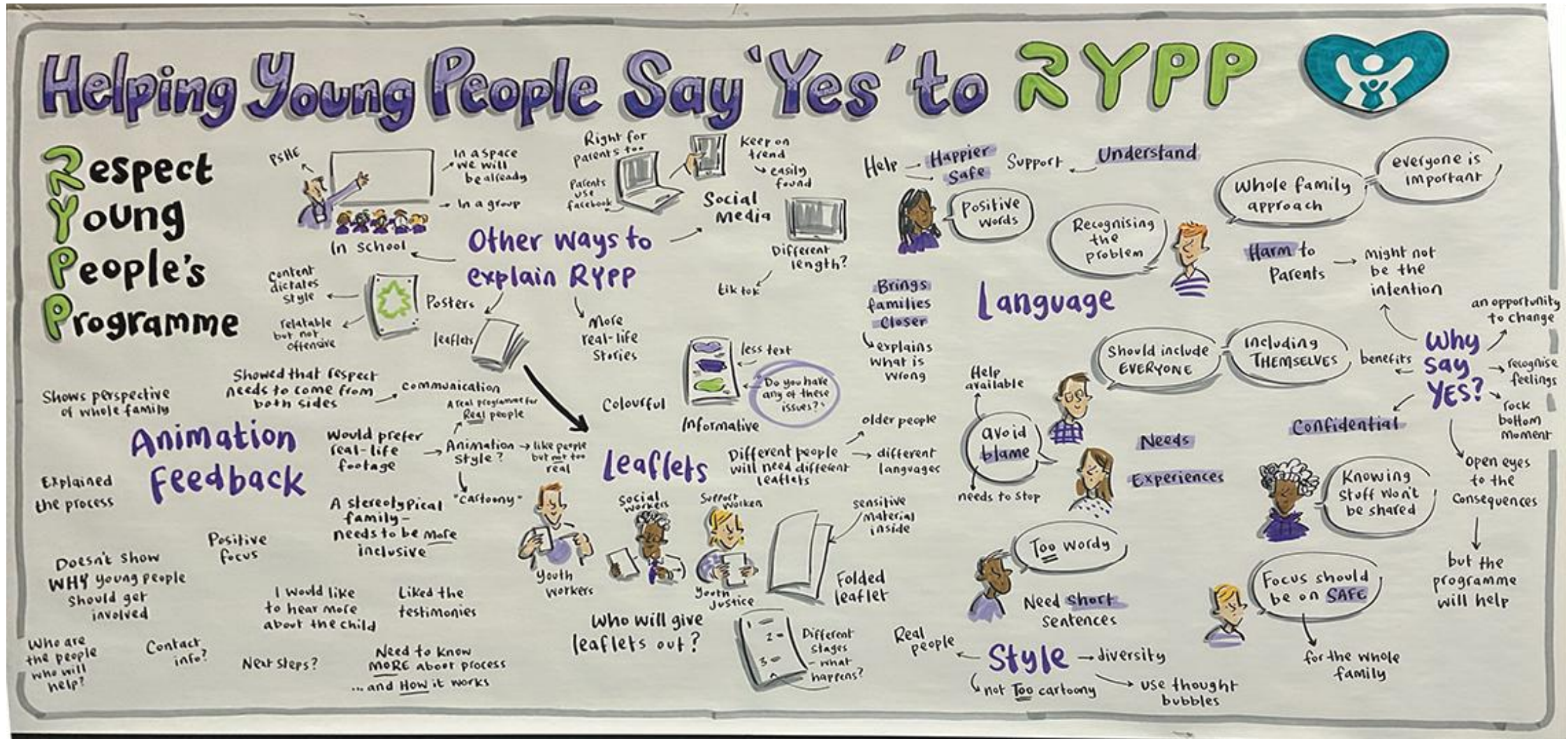
*"The family have reported no return of any violence even when the young person has started to re-engage with school which was an enormous trigger before for both child and parent."* **Practitioner**

# Future plans

- Evaluation – Phase 2 **Completed**
- Establishing new direct referral routes – Early Help
- Building system sustainability
- Strengthening relationships within Foster placements to avoid breakdown
- Preventing escalation of risk in Early Help
- Reducing CAPVA for children with new or emerging special educational needs
- Group work within schools



# Thank you - any questions?



# Contact details

- [Amanda.Murr@norfolk.police.uk](mailto:Amanda.Murr@norfolk.police.uk) – Office of the Police and Crime Commissioner for Norfolk
- [Justine.Dodds@respect.org.uk](mailto:Justine.Dodds@respect.org.uk) - Respect

Please take 2 minutes to  
provide us with some feedback

