

Focused Support Services Offer and Referral Criteria



Making a referral

Referrals to the programmes listed on this document can be made via one referral form. [Download here](#) or go to our [Assessing Support page](#) on the website.

Please return completed forms to Family.Hub.Referrals@Lewisham.gov.uk

Our programmes are not appropriate if:

- There are cases where **severe mental health issues** are present, requiring specialised therapeutic interventions.
- There are situations involving **active substance abuse** by the parent/carer, which would need resolution prior to engaging in the parenting programme.
- Parents/carers are not attending any other parenting programmes.
- If families are actively open to Children's Social Care, please seek advice from a member of team via email Family.hub.referrals@lewisham.gov.uk

General Notice

- All programmes are consent based - therefore parents and carers cannot be mandated as part of a statutory response.
- Once a referral is accepted, parents will then be contacted and assessed for programme suitability.
- For families who have additional needs and or English as a second language, they may need to access parenting support on a one to one basis or will be referred on and signposted to more appropriate services to meet the families needs.

Triple P Group

Positive Parenting Programme, is a broad-based parenting programme for parents and carers of children aged between 2-10yrs who are struggling to manage aspects of their children's behaviour.

The programme is 6 to 8 weeks long made up of 4 mandatory classroom sessions between 2 and 4 individualised 1:1 sessions.

Session 1: Why children behave the way they do? And taking care of yourself?

Session 2: Encourage good behaviour, and parents working in partnership

Session 3: Managing mis-behaviour

Session 4: Putting together a personal plan

Session 5-8: Working on refining your personal plan

Referral criteria

- The Programme is for those parents and carers who have their children living with them and/or have regular contact.
- Parents/Carers will need to attend all classroom based sessions to ensure they see change.



NVR - Informed Practice

- The programme is aimed at parents and carers of pre-teen children (aged 8 years and over) experiencing challenging/violent and extreme behaviours.
- NVR is a concept that draws inspiration from those who have sought to bring about changes in society in a non violent manner.
- The programme offers a series of tools and techniques to support parents and carers of children and young people who display challenging attitudes and behaviours.

Parents are guided through a set of core principles based on the idea of carefully planned actions to help support the management of challenging behaviour.

Referral criteria

- Typically suited for parents/caregivers of children aged **8 to 18**. However, specific cases with younger children may be considered based on need.
- Parents or carer struggling with managing **challenging, defiant, or aggressive behaviours** from their child.
- Families experiencing **disruptive child behaviour** that affects daily life.
- On going **verbal and physical aggression** by the child or young person.
- **Self-destructive behaviours**, risk-taking, or refusal to engage in family or educational activities.
- **Threatening behaviours** that compromise family safety, creating an urgent need for positive behaviour management strategies.
- Families to be experiencing 2 Challenges or more.

Domestic Abuse Recovery Programmes

Referral Criteria

Our recovery programmes would not be appropriate if:

- * The perpetrator is still residing in the family home
- * There are high levels of post-separation abuse

Note: attendance must not be mandated as part of a statutory CSC response. It is a voluntary piece of work that the woman and child must wish to participate in – it is their choice.

CODA - Children Overcoming Domestic Abuse

CODA is a twelve-week recovery intervention for mothers and their children who have experienced domestic abuse.

Running concurrently, CODA provides two-hour sessions for mothers and their children on a weekly basis. Each week covers a specific theme and programmes are divided into age appropriate groups. We deliver to different age groups each term, for details email Family.Hub.Referrals@Lewisham.gov.uk
Note: siblings cannot access the same group.

CODA seeks to support the recovery process and aims to:

- Validate the children's experiences
- Reduce the self-blame that is commonly associated with children experiencing abuse
- Develop a child-appropriate safety plan
- Manage emotions appropriately
- Enhance the mother-child relationship
- Enable both the mother and child to heal together

The Juniper Programme

The Juniper Programme is a ten-week recovery intervention for mothers and their children who have experienced domestic abuse.

We are currently delivering to children under 4.

Note: siblings cannot access the same group.

The Juniper Programme seeks to support the recovery process and aims to:

Running concurrently, Juniper provides two-hour sessions for mothers and their children on a weekly basis, focusing on:

- strengthening and re-building bonding and attachment
- enabling both mother and child to heal together
- improving participants' understanding of therapeutic parenting
- improving participants' understanding of neuroscience and developmental trauma
- Improving participants' understanding of the importance of play and warm, attuned parenting in the recovery process

Programmes are divided into age-appropriate groups based on the children's developmental stage, with mothers and children in separate groups, but with time each week for mother and child to play together.



The Freedom Programme

The Freedom Programme is a twelve-week recovery intervention for women who have experienced domestic abuse. It examines the roles played by attitudes and beliefs on the actions of abuser and the responses of victims and survivors.

The Freedom Programme

The Freedom Programme aims to:

- Provide women who are experiencing or surviving domestic abuse with a safe, supportive and friendly environment
- Validate women's experiences of abuse
- Allow women to recognise the tactics and behaviours of 'the dominator' – that is, the tactics that typify a perpetrator of domestic abuse

VOICE

The VOICE Programme is a ten-week intervention for victims and survivors of domestic abuse, coercive control and the behaviours that create the dynamics of intimate partner relationship abuse. VOICE stands for Victims of Intimate Coercive Experience and is for those where the Freedom Programme isn't suitable. This programme will be delivered on a one to one basis to all victims and survivors.

VOICE

The VOICE Programme aims to:

- Provide victims/survivors of domestic abuse with a safe, supportive and friendly environment to process their experiences
- Validate victims/survivors' experiences of abuse
- Allow victims/survivors to recognise the broad spectrum of abusive behaviours and the process of dismantling that a victim/survivor experiences
- Illuminate abusive behaviours in situ and post-separation, with a focus on how digital technology is a mechanism to perpetrate domestic abuse