



WHAT IS WHO'S IN CHARGE?

A 9 week, child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent towards them. The structure of the programme consists of 8, two and a half hour, weekly sessions with a 2 month follow up.

Who's in Charge? is a therapeutic based programme which **enhances and drives change**, leading to **empowerment**.

Those who might benefit most from the course are parents/carers who are experiencing any of the following;

- feelings of helplessness
- abuse - physical, emotional or financial.
- a lack of impact/support from a range of other agencies.
- witnessing or experiencing Domestic Violence.
- bullying of their child in school.
- family breakdown.

Eddie Gallagher, who created the course, has recognised that it is not always possible to persuade young people to engage in change, and that much good could be achieved by supporting parents to consider their situation and to regain a personal sense of power and well-being.

The **Who's in Charge?** programme brings parents together who are experiencing the same issues. It **educates and empowers** them to explore strategies to help implement change, and to take back their control which will ultimately change the child's behaviour.



THE IMPACT

Measurable impact from those that have completed the programme shows that parent stress is reduced and mental well-being is increased, which empowers them to make changes. These changes in turn, point to a reduction in aggressive and violent behaviour in the home and allow the development of healthier relationships with a child.

Children then start to take responsibility for their actions, understand and respond to boundaries, consequences, and learn to regulate their emotions.

Longer term changes can result in young people re-engaging in school life and can also;

- Help parents feel more in control and less stressed.
- Provide a supportive environment to share experiences and ideas.
- Explore ways of increasing safety and mental well-being.
- Reduce aggressive or violent behaviour in the home.
- Reduce the guilt and shame which most parents feel.
- Help schools and parents to work together.
- Empower parents to make changes.
- Enhance self-care and assertiveness.
- Explore anger, both child and parent.
- Help a child to manage their emotional reactivity/anger.
- Teach children to respect others and property.
- Enable children to make better choices.
- Develop a healthier relationship with the child.



COSTS

OPTION 1

A bespoke course for upto 15 parents at your school.

£3500

(includes facilitating staff and all resources)

OPTION 2

Individual place on an 8 week course

£250

(based on individual or small group to access Bolton Impact Trust in-house WIC course)

WHAT PARENTS SAY

My child is more compliant and does as I ask.

I've taken my control back. I don't give in anymore because I realised this gave him more power.

The home is calmer, there are less kick offs so it's not as stressful.

I am much more assertive now.

I've changed the way I react and I am more self-aware and much more positive in crisis moments. I'm more in control which leads to more positive outcomes.

Bolton Impact Trust currently runs the only programme of this kind throughout the North West of England and places are sought after. For further information on how this course could benefit your parents, or to enquire about availability of courses, please contact **Elaine Lord: 07377 368761**



The *Who's in Charge?* programme is copyrighted to Eddie Gallagher, Australia. Bolton Impact Trust are licensed to deliver the programme through trained staff.

WHO'S IN CHARGE?
Reclaim control, regain respect
For parents and carers of young people who are beyond control, violent or abusive.

The graphic features a dark blue silhouette of a human head in profile, facing left. Inside the head, several blue gears of various sizes are interlocked. A large, light blue spiral is positioned in the center of the head, behind the gears. The background is a solid dark blue. At the bottom, the text "WHO'S IN CHARGE?" is written in large, bold, white capital letters. Below this, "Reclaim control, regain respect" is written in a smaller, bold, white font. At the very bottom, the tagline "For parents and carers of young people who are beyond control, violent or abusive." is written in a yellow, italicized font.