What is the PACT Programme?
The PACT programme (parents and children together) was developed by the Youth Offending Service (YOS) (guide) as a response to an increasing awareness of incidents of children and young people behaving abusively towards their parents.

The main aims of the PACT programme are to:
- Reduce incidents of child to parent violence and abuse;
- Increase family safety;
- Promote positive relationships within families; and
- Improve other outcomes for families e.g. school attendance and entry into employment.

PACT is a 12 session parallel group work programme for mothers/female carers and for their sons/daughters between the ages of 14 and 17. There are also a number of pre engagement sessions to prepare participants for the programme.

PACT adopts a multi-layered approach weaving together cognitive behavioural therapy (CBT) and skill development, in a restorative practice (guide) framework with family safety and respectful family relationships at the centre.

The PACT Programme is co-facilitated by specifically trained staff from YOS, Signpost (guide) and Family Intervention Service (FIS) (guide).

Who does the programme work with?
PACT works with mums or female carers who are experiencing a pattern of child to parent violence and abuse and their children who are using the abusive behaviour. To be suitable for the PACT group work programme, children and young people must be aged 14 to 17 and there will have been a pattern of abusive behaviour over a period of at least six months.

Ideally both parent and child will attend the programme; however the programme will work with either. The PACT programme facilitates separate groups for boys and girls. The programme does not however work with dads who are experiencing abuse nor any siblings in the family who are affected; this is because of service capacity.
What does the programme involve?
The **PACT mums group** consists of 12 group work sessions which are facilitated by two female staff and a parent mentor. A big focus of the group is to reduce the feelings of guilt and shame and increase confidence, so that mums feel ready to deal with their child’s abusive behaviour. Family safety is central to all of the work and dealing with violence and safety planning is an early focus of the group. Later on, mums learn some skills about how to deal with their child, within a context of abusive behaviour. Mums participation on the programme is voluntary.

The **PACT boys /girls group** consists of 12 group work sessions which run in parallel to the mums’ sessions. This is to ensure that key skills and concepts are covered at the same time and reinforced by an individual family session. The group looks at how young people behave towards their mums, the impact, and teaches thinking and behavioural strategies to avoid the use of violence and abuse. There is a big focus on rebuilding family relationships and repairing harm. PACT is underpinned by a non-judgemental approach and acknowledges that the young people are children. Young people’s participation may be voluntary or as a condition of a youth justice (guide) intervention.

Where do referrals for PACT come from?
Referrals for the PACT programme are welcome from anywhere although the majority of referrals come from the clusters (guide), CSWS (guide) and targeted services. The safest and most effective approach for the family is when the referrer stays involved for the duration of the PACT programme and reinforces the work done. There is detailed referrers guidance available which breaks down each of the 12 sessions to assist referrers with this.

Referrers are asked, wherever possible, to facilitate the transport for the mum and young person to the group. This is a critical success factor.

Key contacts and for more information
To find out more about PACT in Leeds and to discuss possible referrals you can call Sue Pearson, PACT Co-ordinator, on tel: 0113 3782055.

Email: susan.pearson@leeds.gov.uk or when sending confidential information, email: susan.pearson@leeds.gov.uk.cjsm.net

If Sue is unavailable please contact Denis Lewis on 0113 3782055.