

Newsletter

Exciting times ahead for Fife CEDAR plus

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Referring to CEDAR plus

CEDAR plus is a therapeutic programme, so children / family need to be in a safe place to start the programme.

If you are working with a child who has experience of living with domestic abuse who might benefit from CEDAR plus, we're happy to have a chat with you about the child / family.

Referral criteria are a bit different for CEDAR (4- 16 years) and EYDAR (0-4 years) please see page 2.

We take referrals over the phone, these can take up to 20 minutes because we want to discuss the suitability of CEDAR plus with you and get details before arranging to meet with the family

In April we will be starting CEDAR groups for children 5-10 years and S1 and S2 along with an EYDAR group. Please refer any children ASAP because we undertake several assessment visits with families. **Tel: 01592 -583676**

CEDAR is growing!

Following our EYDAR (early years domestic abuse recovery) pilot in Dunfermline, we successfully applied for funding from the Big Lottery Fund. With additional support from Education and Children's Services we have launched Fife CEDAR plus - incorporating the new EYDAR programme as well as the CEDAR programme that we have been successfully delivering since 2008.

This has allowed us to increase our capacity for CEDAR groups again and EYDAR is now Fife wide.



The development of EYDAR would not have been possible without support from our early years partners. Their contribution to the development of this new programme has been invaluable. EYDAR uses our knowledge and expertise from CEDAR - working alongside early years approaches to provide a domestic abuse recovery service to mothers with babies and toddlers 0 to 4 years. There is considerable interest in EYDAR across Scotland with the recognition that there has been a lack of domestic abuse recovery services for mothers with babies and young children.

Cedar Plus Co-ordinators



Tracey Hutcheon



Rachael O'Byrne



Cara Mannix



About CEDAR plus

CEDAR was adapted from a model developed in Canada, providing a therapeutic twelve session groupwork programme for children and young people who have experienced domestic abuse. This runs alongside a concurrent programme for their mothers.

The programme is designed to encourage both mothers and children to work together towards recovery from their shared experience of domestic abuse. The format aims to break down barriers that prevent both mothers and children from talking about their feelings regarding the abuse, especially with each other. CEDAR is an evidence based programme that, since piloted in Fife and 2 other local authority areas, has been rolled out to other parts of Scotland.

Action research identified the following strengths:

- The curriculum, structure and strengths based approach
- Group approach – learning from peers
- Mutual recovery – mother supporting their children
- Assessment as engagement
- Multi-agency professional learning and integration

With the focus on early intervention and giving children the best start in life, CEDAR Fife became increasingly aware that there was a gap in services for babies, toddlers and their mothers with experience of domestic abuse. EYDAR was developed within the Family Nurture Approach – it gave CEDAR Fife the opportunity to look at a new programme for babies and toddlers (0-4 years). This was piloted in the Dunfermline area for a year and is now being rolled out across Fife. There is a focus on improving attachment, emotional language, and enhancing safety. We challenge self-blame and support the development of better mother/child relationships which are often undermined by domestic abuse.

CEDAR Referral Criteria, Child is:

- 4 to 16 years
- In a safe place
- Wants to come to group
- Has a memory of the abuse

EYDAR Referral Criteria:

- Mother has a child 0-4 years
- The mother and child have been exposed to domestic abuse

Families Benefitting from CEDAR Plus

April 16 to March 17

CEDAR

We supported 37 children and young people to complete the CEDAR programme along with 24 mothers, this year. There is huge benefit to mothers attending the concurrent mothers groups. Where this is not possible due to the child being placed elsewhere, we can offer support to their foster carer or grandparents. If mothers have commitments that make it impossible for them to attend, we offer one to one support.

“As a mum more confident, positive got more direction to life with my son, we’re closer, we talk more, feel I can see loads of positives in him and praise him more” mother

“It helped me with everything! It made my life so much happier” child

“Coming to group it will help you talk about it and its fun. You will make lots of friends cause it’s amazing. Really fun” child

EYDAR

11 babies & toddlers and 10 mothers completed the EYDAR group work programme and a further 2 mothers and 3 babies & toddlers were supported at home on a one to one basis.

“At first I was anxious but me and (child) have grown a stronger bond over the past 8 weeks. Feel I’ve gained a lot out of it, I am a lot more positive.”

Facilitators

A huge thanks to all our wonderful facilitators and their managers, we really couldn’t deliver CEDAR Plus without your help. The knowledge that each and every facilitator brings to group is invaluable. We have facilitators from Police Scotland, Scottish Fire and Rescue, Social Work, Family Support, Business Support, Community & Corporate Development, Kingdom Abuse Survivors Project (KASP), Fife Woman’s Aid, Homestart and YMCA.

The CEDAR Plus model relies on multi-agency delivery of groups and provides a unique opportunity for professional development, with facilitators learning directly from mothers and children. The mutual benefit is enormous and facilitators can take their learning back to their day jobs and their teams.

“I take away more knowledge with every group that I do and I can use this in my everyday job”
CEDAR facilitator

“I have gained an insight into young people experiences of domestic abuse that no training could have given me” CEDAR facilitator

Training

Fife Violence Against Women Partnership offers a range of training including the following:

- Impact of Domestic Abuse in Early Years (6th March)
- Impact of Domestic Abuse on Children and Young People (29th March and 6th June)

For details e-mail: fvawp@fife.gov.uk



Teenager's Story

This is how a teenager depicted his journey through the CEDAR programme.

Pic 1 "Before I met Tracey I felt alone and really boxed up" – a very lonely boy with no-one to talk to. Although very close to his mother, he shows the detrimental impact domestic abuse had on this relationship.

Pic 2 "First week of group I felt a bit weird because it was all girls and it was hard to talk about my feelings. But for once my box of feelings opened up"

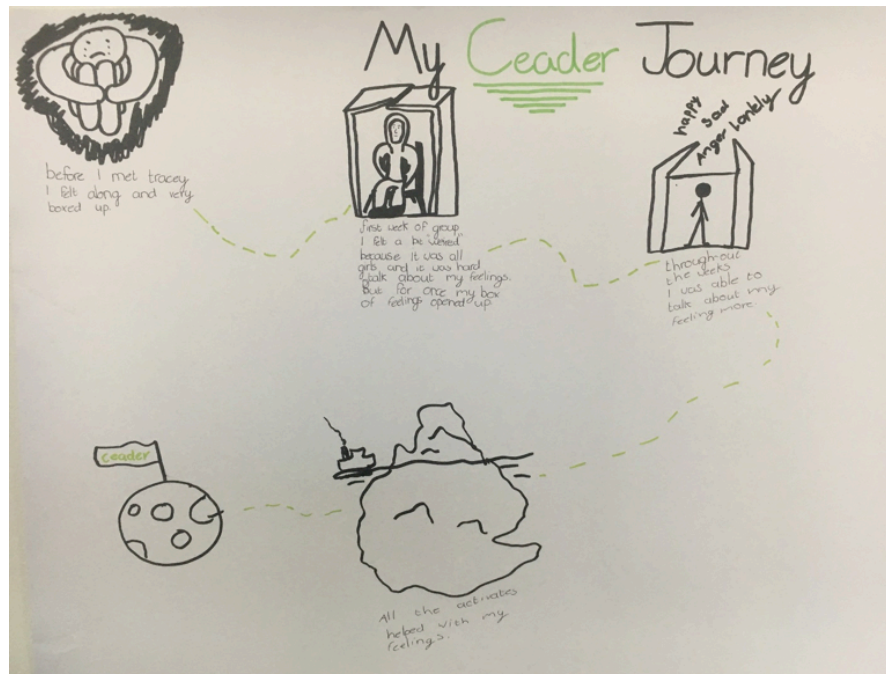
Pic 3 "throughout the weeks I was able to talk about my feelings more" - the box he was living in starts to open

As weeks progressed he felt safe to start sharing how he really felt about the domestic abuse

Pic 4 & 5 "All the activities helped with my feelings"

The iceberg exercise was a "lightbulb" moment for him - realising that he was trying to fit in with his peers while holding all his feelings and emotions inside. CEDAR gave him a safe space to understand his feelings and find ways to cope.

He has a much more open relationship with his mum who says he is much happier at home.



"I have lost lots of friends because when my mask drops they just think I'm weird"



Mother's story of change

Story of change, a mothers story of how she and her child have grown as they completed the cedar group. This picture is very powerful as its show how the mother had a huge black cloud abover her before she started CEDAR plus. It also shows how things got too much and the mother self harmed whilst in group before managing to let go of the past and move forward from the domestic abuse.