



The **Respect Young Peoples Programme (RYPP)** is recognised by the Youth Justice Board Effective Practice Unit and delivered in Local Authorities/ Police Crime Commissioner areas across England,

## Licensed RYPP delivery partners (January 2020)

- **North Yorkshire and City of York OPCC** and Independent Domestic Abuse Services
- **Gateshead Youth Offending Service**
- **Greater Manchester Youth Offending Service**
- **Stockport Youth Offending Service**
- **Rochdale Borough Council**
- **Calderdale Metropolitan Borough Council**
- **Leicester City Council** and Jenkins Centre Leicester
- **Swindon Restorative Youth Services**
- **Northumbria OPCC**
- **Manchester Metropolitan Borough Council**
- **Wiltshire**

The **RYPP** is a programme for families where children or young people aged between 10 and 16 are abusive or violent towards the people close to them, particularly their parents or carers. This abuse may be physical, verbal, financial, coercive or emotional and may include behaviour like hitting, making threats or causing damage in the home.

The **RYPP** is targeted at reducing risk factors associated with later offending/aggressive behaviour such as:

- Early conduct disorder
- Poor attachment
- Poor academic attainment / school engagement
- Ineffective / permissive parenting
- Low empathy
- High entitlement
- Poor conflict resolution skills
- Poor emotional regulation
- Risk taking behaviours

The programme is delivered by practitioners from a variety of professional backgrounds including youth work, social work, youth offending teams and

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children and family workers who have undertaken the 4- Day RYPP training facilitated by Respect. The programme avoids blame and works together with both the parents/ carers and young person, seeing them all as part of the solution. The programme is designed to enable families to identify negative behaviour patterns and work towards positive outcomes

**The outcomes for the RYPP are to:**

1. Reduce verbal aggression and violence in close relationships
2. Improve emotional well-being (coping with anxiety, anger, depression, emotional self-regulation)
3. Improve family communication and relationships
4. Build parenting confidence and skills
5. Increase the young person's insight to their own behaviour.

### **Theoretical Models underpinning the RYPP**

The RYPP combines a range of theoretical models – primarily a cognitive behavioural approach along with interventions aimed at influencing criminogenic features of the young person's immediate environment (primarily parenting, family life and school). The theory underpinning the programme are:

- Social learning theory and cognitive behavioural approaches
- Cognitive behaviour therapy
- Systems theory
- Invitational and strength- based approaches
- Neuroscience and self-soothing
- Attachment theory
- Restorative justice
- Conflict resolution

### **RYPP Structure**

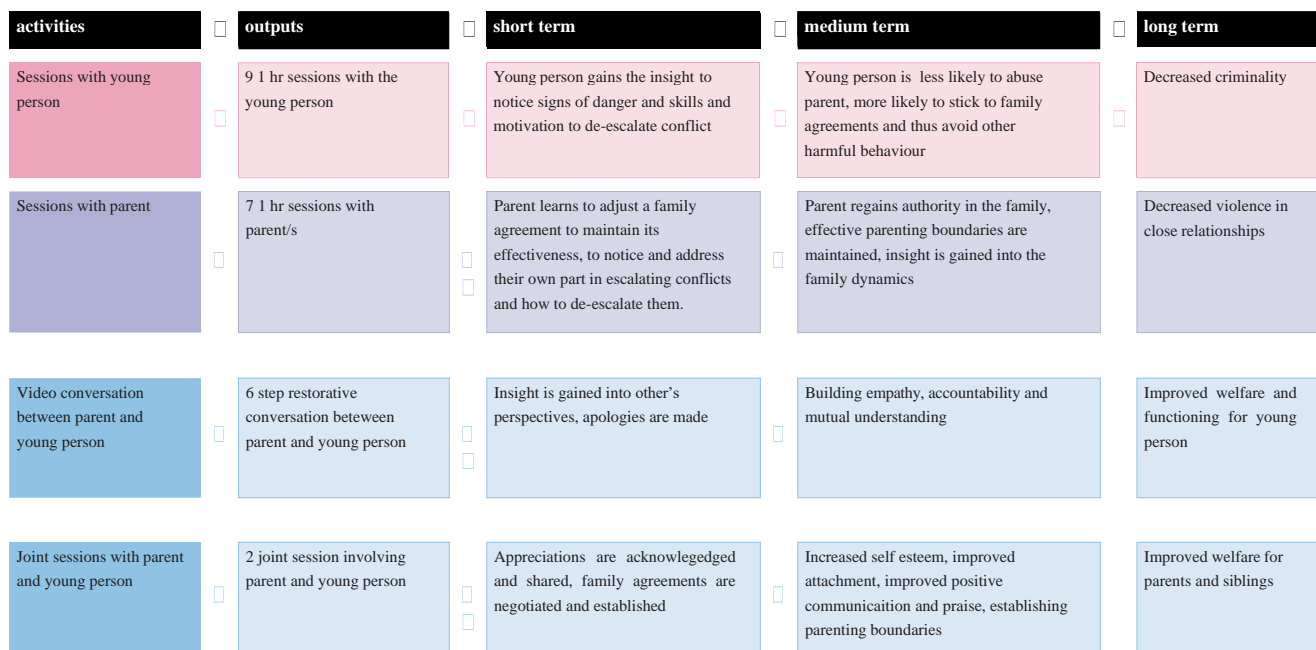
The RYPP has a structured approach and is designed to be replicated with some local adaption but retaining a degree of model fidelity. The RYPP is delivered over 3-6 months via one or two face to face sessions per week – a total of 19 sessions (9 with the young person, 7 with the parent, two with the family). There are 2 preparatory sessions with parents and the young person, this helps to build a relationship and assesses risk and programme suitability. Thereafter, there are weekly or fortnightly structured sessions with the parent and monthly family sessions aimed at making and reviewing family agreements and safety plans. The work with the young person consists of a series of structured weekly sessions run individually or in groups covering:

- Insight into violence/abuse and its effects
  - Emotional regulation & awareness
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- Solution focused work / goal setting
- Cognitive behavioural work
- Empathy building
- Conflict resolution

The programme can also be delivered via groupwork with parents and young people if appropriate. If the RYPP is working with families with multiple needs, additional time or sessions may be needed to reflect these additional challenges.

#### Diagrammatic logic model



There is a full range of documentation and resources available to assist with service delivery:

***RYPP Implementation Manual*** – Provides information on all aspects of the implementation process and the procedures required for effective delivery. Practical information is included in relation to referrals, assessments, risk assessment, documentation etc as well as details in relation to staffing, service framework and case management. The appendices of this document provide all the standard document templates required for service delivery, data entry and record keeping.

***RYPP Logic Model & Theory of Change*** – Outlines the basic logic of the intervention and provides detail on the theory and research relating to all the activities within the practice manual.

***RYPP Practice Manual*** – Full delivery instructions for all eighteen sessions of the programme, including templates for session handouts and activities.

***RYPP Practical Resources*** – Set of relevant film clips for use with the programme activities and listing of other resources required for session delivery.

All the programme manuals and film clips are provided during programme training for use by participants.

### **Licence, training and support package**

The current cost of the Licence to deliver the RYPP is £15,000 plus VAT for up to 16 people. This includes:

- 4 days of training for programme delivery staff, including information about data recording and outcome measurement
- Implementation support for staff managing the delivery of the programme
- A minimum of 12, 2 –hour, practice support sessions for delivery staff. These are delivered face on site by one of the RYPP supervisors
- Telephone support is also available.
- Outcome data analysis – can also be requested from Respect

### **Evidence of outcomes**

The RYPP was part of the Realising Ambition Programme and subject evaluation by the Social Research Unit, using Strength and Difficulties Questionnaires (SDQ), pre-and-post receiving the intervention.

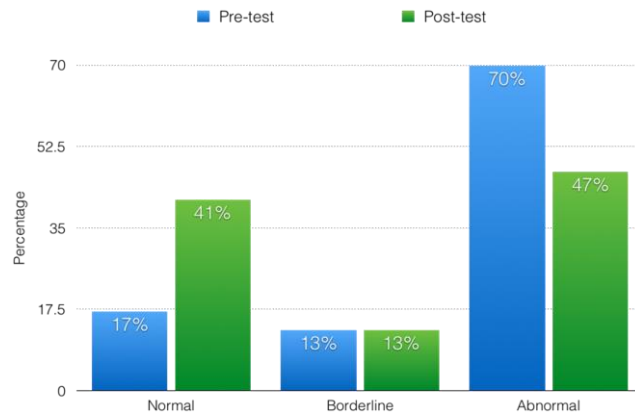
The SDQ scores showed that young people at the start of the intervention had higher levels of distress than we had initially expected, these were closer to children on the edge of care sample than early intervention. The post intervention SDQ's show a good, statistically significant, level of positive change.

### ***Quote from the Social Research Unit evaluation:***

*"Over the course of the Respect Young People's Programme, all scales within the parent-report SDQ and the majority of scales within the child-report SDQ demonstrated significant improvement between pre- and post-test.*

*Encouragingly, the overall mental health of young people (as represented by the Total Difficulties scores) and also their behaviour (both conduct difficulties and pro-social) improved according to the reports of both parents and children – a positive result considering the focus of the intervention is on reducing adolescent-to-parent violence. Two-thirds of parents reported improvements in their child's overall mental health and conduct, with scores in the abnormal range reducing by 23% and 27% respectively"*

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For more information about the RYPP or to book training, please contact:  
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