

Children Overcoming Domestic Abuse (CODA)

Overview

CODA (formally known as Community Groups Programme) is for children, young people and their mothers who have experienced domestic abuse.

It provides a community based setting to share and talk about their experiences; addressing the following core issues:

- validation of the children's experiences
- understanding abuse
- reducing self-blame
- safety planning
- managing appropriate and inappropriate expressions of emotion
- the mother-child relationship

The model is based around a programme of sessions for children aged 4 -21 (the children are divided into age-specific groups) which run for two hours a week over a twelve-week period.

The programme offers concurrent group sessions for the children's mothers. They are supported to understand how the abuse has impacted on their child and how best to help them through the healing process. It can also be delivered 1:1 as appropriate.

CODA runs for twelve weeks with the women and children's sessions running concurrently and each week focusing on a specific theme. The children's sessions are also divided into age-specific groups and both the women's sessions and the children's sessions follow the same structure every week in order to provide a sense of continuity. This may include the following:

- Check-In
- Discussion
- Activity
- Check-Out

Upcoming programme dates

Ongoing

Programme goals

CODA is a twelve-week therapeutic programme for women and children who have experienced domestic abuse. It seeks to enable 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 appropriate and inappropriate expressions of emotion
- Enhance the mother-child relationship
- Enable both the mother and child to heal together

<p>Eligibility criteria</p>	<p><u>Group and 1:1 Face-to-Face Delivery:</u></p> <ul style="list-style-type: none"> Any child, aged between four and eleven, and mother who have experienced domestic abuse. (Note: there is an adapted programme for children aged 11+.) <p><u>Group Virtual Delivery:</u></p> <ul style="list-style-type: none"> Any child, in Years 5 and 6 onward, and mother who are considered to have experienced domestic abuse. (Note: there is an adapted programme for children aged 11+.) <p><u>1:1 Virtual Delivery:</u></p> <ul style="list-style-type: none"> Any child, in Year 3 onward, and mother who have experienced domestic abuse. (Note: there is an adapted programme for children aged 11+.) <p><u>CODA Under 4s Pilot:</u></p> <ul style="list-style-type: none"> We are currently piloting the programme for those under the age of four years! This is appropriate for any child, under the age of four years, and mother who have experienced domestic abuse.
<p>Exclusion criteria</p>	<ul style="list-style-type: none"> Should not be mandated as part of active Child Protection Plans. Can be used as part of the work to support step down from CP plan, but only if CSC are working towards step-down but this has not been officially completed yet due to awaiting the final CP conference. Due to CODA being a recovery programme, we do not accept referrals where the perpetrator or alleged perpetrator is still residing in the family home. It is not an appropriate piece of work where there is active substance misuse.
<p>Points to consider before making a referral</p>	<ul style="list-style-type: none"> Should not be mandated as part of a social care plan – the parent needs to voluntarily attend.
<p>What to discuss with the parent before making a referral</p>	<ul style="list-style-type: none"> It is important that informed consent is obtained prior to making a referral. It is helpful to provide a brief synopsis of the programme/intervention, how it is structured and who will be in touch to discuss next steps. It is also important that the service user continues to feel believed and as though she/he is not alone and not to blame.