

Step Up - Building Healthy Relationships

AGE EXPANSION AND EVALUATION



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Step Up – Building Healthy Relationships, delivered by Barwon Child, Youth & Family (BCYF), is an ecological, family systems-based program which aims to reduce CPV through intensive case management, group work, and a specialist response for Aboriginal families. Many 10-11 year olds are on a waiting list for the program until they turn 12. The aim of this project was to modify the program to facilitate 10 and 11 year olds and evaluate the effectiveness of the modified program.

AGE EXPANSION

Review

A literature review was conducted in order to inform any necessary adaptations to the program. It was found that CPV users aged 10 and 11 may be more likely to possess high levels of callous unemotional (CU) traits and use proactive aggression. Developmental limitations in metacognition and language were also noted for younger CPV users. Given this, it was recommended that to facilitate and engage younger CPV users the program should:

- Have a longer intervention period,
- Focus on reward conditioning, and providing positive outcomes for non-aggression,
- Target parental warmth and empathy development,
- Use visual aids for abstract concepts and practical, rather than verbal tasks, and
- Provide more guidance when young people need to reflect on the thoughts of themselves or others.

Deakin University were also in regular contact with BCYF clinicians to provide advice or resources ad hoc.

EVALUATION

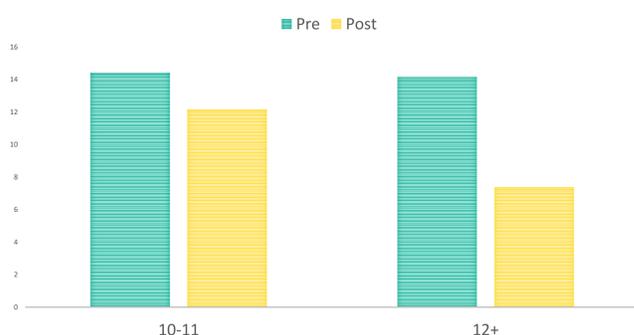
Method

Participants were 14 parents of young people aged between 10 and 17 years ($M=13.32$, $SD=2.27$) recruited through BCYF upon intake into the program. The young people were 1 female and 13 males. Participants completed a questionnaire measuring physical and psychological CPV, CU traits, and self-reported parenting outcomes before and after the intervention.

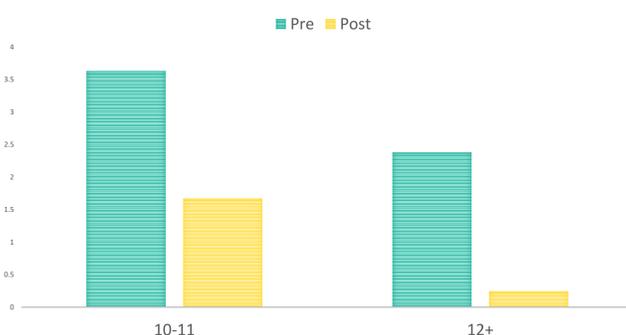
Findings

64% of the pre-assessment sample ($N=47$) had high CU traits. The intervention was associated with significant reductions in physical and psychological CPV, although changes in psychological CPV were less prominent in CPV users aged 10 and 11 years. CU traits also saw large reductions in the callous and uncaring dimensions, but not the unemotional facet. Parents reported significant improvements in their understanding of their child's feelings, their understanding of how to manage poor behaviour, and the perceived consistency of their parenting.

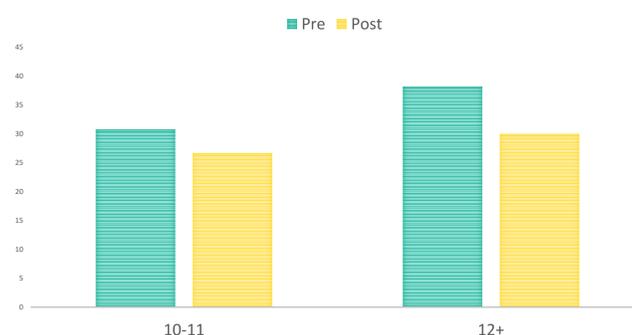
PSYCHOLOGICAL CPV



PHYSICAL CPV



CALLOUS UNEMOTIONAL TRAITS



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