

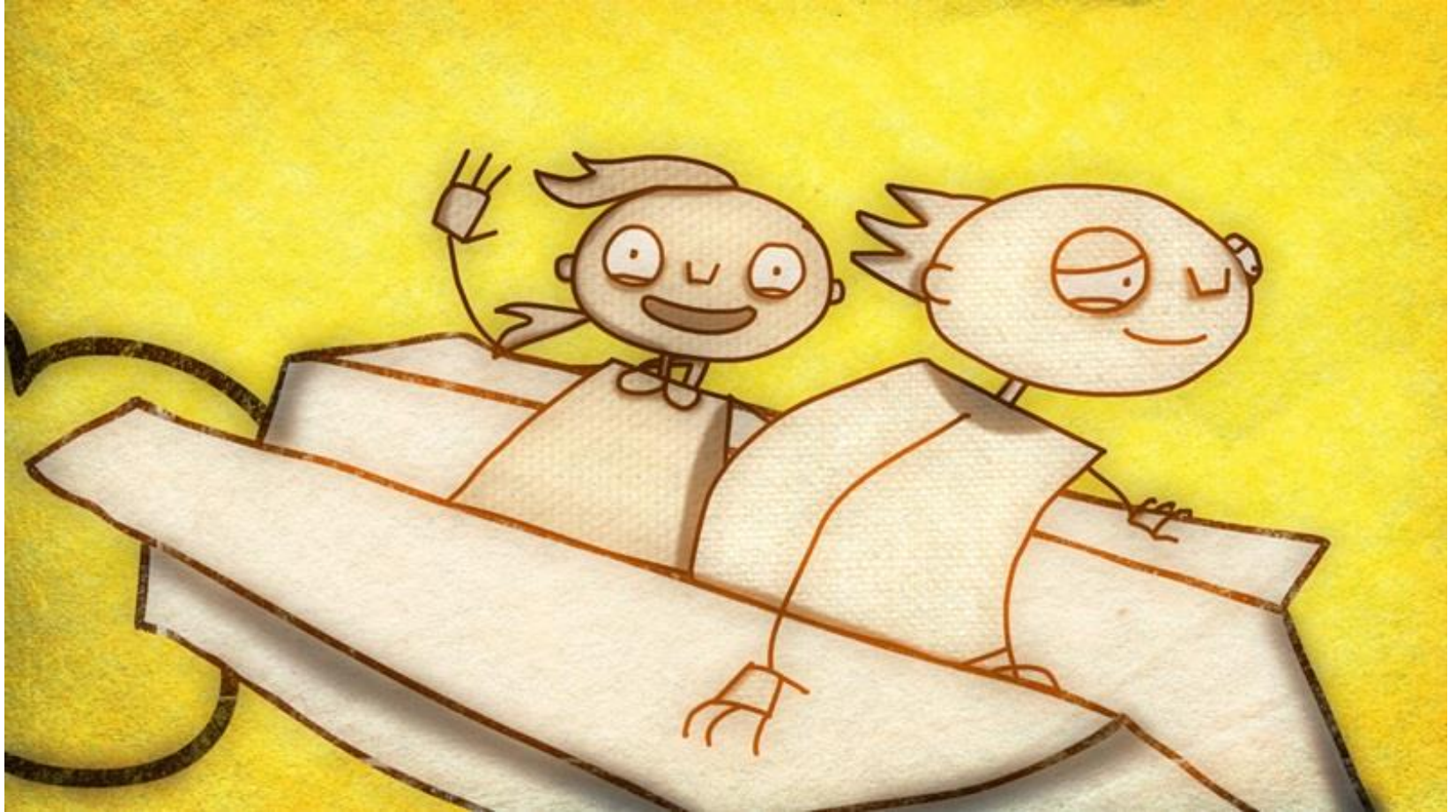


# cedar project

children experiencing  
domestic abuse recovery project

**CEDAR Borders**

# Welcome!





**An introduction to  
CEDAR in the Borders  
2018**



# Development of CEDAR in the Borders

- CEDAR originated from a group work model in Canada.
- CEDAR Borders was part of the Pathway Project (2012-15); a co-ordinated community response and improved accessibility to services for victims of domestic abuse and their children.
- In 2016 CEDAR Borders was developed as a separate 5 year project. CEDAR Plus Borders addresses unmet need and delivers new initiatives developed through service user feedback.





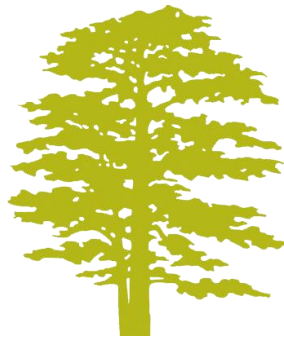
# The CEDAR approach

- CEDAR runs a parallel programme model for CYPs and their mothers.
- CEDAR is a child centred approach but recognises that mothers are the experts in their child's life and are best placed to support their recovery.
- CEDAR encourages mums and CYPs to develop their communication as a result of engaging in the same activities.
- CEDAR is a powerful and cost effective approach that brings about transformational change for Mothers and Children affected by Domestic Abuse.



# The power of groupwork

- Non-confrontational and de-stigmatising environment to talk about experiences.
- Mothers develop an understanding of the impact of domestic abuse on children.
- Peer support enhances learning and promotes recovery.



# Who is CEDAR for?

- Children and young people between the ages of 4 and 16 years.
- Families that are living in a safe place with low risk of further incidents of domestic abuse.
- CYPs who have a memory of their mother's abuse and can communicate it in some way.



# The CEDAR Borders process

- Initial referral for a CYP is made.
- As part of the assessment process the Co-ordinator will make a minimum of two home visits.
- CYPs and their mothers are invited to a Connector event prior to the start of group.
- Mother's groups are held on a Tues night with CYP groups held the following day.
- The graduation fun day is held at the end of the 12 weeks.





# Aim of the C&YP group



- To help CYPs identify and express emotions surrounding hurting, separation, shame, guilt and loss.
- CYPs are encouraged to recognise and understand the importance of their feelings and given opportunities to deal with them constructively.
- Help CYPs understand domestic abuse and recognise that it is not their fault.
- Support CYPs to develop safety plans to minimise risk in the event of further exposure to abuse.



# Aim of the mothers group

- Help mothers to keep focus on “thinking through the eyes of my child”.
- Provide mothers with an understanding of what their child will be learning.
- Encourage mothers to talk to their child about group and develop communication.
- Normalise and validate women’s experiences of coping with trauma and stress.
- Help women understand their symptoms as part of the impact of domestic abuse.



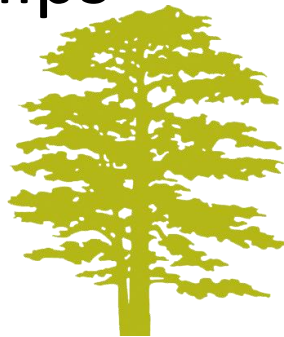
## Concurrent Programme

Week	Mother's Group	Children & Young People's Group
1	Making connections	Getting to know you
2	Breaking the silence	Breaking the secret about abuse that happens in families
3	Honouring <sup>5</sup> feelings	Understanding our many feelings
4	How being exposed to domestic abuse affects children	Children's experiences of hurting in their family
5	Personal safety planning for mothers and their children	Staying safe when abuse happens - my personal safety plan
6	Who is/are responsible when abuse happens <sup>6</sup> ?	It's not our fault
7	Honouring and understanding anger	Understanding and expressing anger
8	Understanding conflict	Learning about problems
9	Grieving the losses - celebrating choices and change	Dealing with family changes when abuse has happened
10	Staying connected - getting the support I need in my life and in the community	Sexual abuse prevention
11	The importance of self-care while healing from the impact of abuse	The best me I can be - self-esteem
12	Celebrating how far we've come - moving forward	Saying Goodbye



# The benefits and positive outcomes of CEDAR

- CYPs and mothers have developed a greater understanding of domestic abuse.
- CYPs have learnt how to manage their emotions and their actions.
- CYPs have greater knowledge of safety planning and support.
- CEDAR has a positive impact on relationships between children and mothers.
- Families have a more positive outlook.



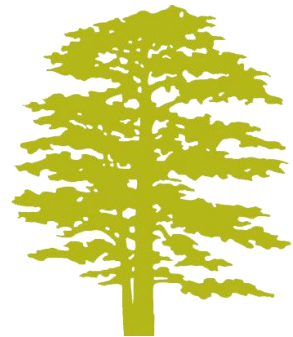


# Me, My Mum and CEDAR

- In 2017, CEDAR C&YP graduates devised & developed a short film in conjunction with Voice of my Own (VOMO).
- They were involved in every aspect of the film, from storyboarding, acting out the puppets & using the equipment i.e. camera & sound.
- This film highlights their journey before, during and after CEDAR.
- Their own stories are portrayed in their own voices.
- <https://vimeo.com/241198435>



# Q&A



# ANY QUESTIONS?

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