

ARCHBISHOPS' COMMISSION ON FAMILIES AND HOUSEHOLDS

Power the Fight (PTF)

Power The Fight is an award-winning charity which tackles violence affecting young people by creating long-term solutions for sustainable change. Our key aims are to educate, equip, engage and enable communities to be the answer to the issue of youth violence the UK.

- Educate – Informed by research and led by leading specialists, we deliver training through workshops, bespoke programmes and conferences.
- Equip – We provide an online media hub sharing resources, exploring the latest thinking and connecting people to best practice to reduce youth violence.
- Engage – We work with families and young people affected by youth violence to offer support, advice and signposting to receive the best and most relevant care.
- Enable – We support and fund innovation by people engaging with youth violence in their local context

Therapeutic Intervention For Peace (TIP)

Since 2019, PTF have been developing innovative, codeveloped and culturally sensitive partnerships with schools, health services and local councils, reflecting a 'whole systems' approach to reducing violence through preventative, holistic and institutional change. PTF are currently delivering and developing this model of intervention across several schools in south London, which includes working with students, teachers and senior leaders to develop trauma informed, equitable practice in education.

The TIP Project brings together a team of Clinical Psychologists, Counsellors, Creative (art and drama) Therapists and Youth Practitioners to deliver therapeutic group work to young people aged 11-16, training and Reflective Practice sessions to school staff and workshops to parents and carers. The support provided is informed by a number of psychological theories including Trauma Informed Practice and Attachment Theory.

Partnerships

Our key partners in the TIP Project are secondary schools and Alternative Provisions (AP's) but we also partner with a range of youth organisations through our training programmes, including London Youth, CYV SOLVE in the Midlands and the Contextual Safeguarding Network. Our training delivery has led to us building partnerships with churches, local authorities, NHS trusts, voluntary groups and the corporate sector. We believe that engaging with a cross-section of wider society is key to taking a holistic approach to addressing violence affecting young people.

Impact & Outcomes

In the last academic year (2021/22) we have achieved the following outcomes:

- We supported 121 young people across 3 schools in South East London.
- 78% of those that participated at one of these schools showed a positive change in their emotional wellbeing between the beginning and end of the programme.
- 55% of participants reported that they felt less worried or anxious about school at the end of the programme.
- 97% of students at another school reported that they found the sessions useful.
- We provided training and/or Reflective Practice Sessions to 206 teachers and schools staff.
- Our training was rated 4.5 out of 5 by participants on average.
- We engaged with 46 parents/carers.

Full evaluation reports of the TIP project can be found on our website: [TIP Programme | Power The Fight](#)

Learning & Future Plans

Evaluation of the TIP Project has shown that it has had an overwhelmingly positive impact, from improvements in individual wellbeing of students and embedded reflective practice with staff to whole school system change. The clear strengths of this unique model of intervention are in its understanding of the people, systems and structures that it endeavours to support and improve. Quantitative measures demonstrate a statistically significant improvement in the wellbeing of young people as a result of this intervention, and the extensive qualitative data provides evidence of the experiences and lives impacted by this important work. The TIP project can be considered an effective application of the whole systems

approach to violence reduction, providing a practical model of therapeutic intervention that is coproduced, adaptive and accessible in broad variety of contexts.

The TIP Project in schools has been developed by PTF in partnership with individual schools and delivered by PTF staff in these settings. In these contexts PTF has successfully acted as both the service provider, the culturally sensitive conduit organisation (CSCO) and the organisation providing strategy, training, supervision and facilitating implementation.

To be able to use the approach more widely in more communities and settings, in the future PTF aim to move towards a macro model which separates these roles. PTF would shift to the strategic and facilitative roles, identifying local culturally connected services in school communities and spaces where young people, families and youth practitioners interact to co-develop and deliver the intervention alongside PTF. PTF would map the existing services in the local area, train and support local CSCOs in the TIP approach and work with the local community and authority to fill any identified gaps in provision. In this way the TIP Project could be extended to have a much bigger impact on violence reduction in local areas.