



**Swansea University Department of Criminology evaluation of Parallel Lives finds that the programme provides significant benefits to parents and young people to find solutions and prevent APV in an empowering way.**

We are pleased to announce the publication of the evaluation of our *Parallel Lives* Programme undertaken by Swansea University, Department of Criminology. *Parallel Lives* was created by MAC to support families experiencing adolescent to parent violence (APVA). It aims to create a positive family dynamic and reduce APVA within the home.

The evaluation states that *...Parallel Lives is a shining example of good practice by taking a holistic approach to supporting families to prevent APV and improve family relationships. Parallel Lives is a valuable resource with the potential to support a significant number of families...*

Key features are...

- An emphasis on improving and repairing relationships and communication between parents/carers and young people.
- An emphasis on building empathy of parents/carers and young people.
- A strength of the Parallel Lives programme is that it is solution-focused and aims to improve the relationship between young people and their parents.
- An adaptable, well-designed programme and manual informed by evidence-based practices.
- Parallel Lives provides effective strategies to prevent APV.
- MAC practitioners create a safe and supportive environment for parents/carers and young people.
- Skilled staff who engage and support parent/carers and young people.
- Parallel Lives provides extremely valuable peer support for parents.

For further information regarding APVA contact us:

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