

Adopt4Life's AFCCA Family Supports Program

AFCCA refers to Aggression towards Family/Caregivers in Childhood and Adolescence

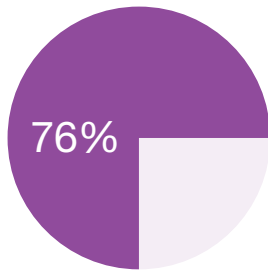
www.adopt4life.com/afcca



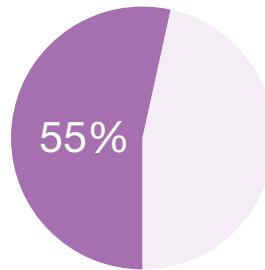
This can be difficult to talk about.

Parents/caregivers often share they feel shame, stigma, and isolation when they do seek help. Everyone involved—including the child or youth themselves—is at risk of physical and/or psychological harm, as well as family instability and possible breakdown. We know that families need understanding, and we offer a welcoming, accepting community who are walking similar paths.

We asked families what AFCCA looks like in their homes:



76% reported experiencing daily or weekly incidents of violence and or aggression



55% considered the intensity of behaviour at 8/10 or higher

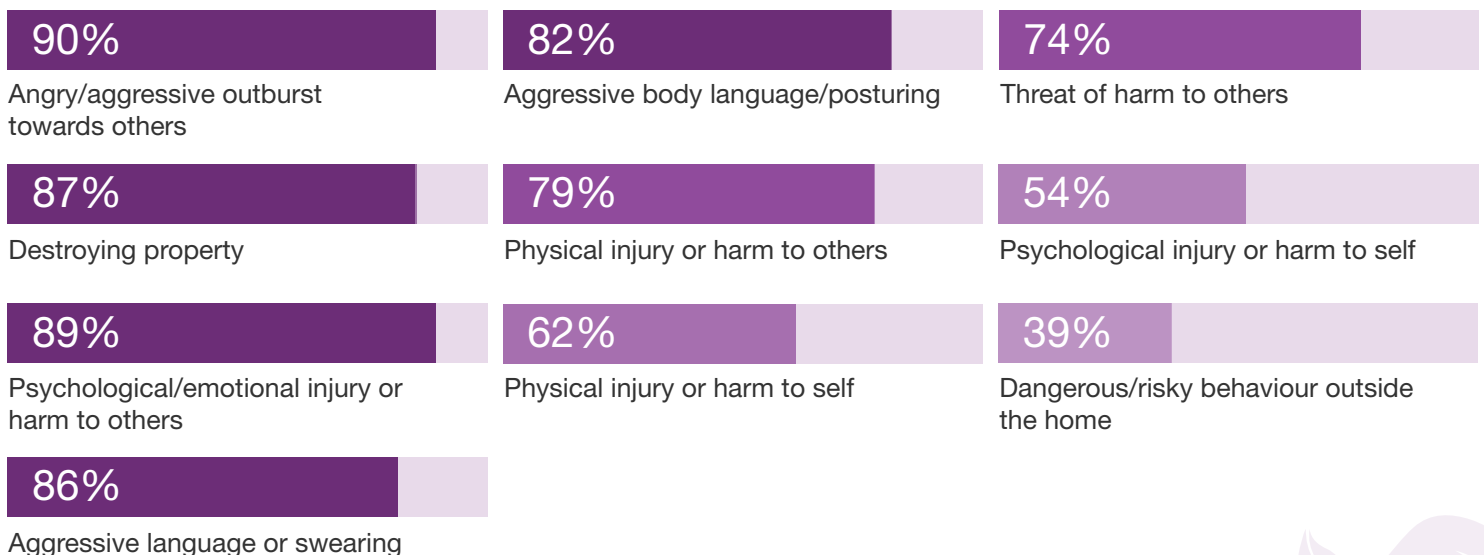
AFCCA is defined as:

Aggression toward Family/Caregivers in Childhood & Adolescence (AFCCA) describes a pattern of behaviour in childhood or adolescence, characterized by aggressive behaviour by a child or adolescent toward family members or other caregivers. This causes significant harm (physical and/or psychological) to the child/ adolescent, the person(s) the behaviour is directed toward, and other witnessing family members.

AFCCA stems from a common difficulty in which the child struggles to find co-regulation with the adult(s), resulting in progressive challenges with self-regulation. AFCCA is most often directed to parents, primary caregivers, and siblings in the home, but can also be directed toward other caregivers in other settings. The behaviour commonly becomes entrenched and escalates over time.*

Definition via the National Consortium on AFCCA.

Common behaviours include:



With content from the National Consortium on Aggression toward Family/Caregivers in Childhood & Adolescence (AFCCA).

www.afcca-apfea.ca

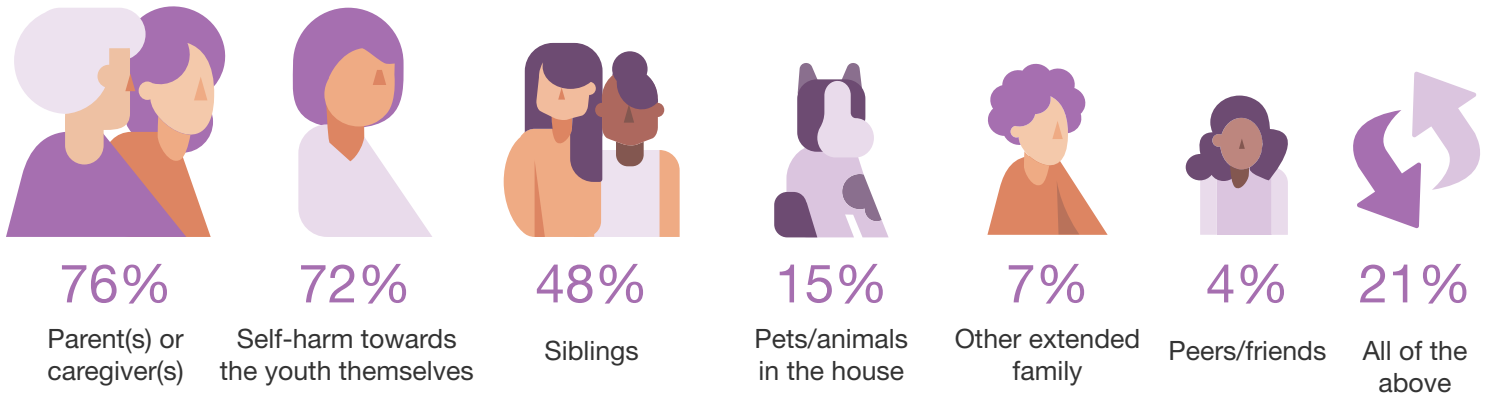
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Aggressive behaviours are most often directed toward:



Families experiencing AFCCA deserve care, empathy, and a community who understands

Families seeking help for AFCCA share they are looking for increased safety in the home and improved attachment, communication and relationships between siblings. Our AFCCA Family Supports Program provides families with access to specialized supports and services that are responsive to a family's individual needs.

Building on the existing peer supports offered within Adopt4Life's Parent2Parent Support Network, the AFCCA Family Supports Program offers additional intensive supports including:

- Peer communities and clinical coordination for families with more complex needs.
- Clinician-led therapeutic support groups for parents/caregivers.
- On-demand learning, with specialized tools and resources, that promotes awareness and understanding.
- Exploring strategies that promote and maintain safety for family members.
- Intensive advocacy and navigation assistance with coordinated community referrals.

This program expands on Adopt4Life's existing **Parent2Parent (P2P) Support Network**. Once a parent/caregiver is registered with the P2P peer supports, they are also eligible for additional support under the AFCCA Family Supports Program. Parents/caregivers can take part in private online communities and **support groups** for parents/caregivers experiencing AFCCA and can seek additional support if needed through their **Regional Parent Liaison**. For families with more intensive needs, our AFCCA Clinical Leads provide advice, guidance, and individualized strategies that promote family safety and stability.

To get started

For parents and caregivers

Simply register for the P2P Support Network, and then let our team know that you need help with AFCCA.

[Register for P2P now](#)

For professionals

Connect with a member of our AFCCA team to learn more about training by emailing afccasupport@adopt4life.com.