



Reforming behaviours - re-forming relationships

Domestic Abuse Perpetrator Programme

Information & Guidance for Referrers

Overview of Programme Description

Re:Form is a comprehensive prevention package based on motivational, experiential approaches, as recommended by Respect. The primary aim is to manage risk to victims and families, increase safety, and reduce incidents thereby improving outcomes around perpetrators being able to sustain non-abusive behaviour. Based upon a co-ordinated multi-agency approach to managing perpetrator behaviour alongside other statutory and voluntary agencies, it allows us to focus one-to-one attention on those individuals with the greatest need or who pose the greatest risk, whilst at the same time allowing those requiring early intervention to be able to access low level support for their abusive tactics/behaviours.

Examples of support available within the Re:Form structure that will improve behaviours are:

- **Re:Form Group Programme.** A 28 week programme which runs for 2 hours per session and is a domestic abuse programme aimed at those using power and control dynamics within intimate relationships. The programme challenges the beliefs that a perpetrator may hold around their relationship.

One-to-One Assessment

On receipt and acceptance of a referral, the service user will be contacted and offered an appointment to consider suitability and level of risk. If suitable, they will then be offered up to 3 motivational appointments during which they will be assessed as to the level of motivation to change their behaviour and also to measure whether they are willing to change their behaviour. Furthermore during these appointments the case manager is able to assess if the service user is suitable for groupwork. The case manager will also consider whether the individual requires the full 28 week programme or a specific number of bespoke sessions. This also starts the process for the case manager to start engaging the service user so that they feel able to trust and have open conversations, disclosing and examining abusive behaviours, which is necessary for any effective changes to take place.

During the one-to-one assessment the service user will explore elements such as:

- Level of motivation to change their behaviour
- Recognition that his/her abusive behaviour is a problem
- Acknowledgment of past violence and abuse
- Acknowledgment of some responsibility for violence
- Level of understanding of abuse
- Suitability to attend a group setting
- Willingness and/or ability to attend
- Minimisation (or lack thereof) of his/her behaviour
- Willingness to meet attendance requirements
- Willingness to allow partner to have contact with family, friends and agencies

- Agreement that workers may inform authorities and/or partners of threats, breaches of abuse etc.
- Assessment of risk of harm to self or others

Information will be outlined to the service user about the Re:Form Programme - they will also be informed that should they not attend 3 consecutive appointments, they will not be invited back onto the programme. If they wish to be re-considered for Re:Form, they can either consent to be re-referred after 3 months has lapsed or self-refer, again after 3 months.

At the end of the assessment the service user will be asked to sign a contract agreement to demonstrate their commitment to engaging with the Re:Form programme.

The programme is run on a weekly basis, usually evening sessions to accommodate those that are in employment.

Support for Partner/Ex Partner

Due to the fact that any partner or ex-partner that the service user attending Re:Form is likely to have experienced a certain level of violence or abuse, they will also be offered support by the Re:Form Partner Support worker within our team. The agreement that all service users are advised of and asked to sign prior to commencing Re:Form are also asked sign an agreement allowing us to collect the details of partner or ex-partner so that the support worker is able to make contact and offer this support. This is usually completed at the same time as they agree and sign the Confidentiality & Consent to Share Form.

The service user's partner/ex-partner will then be contacted once the programme begins and will be given ongoing support by the Safety Worker. Additionally they will be given safety planning advice, whilst being involved in the process of change that the perpetrator is working on, and provided with updates on any progress being made. Partners/ex-partners will also be given information as to what work is being completed in the sessions and will be asked if they would like to contribute and provide information as to whether they are seeing any positive (or negative) changes in their partner's behaviour.

The Partner Support worker will ensure that contact is maintained for a period of up to 6 months after the service user has successfully completed Re:Form in order to ascertain whether change is being maintained.

Who is Eligible?

All individuals wishing to attend the Re:Form programme must satisfy the following criteria:

- Must be 18 years or over
- They must agree voluntarily and be motivated to attend the programme
- They must acknowledge that their behaviour has been abusive towards their current or ex-partner.
- If the individual's first language is not English, they must have a good understanding of English in order to be able to participate in groupwork.
- Once an individual is deemed suitable for the programme, they will be contacted alongwith the partner.

Please note: By sending a referral into the Re:Form team, does not mean that the service user is automatically accepted for the programme. Only after the relevant 1:1 assessment sessions to ensure that they meet the criteria and are motivated to change will they be offered a place on the Re:Form programme.

Exclusions

An individual referred to Re:Form may be deemed unsuitable for the programme if any of the following are present:

- Chaotic substance abuse and not in treatment
- Severe/chronic mental health/psychiatric illness
- Recent convictions for firearms possession/use
- Outstanding criminal justice matters/on court bail
- Convictions for sexual abuse
- Extensive criminal record of violent crime

If a referral is rejected, the Re:Form Team will document the reason/s for this and inform the safety worker, who can then update the victim.

All enquiries should be directed to Donna Stewart, Prevention Team Project Lead.

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