

Inspire to Change

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How would it feel to be a victim of Domestic Abuse:

Describe using only one word?

INTERACTIVE EXERCISE

*"Why doesn't she
leave?"*

What is Domestic Abuse?

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The cross-government definition of domestic violence and abuse is:

“Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality.”

Types of domestic abuse

Historically domestic abuse was termed domestic violence. However, abuse covers more than just violence or aggression.

Examples of forms of abuse:

- Emotional abuse - is an attack on personality rather than the body. If someone is altering their behaviour because they are frightened of how their partner will react, they are being abused
- Sexual abuse - When someone uses force or threats to make their partner have sex, or make them perform sexual acts with which they are uncomfortable
- Financial abuse - There are many different forms, including someone taking their partner's money, stopping them from working, placing all the bills or debts in their name, or monitoring how they spend money

- The Serious Crime Act 2015 (the 2015 Act) received royal assent on 3 March 2015. The Act creates a new offence of controlling or coercive behaviour in intimate or familial relationships (section 76). The new offence closes a gap in the law around patterns of controlling or coercive behaviour in an ongoing relationship between intimate partners or family members. The offence carries a maximum sentence of 5 years' imprisonment, a fine or both.

Examples of Coercive Control

- Unreasonable demands. Often followed up by threats, pressure or physical restraint if victim's don't agree to them.
- Degradation AKA malicious name-calling, or bullying behaviour. This could include buying clothes that are purposefully too small for the victim to 'diet' into, or constant belittling behaviour in front of their friends, designed to make them feel worthless.
- Restricting daily activities. Whether it's a daily jog, or meeting family. If victim's feel increasingly unable to carry out your normal routine, it's usually a strong signal for concern.
- Threats or intimidation. If a victim's behaviour isn't to their liking, they are threatened or intimidated into changing it. This can include sex too.
- Financial control. Can include constant monitoring of a victim's spending, or giving them an 'allowance' to live off (usually when it's your own money they're controlling).
- Monitoring of time. Stalking of a victim's movements, unwanted contacted, or being controlling about how they spend their time, is a form of coercive control.
- Taking a phone away. Or changing passwords to a tablet or laptop, so victim's can't use them. This could include any form of restricting access to communication, information or services.
- The same goes for restricted mobility. If a victim's unable to leave the house, or use their car because they won't allow it. If a partner's behaviour isolates a victim from friends, family or colleagues, then it's important to seek help.
- Deprivation of food. Constantly – and purposefully – taking a victim's food away, or limiting their allowance is controlling, abusive behaviour.
- Destruction of possessions. Whether it's something valuable, or emails or text messages.

Who could be a victim of domestic abuse?

- It is not exclusively male against female
- It is not gender, race, sexual orientation, religion, culture or age specific
- Children growing up exposed to domestic abuse may suffer a range of behavioural and emotional disturbances. These can also be associated with perpetrating or experiencing violence later in life
- The victim and the perpetrator are known to each other but not necessarily partners. Other family members, children and parents can be the perpetrators
- Victims and perpetrators may be among our professional community

Reasons why someone may not report domestic abuse?

A victim may:

- Minimise their experiences and/or not define them as domestic abuse (this view could also be culturally based)
 - Be unable to express their concerns clearly (language can be a significant barrier to disclosure for many victims)
 - Fear that children will be taken into care
 - Fear the abusive partner will find them
 - Fear of being killed if they speak out
 - Believe the abusive partner's promise that it will not happen again
 - Feel shame and embarrassment and may believe it is their fault
 - Feel they will not be believed
 - Fear of isolated by their community
 - Be scared of the future (where they will go, what they will do for money?)
 - Had previous poor experience when they disclosed
 - Disabled and reliant on abuser for care
- Ultimately, some victims are simply not ready to disclose abuse. It is therefore important that professionals are always alert to the possibility that their client is experiencing domestic abuse and to be ready to offer support

Statistics from year ending March 2017 (office for national statistics);

- 44 police areas in England and Wales, South Yorkshire has the 6th highest domestic abuse related crime rate per 1000 population (24.5 per 1000)
- 22,443 police recorded domestic abuse incidents in South Yorkshire alone, arrest rate of 16%
- An estimated 1.9 million adults aged 16 to 59 years experienced domestic abuse in the last year, according to the year ending March 2017 Crime Survey for England and Wales (1.2 million women, 713,000 men).
- On average (nationally), 20% of police recorded incidents resulted in a charge by CPS.
- On average (nationally) 76% of CPS charges led to successful conviction

Why is it important to work with perpetrators

"It is our contention that too little attention has been given to domestic violence perpetrators in discussions of women and children's safety, despite research showing they will and do continue to be violent in future relationships" (Westmardland and Kelly 2013)

- Because we know that very few people come to the attention of the CJS for domestic abuse offences. **For all the reasons previously stated.**
- Lasting impact on children, increased visibility for victims – addressing the root cause. **Provide a safe environment for service users, the root cause is often due to their own experiences in childhood**
- Three planets (Hester 2011) – importance of a co-ordinated and whole family approach to tackling domestic abuse / safeguarding concerns
- Improving relationships and encouraging safe parenting (keeping families together)
- Expanding 'space for action' (Kelly 2007) – freedom from coercive control
- The impact of perpetrator programmes cannot just be measured by re-offending alone (Morris 2009)

Inspire to Change –
a county-wide service

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The Inspire to Change Service

Inspire to Change – a county-wide service

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- Commissioned by South Yorkshire's 4 local authorities and the Police Crime Commissioner.
- Operating across the South Yorkshire, launched in February 2018
- Aims to reduce domestic abuse and prevent future victims through early intervention
- Works to change behaviour through targeted CBT intervention and support
- Free, voluntary programme available to professionals and via self referral. Available to anyone over the age of 16
- Dedicated website and referral hotline

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- We will be part of a holistic, whole family (Hester model) approach to tackling the root causes of domestic abuse and to stop the transfer of harm from relationship to relationship. **Working towards a joined up approach whereby partners/victims of all service users are referred to victim support services. Working closely with Children and Young people's services**
- We aim to deliver a better future for children and an increased visibility for victims by – addressing the root cause. **Providing a safe environment for service users. The root cause of Domestic Abuse is often due to their own early life experiences**

Dictated by risk profile:

- Respectful Relationships – 12 session short duration programme (2 x 1-1 sessions, 9 group sessions and an exit interview)
- Building Better Relationships – 30 session Court & MOJ accredited programme intervention (designed for more entrenched and harmful behaviours)

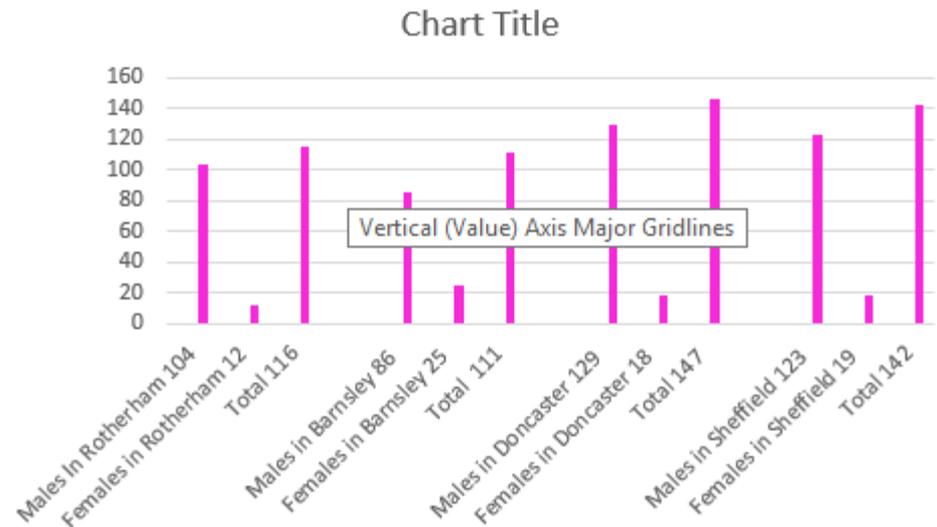
Outcomes: Referral rates

- Total of 517 referrals received across South Yorkshire

- Who is referring
 - CYPS
 - Self referrals
 - Mental Health Services

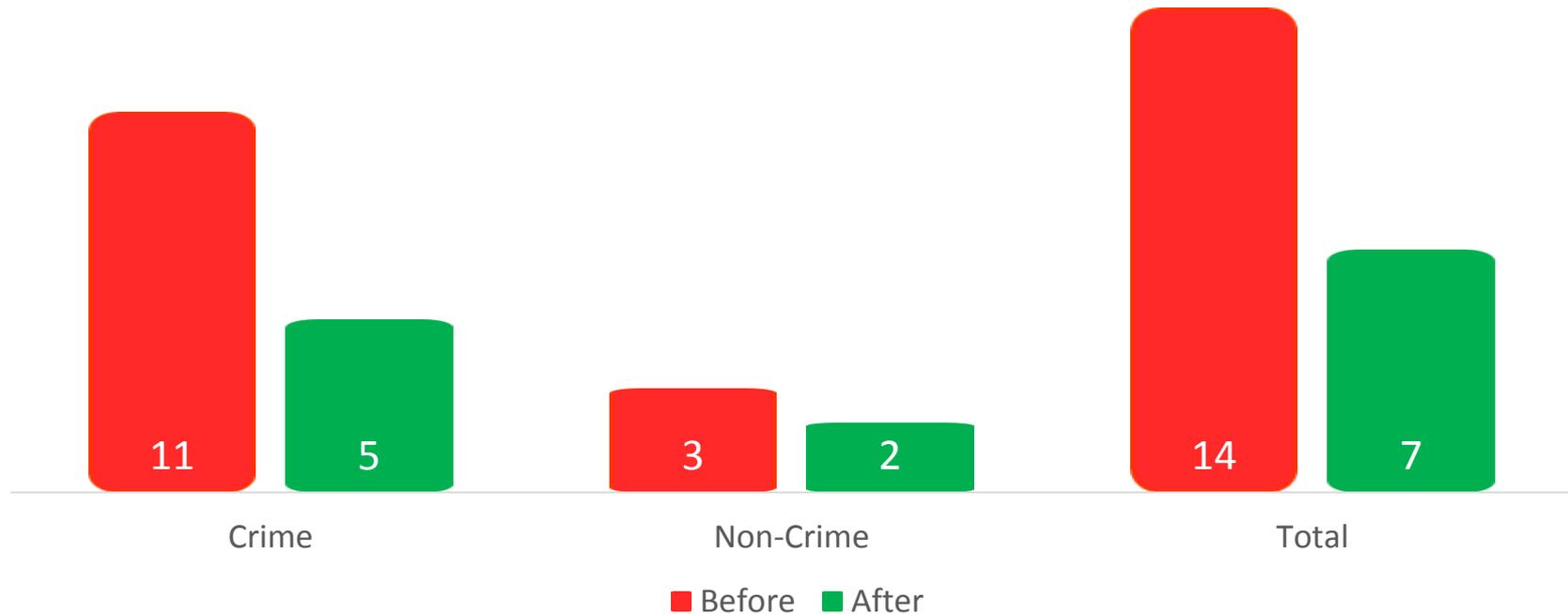
- 74 referrals for females

- Total of 97 positive completions to date



Outcomes: Re-offending data

- Between September and December 2018, 40 people completed the Inspire to Change programme
- Since then, these 40 people have shown a 55% decrease in domestic crimes and a 33% decrease in domestic non-crimes



Outcomes: Child Safeguarding

- Based on a dip sample of 11 cases referred by Children's Services, pre and post Inspire to Change intervention. Evidence suggests positive progress in 8 out of the 11 cases

Case	Pre-Course	Post-Course	Outcome
JG	CP	case closed successfully	reduction
CC	CP	CIN	reduction
RS	CP	CIN	reduction
JC	PLO	PLO (improved scores)	same
KL	PLO	children removed	no impact
AT	Early Help	Early Help	same
JH	CP	case closed successfully	reduction
JV	CIN	case closed successfully	reduction
LM	CIN	Early Help	reduction
PS	CP	case closed successfully	reduction
GH	CP	CIN	reduction

Post programme feedback from CYPS indicates:

- General reductions in dynamic risk factors
- Improved levels of engagement
- Improved outcomes for families
- Reductions in transferable perpetrator risks
- Reductions in the levels of safeguarding intervention - many cases being stepped down to Universal Services or closed

Collaborative partnership working and information sharing has led to:

- Improved multi-agency management of risks

Analysis highlights the provision of a wraparound service has:

- Enhanced links with victim services
- Promoted a holistic, whole family intervention
- Creating a perception of value for victims, who report improved relationships

The challenges of working with perpetrators.

- If we don't engage them and change mind-sets, they have potential to create new victims
- Responding to perpetrators coherently, encouraging long-term change in the prevalence and patterns of domestic abuse, means perpetrators must be challenged to stop
- Supporting service users through change, developing personal responsibility and dispelling entrenched beliefs, whilst working through external circumstances, personal distress and social disadvantage
- As with other non-statutory programmes referral rates and high referral drop off's are problematic
- Maintaining referrals and professional engagement
- Accessing front line partner agency teams like NHS, Police, custody suites, liaison and diversion teams is complex and restricted by process and time pressures e.g. PACE
- Diverse practice and regular interface with perpetrators, social workers and victims is resource intensive

Our Project development

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Our actions:

- Allocation of dedicated local staff leads
- Allocation of Project Development/SPOC
- Develop existing and new partnership relationships
- Sustain efforts to develop professional awareness of the perpetrator service and its benefits
- Develop promotional activities- professionals workshops/team meetings
- Develop tailored material to meet increasingly diverse needs
- Develop social media and partner communications
- Promote success and praise good practice
- Continue to drive referrals
- Improve stakeholder engagement and confidence

How can you help?

Potential partnership actions:

- Partners to internally promote the service
- Nomination of team sponsors
- Facilitate time at team meetings
- Encourage staff to attend professionals workshops
- Support an increase in professional discussions
- Support social media activities
- Make referrals

How to make a referral



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Any Questions?