

Inspire to Change

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Inspire to Change – a county-wide service

South Yorkshire
Community Rehabilitation Company



- Commissioned by South Yorkshire's 4 local authorities and the Police Crime Commissioner.
- Operating across the South Yorkshire District, launched in February 2018
- Aims to reduce domestic abuse through early intervention and preventing future victims
- Works to change behaviour through targeted interventions and support
- Free and voluntary programme available to professionals and via self referral, anyone over the age of 16
- Dedicated website and referral hotline
www.inspiretochange.co.uk
0114 256 7270

Why work with perpetrators?

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- Very few people come to the attention of the CJS for domestic abuse offences
- Part of a holistic, whole family approach to tackling domestic abuse
- Lasting impact on children, increased visibility for victims – addressing the root cause
- Expanding Space for Action
- Research has demonstrated the success of DA interventions

- In the 12 months up to March 2018 an estimated 2.0 million adults aged between 16 – 59 years experienced domestic Abuse, of which 1.3 million were women.
- The 16 to 24 year old age group were the highest percentage of those committing the Domestic Abuse.
- From data supplied by 39 police forces there has been 225,714 arrests!
- The number of arrests is actually a 23% increase on the previous 12 months. This is due to improved policing, and just as important, an increased willingness by victims to come forward and report DA.
- On average 2 women are killed by their current or ex partner every week - most of these were killed within 6 months of the relationship breaking up, many of which occurred with the first month.

- While all this Domestic Abuse is happening in homes up & down the country, who else can witness it and be affected?
- Research shows that over 90% of all young boys who witness Domestic Abuse then go on to commit some type of Domestic Abuse themselves!
- In terms of this relating to football, reports of Domestic Abuse go up after football matches.
- During the 2018 world cup there was a 38% increase in Domestic Abuse incidents when England lost a match.
- There was also a 26% increase when they drew or won!
- So, I'm sure you can imagine how a lot of women & children might feel when they know their partner's/father's football team have lost a game on any given day or weekend.



Respectful Relationship Programme

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- 10 Week Programme:
- **Session 1: All About Me**
- Using a cognitive behavioural approach
- Introduction to trust and support
- Creating an Identity Map
- **Session 2: My Beliefs**
- Introducing the model of social influence
- Understanding the effects of beliefs on emotions
- Behavioural Analysis
- **Session 3: Communication**
- Non-verbal communication
- Communicating thoughts and feelings
- Active Listening
- Identity Maps

- **Session 4: Negotiation**
- Negotiation and fairness
- Self-talk
- Mindfulness

- **Session 5: Emotions**
- Primary and secondary emotions
- Personal space
- Intimidation
- Bigger picture

- **Session 6: Partnership**
- Positive partnerships
- Positive parenting
- Positive role models
- Criticism

- **Session 7: Respect**
- Respect and self-respect
- Sexual respect
- Analysing behaviours
- Identity maps

- **Session 8: Perspectives**
- Perspective taking
- A woman's perspective
- Accepting woman's emotions
- Taking time out

- **Session 9: Honesty and Openness**
- Honesty and accountability
- Jealousy
- Coping strategies
- Letting go

Session 10: Future Planning

- Review of skills covered over the programme
- Identity maps
- Planning for progress

Summary Overview

- The programme looks at relationships as a whole and has a strengths based approach. We will be exploring [his/her] own views and beliefs of relationships and from this we identify beliefs that [he/she] may need to challenge
- From this we look at the more practical side of relationships such as shared responsibilities, communication, honesty and accountability, parenting and finally letting go of relationships and moving on.

Building Better Relationships

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- Accredited
- 30 Sessions
- Aimed at High Risk Perpetrators
- Strength Based
- 4 Modules – Foundation, My Thinking, My Emotions, My Relationships



Inspire to Change - the journey

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- In partnership with SYP, produce a promotional video outlining service user experiences – Designed to increase understanding, relieve potential anxiety about engaging, promote and re-inforce benefits.
- Begin to measure how successful the intervention is- working with the Police analysts so focus on re-offending rates of cohorts of service users who have successfully completed the programme. In addition use exit surveys.
- Service user champions- help to promote the service- real life people who have completed the programme. Demonstrate that can start the change process and reinforce behaviour that is not abusive and promotes a healthy relationships.
- 'drop in' for both service users and professionals- Start to provide a follow on service- coffee mornings where service users can discuss situations and any relationships in a safe environment. Opportunity to re-inforce learning and seek further advice and guidance when required.
- Develop stronger referral links with services such as substance misuse, housing & mental health- Recognise that issues such as substance misuse, housing and mental health can exacerbate problems within relationship. Aim to network with senior managers and practitioners to strengthen relationship and adopt as mention before a multi agency approach.

- Working towards RESPECT accreditation- Framework which is designed to ensure safe, effective, accountable work with perpetrators of domestic violence and abuse.
- Development of links with Police Custody Suites- Inspire to Change staff to build relationships in each area and spend time at Police custody suites to take referrals- talk to service users and raise awareness.
- More referrals!- We are actively looking to increase referrals.

“Inspire to Change provided me with a safe space to be able to talk about my emotions and feelings”- **Stigma attached to abusive behaviour**

“The support I received from the facilitators was brilliant, I felt like they truly wanted to help me change my abusive behaviour”- **Importance of building a professional relationship and investing time and energy into service users. Genuine motivation of our staff to support positive change.**

“Inspire to Change has helped me and my partner repair our relationship, and given me the tools to manage my emotions in a more positive way”- **Point to make that it is about providing strategies and enabling individuals- they need to put them into practice.**

“Our social worker has told me how proud she is of me for completing the programme, I want to help other men change their behaviour” – Find that professional’s who invest an interest in supporting service user

“I’ve never opened up before about the pain my past has caused me”- **Sometimes being able to open up can be the start towards looking at how the past has impacted on own behaviour in future relationships.**

How to make a referral



www.inspiretochange.co.uk



“Inspire to Change has
changed my life”