



Bexley See Change Programme

Solace's See Change is a new service in the London borough of Bexley that works with men concerned about their behaviour towards their female partner.

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in Bexley

solacewomensaid.org

About the project

We aim to increase safety for victims and children by supporting men in changing their behaviour, addressing their own experiences of masculinity, and helping them to become accountable and responsible for their behaviours.

We offer a 26-week group-based intervention based upon the “Three Pillar Model” of intervention that seeks to address Risk, Understanding and Behaviour Change through a psycho-educative approach.

Additional 1-2-1 intervention, underpinned by the group work, is available for those men that would benefit from exploring their own histories and how this supports their abusive behaviour. With the aim of helping them restore agency in their lives and moving them towards a stronger understanding of accountability and responsibility.

The project also offers parallel support services for victim/survivors of those attending See Change and an extended recovery group for men who have completed the See Change programme.

Bespoke, 1-2-1 services are also available for clients worried about their behaviour towards a partner but who fall outside the type of relationship described above.

Underpinning all our work is an understanding that domestic abuse is a systematic pattern of behaviour, which is learned and has an intent. As such the person perpetrating the abuse is 100% responsible for their behaviour.

Assessment

Before attending the programme clients are offered a 1-2-1 assessment to assess their suitability and examine any issues of risk that may be apparent.

Broadly, clients are considered suitable if they are able to:

- Disclosure examples of their use of violence/abuse.
- Demonstrate some understanding that their use of violence isn't unacceptable.
- Demonstrate some empathy for the person(s) they have hurt.

The assessment takes approximately 2 hours. The programme is “rolling” so they will usually be given a start date within 4 weeks of assessment.

Referral processes

Self-referrals can be made on **07717 651 465**.

If the client has contact with children subject to a Child Protection (CP) or Child in Need (CIN) plan, the referral needs to come from the allocated social worker.

Other professionals such as GPs, mental health professionals, drug and alcohol workers etc. can refer on behalf of clients if there is no social work involvement.

Referral forms for professionals can be obtained via email: c.fitzgerald@solacewomensaid.org

To discuss the referral before making it call **07717 651 465**.

Criteria

To save professionals time and unnecessary administration we always recommend checking the following:

- Does the client have a connection to Bexley? (Resides in the borough/works with a statutory agency in the borough; has a child/(ex) partner living in the borough?)
- Would the client being referred likely meet the suitability criteria of assessment?
- Has the referral been discussed with the client, and have they agreed to it?

If professionals are unsure about any of this please do ring to discuss.

Partner support

The partner or relevant ex-partner(s) of the referred client will be offered support through our linked partner support service. This is vital in terms of ensuring partner safety and the integrity of the programme. The service provides essential support to partners as well as information about what the programme does and does not do.

Liaison between the programme and the partner support service happens regularly to update them on issues such as attendance, disclosures of abuse and risk concerns. This is also a way of ensuring what is being presented by those attending the programme is not incongruent with partners experiences.

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Confidentiality

Confidentiality for those attending See Change is limited and a condition of acceptance onto the programme. Men need to agree to have attendance details and disclosures of abuse shared with partner support services and other professionals if required.

Partner support confidentiality is not limited, and only minimal information is shared with the See Change as needed. Both parts of the service abide by their duties under law regarding safeguarding concerns.

Programme Efficacy

Published research under the Mirabel Project - Kelly, L. and Westmarland, N. (2015) Domestic Violence Perpetrator Programmes: Steps Towards Change – concluded the following:

- Most men who complete a domestic violence perpetrator programme that conforms to national standards stop using violence and reduce most other forms of abuse against their partner.
- Most of the partners and ex-partners of men on programmes said that they feel and are safer after their partner or ex-partner completed the programme.
- Programmes make unique contributions to the “STEPS TOWARDS CHANGE”.
- A variety of men come to programmes.
- Programmes make a significant and unique contribution to local coordinated community responses to domestic violence.
- Programmes fit with other interventions needed.
- There are good indicators for work with children whose fathers are on programmes.

While we are confident we will be able to replicate similar outcomes, we will be commissioning research to work alongside the project to ensure learning regarding interventions is robust. Where necessary we will adjust our working processes as we work if research outcomes indicate this is necessary.

Work that doesn't fit within the See Change group model

Currently our group-based programme is designed to provide groups for men who are using violence towards women. However, we recognise that violence in relationships happens in other contexts, including LGBTQ+ relationships, women to men and adolescent to parent.

Where possible we are committed to working with cases that fall outside our current framework on a 1-2-1, case by case basis and are confident we can deliver a full and comprehensive service to relevant clients this way.

If we identify a significant unmet need we are committed to reporting on this and seeking to address it through partnership working, further training of our staff and seeking additional funds where necessary.



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