

Brighter Futures Domestic Violence Perpetrators Programme

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Who are we?

- **FryAccord**
- **Coventry Domestic Violence and Abuse Support Services (CDVASS)**
 - Coventry City Council
 - FryAccord
 - Barnardo's Defuze project
 - Refuge victim support
 - Safe and Supported Partnership



What is the Brighter Futures Perpetrator Programme?

- Delivered in Groups or 1-2-1
- 10 facilitated 1.5 hour sessions
- Safe and supportive environment
- Partnership working, signposting & holistic support
- Feedback provided to agencies
- Feedback sought from agencies



What is the Brighter Futures Perpetrator Programme?

- Created by: **Professor Erica Bowen** – Professor of applied research in Psychology at Coventry University.
- Researching Violence in intimate relationships since 2000.
- Wrote the theory manual for Building Better Relationships, a nationally accredited perpetrator programme used by Probation.
- Written solution focussed therapy intervention programmes for Wiltshire Probation Trust, with excellent results.



Solution Focused Brief Therapy Approach

The Focus of the Intervention is:

- Looking at a positive future rather than a negative past.
- Encouraging clients to increase the frequency of positive behaviours by formulating achievable 'Solution Focussed Behaviours'.
- Helping the client to find alternatives to their current/past negative behaviour.
 - Focus on small changes rather than large incremental changes.



Past Causality



Future Causality



Who will we Support?

- Programme is open to males & females aged 16+
- Must have a connection to Coventry
- Must be prepared to fully disclose victim information
- Referrals encouraged from agencies, as well as self-referrals
- Not suited to people with severe mental health or present drug/alcohol issues



Referrals/Outcomes

November 2014 – October 2017:

- **733** referrals to date – vast majority from Social Care
 - **54** females and **679** males
 - **664** between the ages of 18 – 45
 - **134** non English speaking

- **344** clients were supported with the programme 65% completing successfully



Feedback

Social Care: “A programme that allows our service users to self-reflect on themselves, which then allows them to identify their own limitations, skills and to develop strategies to form healthy relationships. This is a fantastic programme. Service users that I have recommended for the programme are usually eager to complete all the sessions. Regular updates from Brighter Futures to know the progress of my service users has been very beneficial with how the case is managed.”

Family: “ *Client* is like a different person. He is calmer, takes time out when needed rather than arguing and is more reflective generally. *Client* is now able to see an argument brewing and approaches things differently and more calmly. *Client* now talks to his wife rather than arguing and understands the importance of taking himself off for a walk if he needs to.”



Feedback

Probation: “*Client* appears calmer and comfortable in having difficult conversations. His relationship with Probation has improved and he is engaging in a more positive manner.”

Client: “Both the facilitators have been so supportive and understanding. If it wasn’t for them I wouldn’t have understood my actions or achieved my goals. They listen and give feedback. I appreciate this programme and the support, I have learnt so much and will continue to better myself, I am grateful for all the tools you have given me.”



Safeguarding

- Rigorous and consistent **feedback** to all agencies involved
- Self referrals – **background checks** with safeguarding teams
 - All identified **victims** are referred to Refuge
- All identified **children** are referred to Social Care (if not already known), and Defuze at Barnardo's
- Work along side the Serial/High Risk **Perpetrators Forum**



What is Domestic Violence and Abuse?

The Government definition of domestic violence and abuse is:

"Any incident 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. The abuse can encompass, but is not limited to:

Psychological

Physical

Sexual

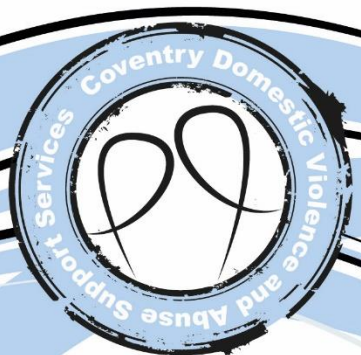
Financial

Emotional



The 7 Types of Domestic Violence and Abuse

- **Verbal** - Shouting, screaming, swearing.
- **Physical** - Physical harm – e.g. punching, kicking, strangulation, spitting, hair pulling, burning. Physical intimidation – e.g. blocking pathway, hand gestures. Property damage – e.g. slamming doors, throwing things.
- **Threats** - Threats to harm self, others, or victim. Threats to leave, take the children, spread a rumour, damage or take property.
- **Psychological** - Name calling, putting someone down, belittling someone, Gas Lighting, silent treatment.
- **Financial** - Not allowing them a bank account, giving them an allowance, checking what they spend, taking credit in their name.
- **Sexual** - Any unwanted sexual advances, or comments. Rape.
- **Control and Coercion.**



What is Control and Coercion?

- <https://www.youtube.com/watch?v=RikpW5n7d5k&feature=youtu.be>
- When a person with whom you are personally connected , repeatedly behaves in a way which makes you feel:
 - Controlled
 - Dependent
 - Isolated
 - Scared
- Source: Rights of Women (2016).



The Law

- **The law changed to include Control and Coercion on the 29/12/2015**
- **It now comes under** section 76 of the Serious [Crime](#) Act 2015
- **The Home Office define Controlling and Coercive behaviour as:**
- **“Controlling behaviour is:** A range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.”
- **“Coercive behaviour is:** a continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.”
- It cannot be an isolated event.



The Law Continued...

- Must have a “serious effect” on victim.
- Perpetrator should know, or “ought to know” the behaviour will have “serious effect” on victim.
- Like any domestic offence, the perpetrator must be personally connected to victim when the incidents took place.
- It is now punishable by up to five years in prison.



Control and Coercion – the Statistics

- Domestic Violence and Abuse makes up 1 in 10 crimes in UK.
- **11%** of Domestic Violence is Control and Coercion.
- **155** people were prosecuted for Control and Coercion in 2016.

On The Brighter Futures Programme:

- **4** in **10** clients were perpetrators of Control and Coercion, identified by the referrer.
- Of the **88** clients who have attended programme since January 2017 – **55** have disclosed Controlling and Coercive behaviour.
- **Be aware:** **100%** of the female referrals we have had in 2017 have been perpetrators of Control and Coercion.



How do we identify Control and Coercion?



Home Office Guidelines

- The Home Office have issued guidelines highlighting the vital role that police and other agencies play.
- The Home Office also discusses stresses the importance of:
- Being aware of perpetrator manipulation.
- Record keeping.
- Being aware that a victim may not identify themselves as a victim.
- A thorough approach being taken at initial contact.
- Consideration of wider context, is control and coercion present where a physical assault has occurred?



Home Office

Identifying Control and Coercion

- How can you identify Control and Coercion?
- What situations might Control and Coercion occur in?
- Who can be a perpetrator?
- What could indicate the presence of Control and Coercion?
- Common signs to look out for:
 - 'The partner/ family member that does everything for them'.
 - Dependent partners/ family members.
 - Partner's/family member's disclosing feelings of entrapment.

HE'S GREAT ISN'T HE?

SWEET, CHARMING, CUTE, FUNNY AND SO LOVING AND INTO YOU.



Examples of Control and Coercion

- “I’m always buying her clothes”
- “I check her Facebook to make sure no weirdo’s are trying to talk to her”
- “That friend was a bad influence”
- “Her mum is awful, we don’t speak to her”
- “She’s a mother now, why would she want to go out and party?”
- “I’ve been at work all day, and she’s not cleaned up, what’s she been doing”
- “You look better when you make an effort”
- “Well why does she need to get dressed up”
- “She read my message at 10:00, she’s been online, what’s she doing?”
- “Why is there a second cup on the side when she hasn’t mentioned anyone was coming round”
- “She can wait downstairs for me”
- “She shouldn’t watch those types of programmes, they’ll fill her head with rubbish”
- “I sometimes don’t let her sleep”



What can you do?

- Complete a thorough assessment
- Report to relevant agencies
- Assess immediate risk
- Talk to victim if appropriate
- Record everything
- If possible, ask the victim to record all incidents



Brighter Futures and Control and Coercion

- There are various tasks we complete on the programme which look at addressing controlling and coercive behaviour.
- Two we will cover today are:
 - Irrational Beliefs
 - Scenarios

We would like to run through these with you, we will need some volunteers!

Scenarios

Irrational Beliefs



Scenarios



Your partner has gone on a night out, you see on Facebook they have been tagged in a photo with a group of people you don't know, and one has their arm round them.

How do you deal with this?

You What's App message your partner at 11.00am, they are online, they read it and don't reply until 7.00pm, despite being online all day.

How do you deal with this?

Your partner has gone on a planned night out (with a friend that you dislike) they were due back around midnight, they do not return, you try calling at 12.15 and her phone is off- It stays off and you're unable to make contact, they return at 9am.

How do you deal with this?

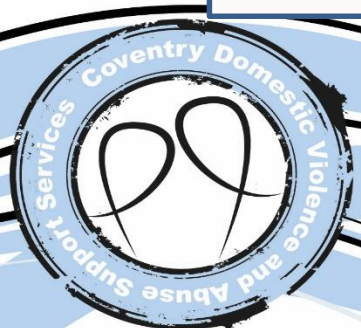
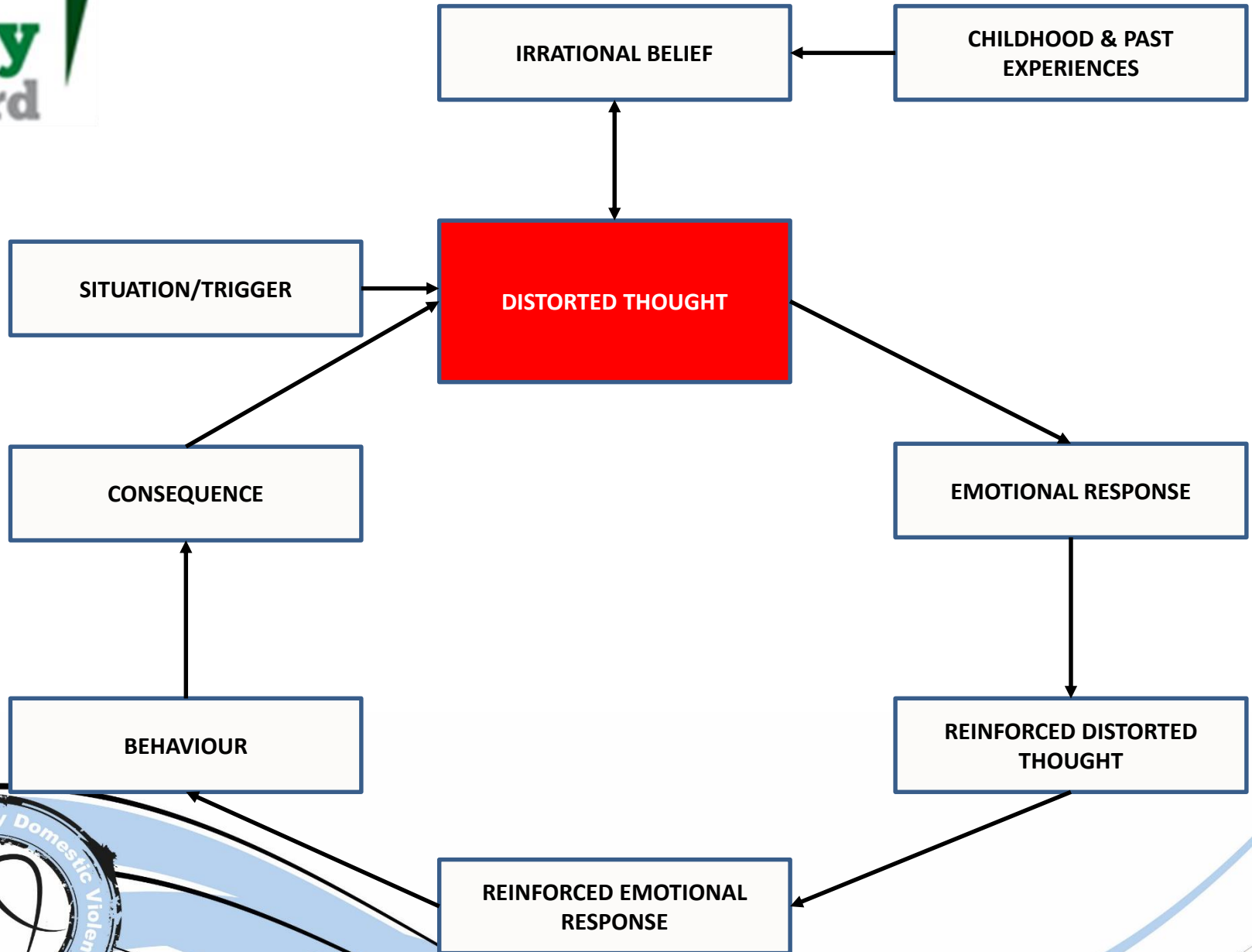


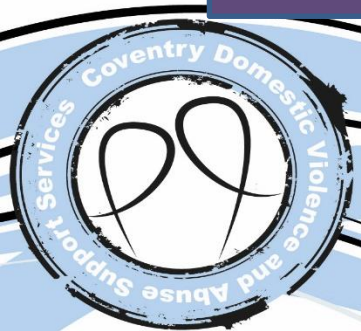
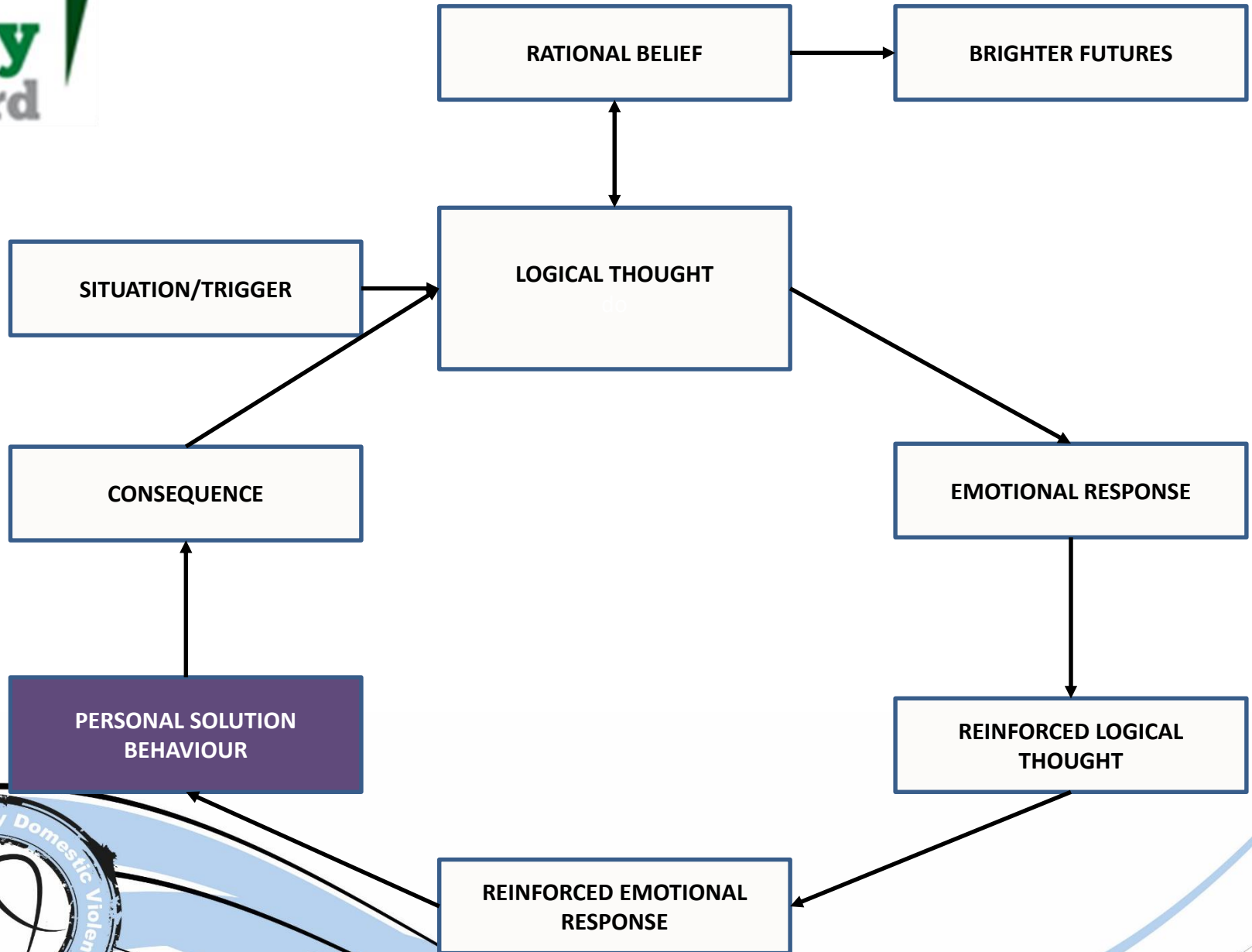
- Initially how do you feel? E.g.: Thoughts/feelings/behaviour
- What are you going to do to manage yourself in this situation?
- Ideas for solutions
- How do you feel once issue is resolved, how do the other party feel?



Irrational beliefs







Questions from the floor





The Brighter Futures Perpetrator Programme

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Koco's Community Resource Centre,
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CV1 3JQ



References

- [http://rightsofwomen.org.uk/get-information/violence-against-women-and-international-law/coercive-control-and-the-law/#What%20is coercive control?](http://rightsofwomen.org.uk/get-information/violence-against-women-and-international-law/coercive-control-and-the-law/#What%20is%20coercive%20control?)
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