

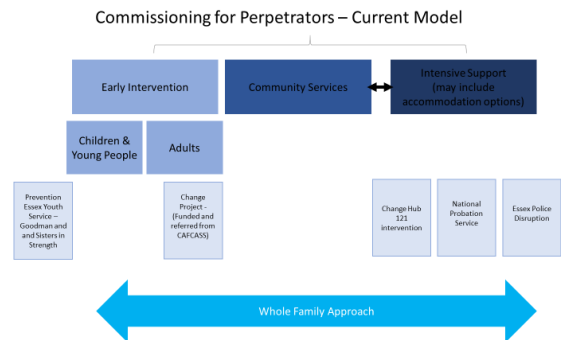
## Early Intervention and community support to domestic violence perpetrators proposal

### Background

Essex has an established and effective partnership, committed to work together and enable people in Essex to live free from all forms of domestic abuse. Representatives from agencies and organisations across Southend Essex and Thurrock form the Domestic Abuse Board (SETDAB). The board has a countywide domestic abuse strategy and provides clear leadership and governance to ensure its delivery. The board is committed to delivering 5 key outcomes one of which is to support and disrupt perpetrators in order to change their behaviour and break the cycle of domestic abuse.

SETDAB has a 5-year track record of delivering against the perpetrator outcome. We adopt a whole family approach and in doing so offer a menu of support and intervention to address individual perpetrator behaviour to respond to levels of risk and individual needs.

An established Essex perpetrator sub-group of the SETDAB continue to review the approach and are becoming increasingly data rich to improve the current model by targeting early, identifying needs and addressing gaps in support.



Evidence in the main has Nationally seen an increase in domestic abuse reports predominantly through calls to national helplines. Unfortunately, COVID had a significant impact on organisations that support domestic abuse perpetrators and demand is outstripping capacity. Since March, The Change Project has seen an increase of 70% in new contacts to their organisation with perpetrators seeking support. This is of course positive but whilst additional emergency funding was obtained to meet that demand the 70% increase identifies that in Essex, we need to strengthen our response in early intervention for perpetrators. This includes recognising the impact on those from diverse and isolated communities including rural and LGBTQ+.

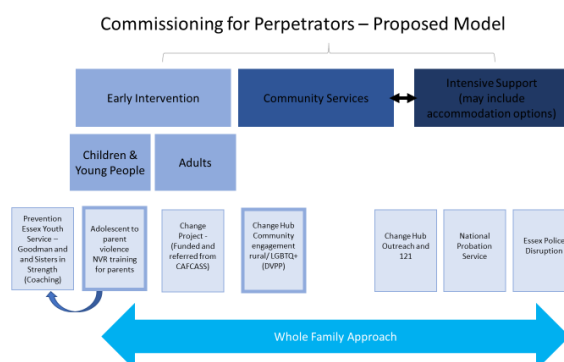
Evidence in data regarding the prevalence of APV is limited as this is usually captured through whole family assessments or individual case notes and often within the context of family dysfunction and/or family breakdown. Between 2017 and 2020 only 153 young people were identified through Essex Police data to have been reported for violence to their care giver. However, anecdotal information from stakeholders across children and young people's services identified an increase in adolescent to parent violence (APV) and so we know it is much higher and increasing.

The evidence has identified two main issues which we propose to utilise funding to address

- Develop countywide response to adolescent to parent violence
- Ensure responses respond to increase demand and reach under reported communities including rural areas, LGBTQ+ and BAME

In order to respond to the identified need it is proposed to utilise the Home Office funding available to

- a) create a new countywide approach to support families affected by Adolescent to Parent Violence (APV)
- b) deliver a Domestic Violence Prevention Programmes (DVPP) to target under reporting minority groups.



Proposal

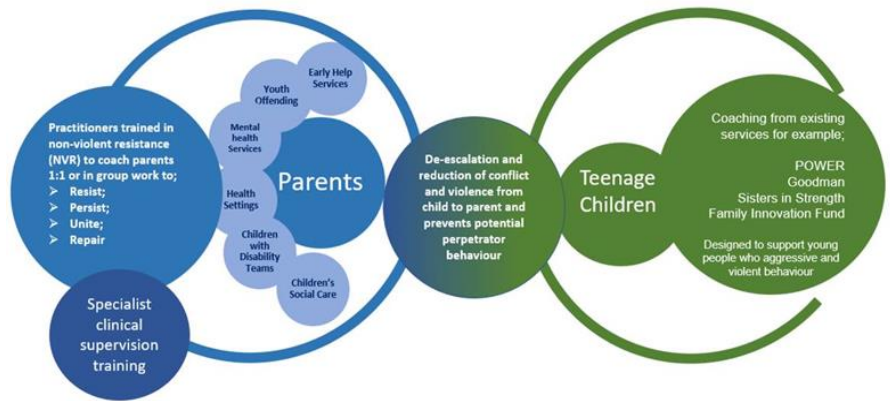
**Non-Violent Resistance (NVR); Early intervention for Adolescent to Parent Violence (APV)**

a) **APV**

We are proposing to deliver a new and unique approach to APV delivering Non-Violent Resistance (NVR) training to parents and coaching for young people.

NVR is an evidenced based innovative form of systemic family therapy which has been developed for aggressive, violent, controlling and self-destructive behaviour in young people. Several

recent outcome studies have shown that NVR is very effective in improving the behaviour of a large percentage of young people, reducing parents’ feelings of helplessness and raising their confidence, as well as bringing about a more peaceful atmosphere within the family.



We will develop bespoke NVR group work approaches with practitioners where parents access support at different parts of the system. NVR will also be offered to parents on a 1:1 basis where this is more appropriate to their needs. The aim of NVR is to coach parents to enable them to de-escalate violence and conflict, creating sustainability once the support has ended. The young person who is the focus of APV and potentially siblings in situ may also need support, as such, the Essex model will also offer a variety of interventions dependent on need including mentoring, diversionary activities, peer support and coaching.

Recognising that both locally and nationally there is limited research and information known regarding APV, the Essex model will also include the development of a meaningful standardised risk and recording tool, which will help to build the evidence base and add value in better understanding themes and trends within this area.

b) **DVPP**

The Change Project, a Respect accredited charity, deliver Domestic Violence Prevention Programmes (DVPP). They are behaviour change courses that aim to work with the perpetrator and their family through 1:1 or group work in order to educate and rehabilitate perpetrators and to change their abusive behaviour.

We want to target these programmes to under reported cohorts from LGBTQ+ and BAME, and to reach rural communities in Essex where we know there is “hidden” and unreported need. The Change Project will work with specific/specialist voluntary and community groups and practitioners already working within these communities to raise awareness of the project. Perpetrators, victims and their family would expect to see the following improved outcomes following the completion of DVPP course

- Reduction in physical abuse
- Reduction in sexual abuse
- Reduction in harassment and stalking
- Reduction in all jealous and controlling behaviour
- Victims and their families feel safer

Funding required overview

	Delivery	Home Office Funding	Match funding (in kind resource and financial)
APV	200 practitioners trained 120 parents engaged in group work 300 parents engaged in 1 to 1 work 40 supervisors trained to provide specialist clinical supervision	£139,020	£127,320
Community DVPP	35 courses delivered	£80,000	£30,000