

Services to Support Families in Portsmouth Affected by Domestic Abuse

Supporting the Victim

- **Advocacy & Support Service** - Early Intervention Project (EIP) and Stonham provide this to victims at medium to low risk of domestic abuse
- **Independent Domestic Violence Adviser (IDVA)** - EIP and Aurora New Dawn both employ IDVAs who offer support to victims at high risk of domestic abuse
- **Young Persons Violence Advocate** - EIP and Children Social Care offer support to victims of domestic abuse for young people aged 13 - 16 in an intimate partner relationship
- **Volunteer provision** - Police can refer to Aurora New Dawn who offer immediate support in evenings and weekends for victims of domestic abuse
- **Refuge** – run by Aurora New Dawn, provides accommodation and support for up to 16 women needing emergency accommodation due to domestic abuse, and their children (up to 16yrs of age)
- **Butterfly Programme** – a 14 week closed support group programme. Structured sessions, based upon the Duluth Wheel for victims of domestic abuse facilitated by staff from the EIP who are trained professionally in supporting those experiencing domestic abuse and/or sexual violence.
- **Portsmouth Abuse & Rape Counselling Service (PARCS)** provide counselling to victims of domestic abuse, clients must be aged over 18yrs
- **Specialist Domestic Abuse Court** - EIP and Aurora New Dawn works with victims and survivors of domestic abuse whose cases are going through the criminal justice system
- **Hampshire Stalking Clinic** - Aurora New Dawn offer a specialist stalking clinic to a small number of very high risk victims of stalking
- **IRIS service** - can offer GP's and their patients in Portsmouth: 1 to 1 work with a domestic abuse practitioner to recognise risk, patterns of abuse, safety and additional support needs; Updates to GP regarding patient safety and engagement; Qualified IDVA support and MARAC representation for all high risk clients; Assistance with immediate safety and/or access to emergency accommodation; Help with legal matters, access to solicitors and advice about legal options and support at court.
- **The Freedom Programme** – Southern Domestic Abuse Service (SDAS) funded by OPCC and CCG delivers this rolling 12 week women only programme which examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help women make sense of and understand what has happened to them. The Freedom Programme also looks at how children are affected by domestic abuse and how their lives are improved when the abuse is removed.

Supporting the Perpetrator

- **Up2U: Creating Healthy Relationships** - is a programme for people who use domestically abusive behaviours in their relationships. It is an assessment lead intervention programme. Partners and ex-partners are also offered support through the programme and Up2U will refer them to the Early Intervention Project (EIP) to receive safety planning and risk management advice. Up2U will accept both males and females, from the age of 16, including those who use abusive behaviours in

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same sex relationships. In addition, if it is identified and evidenced that both members of a couple use unhealthy and abusive behaviours then a referral can be made to Up2U for both individuals.

- **Building Better Relationships (BBR)** - Community Rehabilitation Company programme for perpetrators of domestic abuse who have been convicted.

Supporting the Child

- **You Choose! Service Portsmouth Positive Activities:** delivered by Motiv8, covers the 9-19 age range and up to 25 for those with a learning difficulty &/or disability. The service has two distinct parts:
 1. Evening positive activities across the City including Youth Hubs: fixed drop in sessions, which provides a range of issue based activities
 2. Targeted 1:1 support: for up to 5 spaces at any one time for children aged 9-19 who are experiencing a range of issues and are at risk of poor outcomes including Domestic Abuse. Working with a Motiv8 support worker we engage with the child and their family for 6-12 months, using the SAF and TAF process.
- **New Service starting November 2016 (Awaiting Name):** delivered by Motiv8, focusing on emotional health and wellbeing operating in Paulsgrove for 9-19. This provision is a 1 hour, once a week drop in facility for small groups and/or individual young people to come and talk with a Motiv8 support worker about any issues which are impacting them, where they will be listened to. The service will be able to sign post young people to a range of provision available locally alongside working with the individual and/or small groups to help address the issue/s they are presenting with.
- **Motiv8 Traded Services:** Motiv8 provides traded services where services or organisations can buy in support and spot purchase where required. These services can be tailored to the individual needs, those relevant to Domestic Abuse include: 1:1 targeted support or group work provision e.g. Teenage Relationship Abuse Programme (evidence based programme) working with up to 10 YP at any one supporting young people who are/or are at risk of abusive relationships. The programme runs over 8 weeks.
- **Who's in Charge** - the Youth Offending Team offer a group programme for parents and carers with the opportunity to reflect on the dynamics of child to parent violence and abuse, examine the concept of entitlement vs responsibility, explore abuse, power and anger, support the development of concrete strategies and clear boundaries and reduce the sense of isolation, stress and guilt often experienced.
- **Boys To Men** – SDAS deliver this innovative project providing one-to-one support to boys and young men aged 5-20yrs who have witnessed domestic abuse within the Havant and Portsmouth area. This service works to prevent reoffending, reduce crime and anti-social behaviour and to raise the awareness of domestic abuse.
- **Break the Cycle** – SDAS delivers this programme which aims to 'break the cycle' of abuse and challenges the beliefs of young men aged 14-17, who are presenting with abusive and controlling behaviours. The group looks at domestic abuse, healthy relationships, gender, sex, conflict resolution and respect
- **"It's a RAPP" (Relationship Abuse Prevention Programme)** - SDAS engages young people who've either witnessed DA or are experiencing in their relationships, through workshops and group work to enable them to access information support and advice around domestic abuse and the promotion of healthy relationships. It is based on the Freedom Programme and is designed to be used with young people

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over the age of 14, although can be adapted for use with young people over 11 years.

- **SDAS Traded Services** provide other services that can be spot purchased by organisations, these include: **VIP** - an early intervention tool for use with young women designed to build confidence and a sense of self. It provides a platform for women to discover their value, identity and purpose through sharing and exploring different aspects of who they are. Sessions feature topics such as feelings and emotions, dreams for the future, personality, interests and body image. **Helping Hands** - a preventative education programme for child survivors and victims of domestic abuse aged 7-11, and Hand in Hand is a shorter version for younger children aged 4-7. The programmes look at friendships & relationships, bullying, domestic abuse, getting help, safety planning, feelings, self-esteem & confidence, and healthy relationships.
- **Helping Hands** - Barnardo's Family Intervention Project, also offer this programme on a group or individual basis, to children open to their service aged 7yrs or older. The objectives are to:
 - develop children's levels of self-esteem and confidence
 - enable children to explore and express feelings
 - inform children of the right to feel safe at all times
 - increase children's ability in safety planning
 - empower children to identify their own personal support network
 - explore how choice of behaviour can affect the feelings of others, and
 - identify healthy ways to manage conflict.

Multi-Agency Training for Professionals

- **Domestic Abuse E- Learning Training Course** - The Safer Portsmouth Partnership has contributed to this e-learning course coordinated by the Hampshire Domestic Abuse Forum. It is available to professionals working in the Hampshire County Council area, Portsmouth and the Isle of Wight free of charge, via [the Kwango.com site](http://theKwango.com). To do the course:
 - go to the Kwango.com site
 - set up a personal account using the "create new user" link
 - when you create your account, when asked to identify your organisation, please type **hdvaa** - do not write the name of the organisation that you work for
 - at the end of the course, click "print certificate". If you click the "next" arrow, you will be unable to print the certificate and will have to retake the course
- **Two day Domestic Abuse training course** - The Safer Portsmouth Partnership offer a two day Domestic Abuse course. To book your FREE place please contact janet.byng@portsmouthcc.gov.uk

Key messages about the significance of domestic abuse as a safeguarding issue affecting children and families is included within all training offered by the [Portsmouth Safeguarding Training](#):

- Basic Awareness - key messages re links between domestic abuse and emotional abuse particularly and case scenario including domestic abuse as an issue. Involves exploring impact on the child and required response.

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- Early Help Module - key messages about links between neglect and parental factors including domestic abuse. Use of early help single assessment to identify this - including DASH and supportive agencies.
- Child Protection Module - the case study used to work through the process from referral to Child Protection Conference is focused on domestic abuse. Content will include learning points about how domestic abuse affects children, how to make good assessments (use of the DASH) and good planning to keep children safe.
- Managers Module and DSL Refresher Module - there is content focused on neglect and the link to parental factors including domestic abuse. There is learning about good practice with regards to assessments including the use of DASH, supportive agencies and safety planning.

Your organisation may have specific training that you can attend to learn more about working with domestic abuse, please speak to your line manager for further information.