

To make a referral

- Complete the Wolverhampton Community DVPP referral form and submit via the appropriate method (details overleaf)
- All information required for perpetrator must be included / completed
- Consent from the perpetrator must be obtained
- Female partner / ex partner details and consent to be completed wherever possible

Criteria

- Heterosexual male – standard to high risk
- Living within the boundaries of Wolverhampton
- Acknowledge that he has behaved abusively towards his female partner
- Want to and be willing to change his behaviour
- Consent to engage on the programme from male
- Current/ex partner contact details and consent to contact (where female aware of the referral)

Who we accept referrals from:

Examples of organisations from which we will accept referrals;

- Specialist domestic abuse services
- Children's Services
- West Midlands Police
- Probation Services
- Mental Health Services
- Drug and Alcohol Services
- Voluntary and community sector organisations and services
- Self referral

About us

My Time is an award-winning, pioneering and innovative, multi-lingual, community mental health & domestic violence service provider working in the Midlands. My Time is a division of Richmond Fellowship, a national charity providing mental health, substance misuse and domestic violence services.

In 12 years we've developed community based solutions to respond to increasing levels of depression, anxiety, low self-esteem and long-term mental health issues.

My Time has been working with perpetrators in abusive relationships since 2012.

We support men in a non judgmental setting to build awareness of and recognise their own abusive behaviours towards current/ex partners, and to start making positive changes.

Contact us

If you have any additional questions please contact us. To make a referral complete our referral form and send to:

For professionals with secure email accounts:
dvpp.wlvcommunity@rfellowship.cjsm.net

For organisations without secure accounts / or for self referrals:
DVPPMyTime@RichmondFellowship.org.uk

Alternatively call our single point of contact to make a self referral: **01217 666 699**

Company Registration No. **662712**
Registered Charity No. **200453**

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Wolverhampton Community Domestic violence perpetrator programme (DVPP)



Home Office



a division of Richmond Fellowship

This project is funded from the **Home Office Violence Against Women and Girls Service Transformation Fund**

Our approach

We approach all participants from a non judgemental stance. Facilitators are trained to create an open learning environment. We respect engagement from men and their experiences whilst challenging beliefs and assumptions around permission to abuse. Throughout the programme the emphasis is focused on impact towards women and children.

Aim of the programme

To promote and increase the safety of women and children. To work to build awareness, challenge beliefs, offer change of thoughts and behaviours, and alternate coping mechanisms with males who perpetrate domestic abuse (including coercive control).

Why a 30 week programme?

The length of programme is in line with RESPECT guidelines. 30 week programme to embed changes to cognitive distortion in order to prevent reoccurring negative behaviour.

We expect

- Openness and honesty from participants with a willingness to change
- Participants to commit and attend the full 30 week programme
- We expect participants to give adequate notice of their non-attendance (non-attendance should only be under exceptional circumstances)
- Wherever sessions are missed catch up sessions will be covered and participants are still expected to complete 30 full weeks on the programme

Our programme

The DVPP is based on the Duluth model first conducted in Duluth – Minnesota in 1981. This model is an intervention programme that focuses on men who use power and control in relationships.

The DVPP is an evidence-based 30 week psychoeducational programme with a Cognitive Behavioural Therapy (CBT) approach. The programme has been designed and formulated by a qualified psychologist / psychotherapist to achieve positive outcomes for the male, and subsequently females and children involved.

Our 30 week rolling programme consists of weekly sessions lasting 2 hours in duration.

Our partnership with women specialist services

Parallel support services for victims and children are provided through Early Help / Strengthening Family Hubs and the City's contracted providers. We will work closely with these providers to ensure that women and children are supported.

All partners/ex-partners of males accepted onto the programme will be offered support via their local specialist support service. It is important that women/children and men receive support throughout the programme and enables us to minimise any potential risks.

We will work openly and closely with female services and the local authority to share information relating to individual cases in order to ensure children and women are adequately safeguarded.

Session content covered within the programme:

- Anger and Abuse
- Beliefs, culture and religion
- Children see children do
- Controlling anger
- Coping strategies
- Dogmas and rigid demands
- Embedding identification of unhelpful beliefs
- Exploring parenting
- Fact, opinion, belief
- How we think, directly affects how we feel
- Identification of abusive behaviour and non abusive behaviour
- Identification of unhelpful beliefs
- Identifying triggers
- Intimidation, bullying and abuse in relationships
- Minimisation, Denial and Blame
- Murdered by my boyfriend
- Respect, trust and empathy
- Respectful relationships
- Self Awareness
- Sexual respect
- The effects of DV on children p1
- The effects of DV on children p2
- The effects of DV on intimate partners
- The effects on women who are abused
- Time out
- What is Domestic Abuse and coercive control
- Why people abuse