

# Wolverhampton Community Domestic Violence Perpetrator Programme

## Working to build healthier and safer relationships within families



### **FAQ – Professionals referring**

**My Time has been working to support perpetrators in abusive relationships since 2012. We are a national charity providing mental health, substance misuse and domestic violence services. We support men in a non judgmental setting to build awareness of and recognise their own abusive behaviours towards current/ex partners.**

#### **Our programme**

The Programme 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. Sessions offered are run for 2 hours, weekly, over a 30 week rolling programme. Wolverhampton will offer a day or evening programme allowing us to provide flexibility with working commitments. For those with language barriers we are able to offer 1-1 sessions. The groups are for up to 12 participants at any one time.

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#### **Our approach**

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

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#### **Aim**

The aim of the programme is to reduce the risk to females and children who have experienced domestic abuse. It is not designed to keep families together. We work to build awareness, challenge beliefs and offer change of thoughts and behaviours. Completing the programme will not automatically mean that men will no longer commit domestic abuse, professionals will need to remain aware of the potential ongoing risks associated with the perpetrator.

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#### **We expect**

Participants to commit and attend the full 30 week programme. We understand that exceptional circumstances may mean it is not possible for a participant to attend every group. We expect participants to give adequate notice of their non- attendance so that risk can be monitored. Our policy is where 2 consecutive sessions are missed without contact; this will result in a file closure and referred back to the referring agency. Wherever sessions are missed catch up sessions will be covered and participants are still expected to complete 30 full weeks on the programme.

## **Our partnership with female support services**

All partners/ex-partners of men accepted onto the programme will be offered support via their local specialist support service. Once we have received the referral My Time will contact the female initially to inform her of the referral to the service for the male. My Time will obtain permission from the female to forward her details to specialist support services in Wolverhampton should she have additional needs, or simply agree to monthly contact from female services. Monthly contact will be used to check in with the female and ensure risk is measured and minimised whilst the perpetrator is undertaking the programme.

Joint decision around suitability of cases will be made by both My Time and Womens Services.

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

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## **Information we will provide to you**

Referrals to the My Time Wolverhampton DVP programme will be acknowledged upon receipt via email. Should referrals be incomplete, information will be followed up before the referral is processed.

An initial assessment is offered within 2 weeks wherever possible. Within this further information is gathered and suitability is assessed by our facilitators.

A suitability report is completed and submitted to the service lead with a recommendation for suitability.

Once suitability is decided you will be notified and a copy of the suitability report can be provided upon request. We will then offer updates via mid-way and completion reports at both 15 and 30 weeks into the programme. Our facilitators will remain in regular contact with the referring agency where applicable and expect that updates are reciprocated in order to manage risk throughout the programme.

Mid way and completion reports will include information under each of the following headings:

- Attendance record (incl session content covered)
  - Sessions not attended and reasons where provided
  - Engagement
  - Review of risk
  - Areas of concern / increased risks identified
  - Concerns & positives re: capacity, motivation and context
  - External barriers to attendance / compliance
  - Overview / summary incl. any positive changes or concerns regarding dynamic risk following the service user completion of programme / part programme and any residual or ongoing risk factors which may impact on the child/ren.
  - A copy of full RIC risk assessment
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## **What is expected of me as the referring agency?**

- Update the facilitator with any incidents that may occur that you become aware of
- Provide updates around risk where remaining
- Inform the facilitator of any changes or plans of care / support where still engaged
- Provide us with details of any other multi agency professionals that are involved with the client for example CMHT worker/substance misuse worker
- Encourage the perpetrator to engage with the programme regardless of step down or closure – or changes in social care arrangements/involvement

## Why a 30 week programme

A 30 week programme to embed changes to cognitive distortion, and challenged entrenched beliefs in order to prevent reoccurring negative behaviour.

The length of programme is in line with Respect guidelines.

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### 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

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If you have any additional questions please contact us:

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