



DV-ACT

DV-ACTION Specialist Domestic Abuse Programmes

DV-ACT provides bespoke 1:1 treatment programmes for both perpetrators and victims of domestic abuse. The programmes are designed specifically to meet the needs of parents who are in care proceedings or who have child/ren in child protection measures.

As the programmes are designed around the most pressing needs of the parent and delivered on a one-to-one basis, further sessions can be included such as; immigration concerns, cultural issues, violent resistance, honour-based violence, drug and alcohol use, self-esteem and self-efficacy. All DVACT treatment programmes include a final report completed by an expert assessor and are suitable for use in court proceedings.

Programme for Mothers

The new DV-ACTION programme is designed to work with mothers where the family court or local authority has concerns regarding ongoing vulnerability to domestic abuse. The work is demanding and matched to the needs of the mother and the child protection plan.

The programme is in a blended learning format including one to one treatment sessions with a specialist treatment worker and ongoing online learning using the DV-ACT learning platform. Online learning reinforces the topics completed in the treatment sessions with content that matches the learning style of the mother including interactive exercises, videos, audio clips and simplified language so that those without an academic background can still access the material.

Suitability

The programme is particularly suitable for women where;

- there is an enduring emotional attachment to the abuser;
- the abuse has impacted their ability to make safe decisions;
- they have a history of difficulties in permanently escaping the relationship.

Please note that this programme is only available where either, a risk/vulnerability report has already been completed by an expert or, if the work is instructed to run concurrently, alongside a full vulnerability assessment completed by DV-ACT.



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Benefits of the DV-ACTION programme

- **Focus on child protection** - The programme has safeguarding children as its primary focus. While the primary source of danger is always the abusive partner, mothers will learn how their decisions and actions have contributed to the risks and how to act protectively in the future.
- **Accessible** - Highly focused one to one sessions with a treatment specialist is supported by an array of online learning. Work is matched to the woman's learning style and ability with daily activities. Tablets are provided along with lifelong access to our learning portal.
- **Bespoke** - Sessions are individually tailored to the needs of each family. The mother participates in creating and timetabling her own programme of work, which means that each programme is unique and helps to encourage a sense of agency and collaboration.
- **Suitable for court** - The programme is designed for families in child protection measures with the work recorded accurately and assessed upon completion to help inform the decisions of the court/local authority.

Included in the programme

The following features are included in this programme:

- A targeted programme of work covering specific areas of concern as identified in previous assessments/child protection plan.
- The opportunity to tailor the programme with content matched to the mothers learning style and abilities.
- 11 Weekly one to one sessions with an experienced domestic abuse treatment worker.
- A free android tablet that is for the mother to keep.
- 1 session with our programme team to guide them through how the programme works and explain how to get the most from their programme and online learning.
- Continuing access to the DV-ACT 24/7 learning portal with tailored content for the mother as well as lifelong access to materials to support victims of domestic abuse.
- 1-2 assessment sessions with an expert risk assessor.
- A full final assessment report.



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Topics covered in the sessions

Topics covered in the sessions will include subjects within these broad areas as follows:

- Domestic abuse knowledge - covering subjects such as power and control, sexual abuse and coercive control.
- Attachment - exploring reasons why the mother remained in the relationship, understanding the emotional attachment to the abuser and pressures to reconcile.
- Children - with a focus on understanding the effects of abuse on the child and reparative parenting.
- Safety planning - focusing on prioritising children's safety, crisis management and early warning signals.
- Personal insight - discussing the impact of the abuse, exploring childhood experiences and reasons for vulnerability.
- Moving forward - building self-esteem, how to work collaboratively with professionals and what to do when starting a new relationship.
- Additional needs - this will cover specific needs not included in the above areas such as alcohol abuse, grieving and loss, the use of violent resistance and immigration concerns.

The final report

A detailed final report is provided following the conclusion of the work. For the preservation of objectivity, all reports are completed by assessors independent from the practitioner completing the work. This report will advise what the programme covered, whether the mother has met the targets outlined at the beginning of the work and recommendations for further work and a practical risk management plan. As this report is completed by an expert assessor it can be used with confidence in court proceedings – all DV-ACT assessors are experienced expert witnesses.

Timescale and costs

Sessions are usually attended weekly so the programme can be completed in approximately 12 weeks with the assessment report filed within 2 weeks of programme completion. The cost of the treatment programme will need to be met by the local authority, however, the costs of a vulnerability assessment or final report can be split between the local authority and the legally aided parties when arranged in advance.