

# DV-ACTION DOMESTIC ABUSE PREVENTION PROGRAMME



DVACT-PAI is an independent organisation that provides domestic abuse services for social services and the family courts in the UK. One of the services that we provide is the DV-ACTION Domestic Abuse Prevention Programme (DAPP). This programme is for parents who have used domestic abuse in their intimate partner relationship.

This information sheet will answer the questions most frequently asked by parents who are looking to self-refer to the programme.

## **What are the programme aims?**

The programme aims to reduce your violence and/or abuse towards your intimate partners and improve the safety of your child/ren by:

- encouraging you to take responsibility for your abusive behaviour
- helping you make positive steps towards changing that behaviour,
- increasing your awareness and understanding of domestic abuse and help you to examine your own use of domestic abuse,
- Increasing your understanding of the effects that abusive behaviour can have on your intimate partners and your child/ren,
- helping you to not use controlling behaviour in your relationships,

## **What does the programme include?**

The programme includes:

- a suitability assessment
- a treatment/session plan
- one to one sessions completed remotely with a trained domestic abuse programme facilitator
- independent learning materials to complete in between sessions
- a linked support service to support and provide information to your ex/partner.

## **How much does it cost and how long will it take?**

The programme can be paid in stages as follows:

- £400+VAT to be paid before the suitability assessment
- £3000+VAT for the programme, this can be paid in instalments

(Please note that translation fees and court attendance fees are not included and if required are additional to the fees above).

You will need to attend all 18 weekly programme sessions and the final assessment session to complete the programme. Providing sessions are not missed, the programme will take approximately 5-6 months to complete.

## What topics are covered in the programme?

As you will be completing the programme on a one to one basis topics may be changed depending on your needs or the concerns from your suitability assessment. Topics usually include:

- techniques for stopping violence
- understanding the cycle of violence and abuse
- emotional abuse and control
- building empathy
- examining past and current abusive behaviour
- attitudes to women and respectful relationships
- sexual respect
- understanding the effects of abuse on children.

You will be expected to really engage with the sessions and show progress. The programme is meant to involve working on change all through the week, not just during sessions.



## What is the contract of participation?

Before starting the programme you will be asked to sign a contract this sets out the agreement you need to make with us in order to continue on the programme. If you breach any part of this agreement you may be suspended or expelled from the programme, this includes:

- missing 3 sessions without adequate reason
- being abusive during a session
- attending a session while being under the influence of alcohol or drugs
- not allowing your ex/partner access to support services
- your use of abuse or violence continues

Your continuing attendance on the programme depends upon satisfactory progress as assessed by your programme facilitator.



## **Why do you contact my ex/partner?**

We will contact your current or ex-partner to offer them support, information and guidance regarding the programme and how you are progressing. A condition of your attendance on the programme is that you allow your ex/partner to engage with this service.

If you disclose anything on the programme that we believe may put your ex/partner or child/ren at risk we will contact them. This may also need to be reported to the authorities, wherever possible, this will be discussed with you first.

## **How do I refer myself?**


If you have no ongoing children's services involvement and meet our criteria for one-to-one sessions you can email [programmes@dvact.org](mailto:programmes@dvact.org) and advise how you meet the criteria and that you want to self-refer. You will then be asked to provide the full court bundle of documents, the court order (you will need the courts permission for disclosure), complete our online referral form and meet the fees for the suitability assessment. Once we have the fees we will book a time for your suitability assessment.

It is important that you are open and honest with us when you are self-referring, particularly with regard to documents and any court, social services or police involvement. We have different procedures and programmes depending upon the paperwork and the status of your case and you will not be able to stay on and complete the programme if you do not provide the correct information at the start.

Please note that we also unable to accept self-referrals from those who have pending criminal proceedings for domestic abuse or those already attending a programme with probation.

## **Why do I need a suitability assessment?**

DAPP's generally require a suitability assessment this is because DAPP's are behavioural change programmes and the success of the programme is dependent upon you showing genuine motivation to make changes. In order to be suitable for the DV-ACT DAPP you need to:

- accept that at least some of your behaviour is/has been abusive
  - have some motivation to change your behaviour
  - be willing to attend and complete the full programme
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## What happens after the suitability assessment?

You will be informed of whether you have been found suitable within 2 days. If you have been found unsuitable you will be provided with a letter with the reasons why the programme is not right for you.

If you are found suitable you will be asked to pay the first instalment of the programme fees. When we have received that you will be allocated to a programme facilitator who will contact you to arrange the date and time for your programme sessions. You will also be contacted by the programme team to give you your login details to our online learning platform. The contract of participation will be sent to you to sign and you may be asked to provide contact details of current or ex-partners.



## What will I need for my sessions?

One-to-one sessions will need to be completed on a tablet or laptop (if you do not have a tablet or laptop please let the programme team know). You will also need to ensure you can attend in a suitable location, which should be in a room alone or in a quiet space where you won't be overheard. You will also need to ensure that you have a good wi-fi signal.

We also expect you to be dressed appropriately and that you do not move from room to room in a session unless the programme facilitator asks you to move to a different location. If you cannot attend you need to let the programme facilitator know as soon as possible, if you cannot reach them you would call the programme team on the contact details below. Any sessions missed will still need to be completed so it will take longer to finish the programme if you miss sessions.

The programme includes independent learning between sessions and you will need to log in to the online platform and complete any tasks given before the next session.

## What reports will I get?

The programme includes a full final report when you have completed the programme. You will be asked to meet with an assessor for one or two sessions after you have completed all 18 sessions of the programme. The report is usually produced within 2 weeks of you completing the programme and will cover:

- sessions missed/attended;
- what the sessions covered;
- whether you have met the targets outlined at the beginning of the work;
- a risk management plan



## How to contact us

You can contact us using these details

T: 0203 9678368

E: [programmes@dvact.org](mailto:programmes@dvact.org)

W: <https://www.dvactprogrammes.org/>

Please note that we are not a crisis service. In an emergency **always call 999**.

For support, you can call the Respect helpline on 0808 8024040 Monday - Friday 9am - 8pm you can also email for support at [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)