

Collection of good practices/treatment programs

Domestic violence

1 Introduction

The rationale behind developing an overview of perpetrator programmes on domestic violence within the prison and probation service is that the identification of relevant approaches can serve to inspire policymakers and practitioners elsewhere. This mapping is a result of the first expert group meeting on Domestic Violence in 2019. Domestic violence is a problem all over Europe and programmes developed in one EU country might be useful also for another country. There is a clear need for many EU countries to develop methods for dealing with domestic violence cases and perpetrators. The aim of this mapping is to encourage further development and cooperation in this important field. This overview therefore shall not be seen as a blueprint that can be applied anywhere, but rather to encourage innovation and analysis among potential users and beneficiaries. This collection aims further at bringing together policymakers, practitioners, beneficiaries and other experts that face similar challenges.

The aim of this specific format is to collect information about perpetrator programs and practices in the area of treatment of domestic violence offenders.

Guidance template (Please fill in one template for each programme that you deliver.)

	Explanation
Name of the perpetrator programme	Becoming New Me Plus (BNM+)

Owner/developer Year	<p>Her Majesty's Prison and Probation Service (England and Wales). The programme was developed by a team of specialists working within Interventions Services, at HMPPS Headquarters. BNM+ was accredited by the Correctional Services Advisory and Accreditation Panel (CSAAP), in February 2017.</p>
Geographical scope	<p>BNM+ is still in the implementation phase of delivery and there is scope for the geographical spread of the programme to improve. In the delivery 2017-2018, no BNM+ IPV group of men has been provided. The programme is not currently available in custody or the community for IPV.</p>
Key features of the perpetrator programme	<p><u>Programme targets:</u></p> <ul style="list-style-type: none"> - To help participants understand Old Me problems - To provide opportunities to practise and rehearse being New Me - To provide opportunities to strengthen New Me - To provide support and access to other sources of help - To motivate participants to desist from breaking the law and to strengthen their intentions to desist - To enable participants to strengthen their citizenship, - To enable participants to be socially responsible and strengthen social resources <p><u>Blocks/Modules:</u></p> <ol style="list-style-type: none"> 1. Our Group 2. Getting Going 3. Introducing Old Me and New Me 4. New Me Tools 5. Supporting New Me 6. New Me Thinking 7. New Me Problem Solving 8. New Me Feelings 9. New Me Relationships 10. Being New Me <p>Alongside these blocks of group sessions are three individual support sessions in 1-1 format before, at the middle and at the end of the intervention plus one individual support session for each of the New Me blocks (block 6-9); in total there are seven 1-1 sessions alongside the group sessions.</p> <p><u>Specific Skills/Strategies covered:</u></p> <ul style="list-style-type: none"> - Thinking about a life without offending - Approach focused goals - Skills practises (e.g., asking for help) - Shame - Communication (being assertive) - Old Me, New Me - Tactics to strengthen New Me - Life Maps

	<ul style="list-style-type: none"> - Success Wheel (focusing on various domains associated with offending) - Problem Solving - Understanding and coping with feelings - Support - Keeping busy - Being part of my community <p>Resources:</p> <p>Staff: Minimum 3 facilitators plus a Treatment Manager.</p> <p>Equipment: Room/space to deliver the programme, session monitoring equipment, programme manuals and associated materials.</p>
Risk assessment	The SARA V3 or the E-SARA
Target group	<p>BNM+ is designed for men who have a Learning Disability and/or Learning Challenges (LDC), identified by the Learning Screening Tool (Wakeling, 2018) and the Adaptive Functioning Checklist-Revised (AFC-R; Smith, 2014); in addition to a clinical interview should this be required.</p> <p>Men must also be High to Very High Risk (SARA); with high need, as identified by Programmes Needs Assessment (PNA) which assesses relevant dynamic risk in three domains: Healthy Thinking (Attitudes/Beliefs), Positive Relationships, Managing Life's Problems; and also the presence of desistance factors: Purpose domain.</p> <p>Participation in the programme is voluntary, although it can be identified as part of the Sentence Planning process.</p> <p>BNM+ targets men who accept responsibility for their offending, as well as those who maintain their innocence.</p> <p>Although designed for men, consideration of programme suitability and selection for people who identify as transgender, would be considered on an individual basis.</p> <p>All forms of domestic violence are included.</p>
Theory/Methodology used	<p>The main theoretical background underpinning the programme is the Bio-Psycho-Social Model (Walton, Ramsay, Cunningham & Henfrey, 2017). The main approach of the programme is Cognitive Behavioural Therapy.</p> <p>Some of the other underlying principles of the programme include:</p> <ul style="list-style-type: none"> • Risk, Need, Responsivity (Andrews & Bonta, 2008) • Desistance Theory (Maruna, 2001) • Supportive Authority (Harris, Attrill & Bush, 2004)

	<ul style="list-style-type: none"> • Strengths based
Individual or group programme	<p>BNM+ should ideally be delivered in a group setting to support vicarious learning and peer support. Group sizes are ideally 8 men with the smallest size of 4 men.</p> <p>BNM+ is also accredited to be delivered entirely on in a 1-1 format.</p>
Duration of the perpetrator programme	<p>Group Format: BNM+ takes approximately 5-6 months to deliver, depending on the frequency of sessions. There are 85 group sessions (170 hours) and 7 individual sessions. The individual sessions are spread out across the duration of the programme.</p> <p>Each group session is 2 hours long. Sessions are scheduled 3 to 4 times per week.</p> <p>One-to-One Format: A minimum of 20, 2 hour sessions. Delivered between 1 – 3 times per week.</p> <p>Men with lower levels of risk and need can access the New Me Strength (NMS) intervention which is shorter than BNM+ reflecting the lower level of risk/need (see NMS information sheet).</p>
Victims safety	<p>When a man with an IPV offence is selected for BNM+, their Offender Supervisor/Offender Manager is informed, so they can undertake any appropriate work to manage any risk to victims that may arise.</p> <p>Referral is also made to a Partner Link Worker and all staff in prisons and probation are responsible for reporting any concerns with regards to risk to children, to the appropriate authority.</p>
Monitoring and training	<p>There is an expectation that prospective facilitators believe in the capacity of people who have offended, to change. There are no specific educational requirements specified for potential facilitators to deliver the programme.</p> <p>Treatment Managers and other Accredited Intervention Managers (AIM) are responsible for the Initial Assessment undertaken by prospective facilitators. If successful, training is then provided by Interventions Services, and includes:</p> <ul style="list-style-type: none"> - Core Skills (4 days) - Core Concepts (3 days) - Working Responsively with LD (2 days, not assessed) - Programme Specific Training (5 days) - Motivational Report Writing Training (1 day, not assessed) <p>Most training includes a holistic assessment by trainers, where candidates are told they are either 'ready' or 'not ready' to progress to the next stage of their training and then programme facilitation. If staff are not successful, they are usually invited to re-attend training events once they have done more development work.</p>

	<p>Video monitoring of facilitators is undertaken by the Treatment Manager, who also provides specific feedback to facilitators regarding their competence in each of the assessed areas. This monitoring begins once facilitators are delivering the programme. All aspects of NBNM+ (i.e. group and individual sessions) are included in the monitoring process.</p>
Evaluation	<p>The Analytical Services Department within the Ministry of Justice (MOJ), is responsible for the evaluation of all HMPPS Accredited Programmes. To date, there is no evaluation data available for BNM+, as the programme is still in its implementation period.</p> <p>ASD employ a number of methods to evaluate the effectiveness of programmes within HMPPS.</p> <p>Programme evaluation is essential to the re-accreditation process.</p>
Transferability	<p>BNM+ is currently only available in English.</p> <p>Consideration would need to be given to the transferability of the programme for other counties, should the need arise.</p>
Digitalisation	<p>Digitisation for the programme is currently being considered.</p>
Volume	<p>Currently, BNM+ has been delivered to 3 men with IPV offences in custody as part of a mixed pilot delivery of men with General Violence (GV) and IPV offences.</p>
Lessons learnt	<p>BNM+ will benefit from further work to develop the IPV specific content of the programme. Particularly with regards to I-packs that are used to individualise the programme by offence type and in response to the individual needs of the participants.</p> <p>We would like to see wider commissioning of the programme for men with IPV offences. Work will need to be undertaken with stakeholders to explore how this can be achieved.</p> <p>More focus and explicit reference in the Programme Manual to the Partner Link Worker.</p> <p>Review of training to include supporting facilitators to work with IPV offenders, where this may be a new area of work.</p>
Current status	<p>BNM+ is still in the implementation phase. Work is identified for further development as part of the re-accreditation process.</p> <p>BNM+ for the LDC IPV cohort is a new programme within HMPPS.</p> <p>It is anticipated that the programme will continue to be available in the long term.</p>
Other initiatives on Domestic violence?	<p>There are two maintenance options to support programme completers: Living as New Me is an accredited group intervention in a rolling format which provides opportunities for further practice of skills and application of learning; New Me MOT is a 1-1 tool kit used by Offender Managers when engaging with men who have completed BNM+ (and also possibly LNM) to provide further</p>



	<p>opportunities for exploration of learning and application of skills in real life. Both of these maintenance options offer a way for men consolidating and rehearsing learning from the programme, in alternative contexts.</p> <p>I-packs can be used to provide men with learning and support with regards to various issues associated with their offending.</p> <p>Health care services within HMPPS would provide support for any associated mental health issues and substance/alcohol dependency.</p>
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