

# 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.)

|  | <b>Explanation</b>  |
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| <b>Name of the perpetrator programme</b> | New Me Strengths (NMS)  |
| <b>Owner/developer</b>                   | Her Majesty's Prison and Probation Service (England and Wales). |

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| <b>Year</b>                                      | <p>The programme was developed by a team of specialists working within Interventions Services, at HMPPS Headquarters. NMS was accredited by the Correctional Services Advisory and Accreditation Panel (CSAAP), in February 2017.</p>   |
| <b>Geographical scope</b>                        | <p>NMS is still in the implementation phase of delivery and there is scope for the geographical spread of the programme to improve. In 2018, 1 prison offered NMS to an IPV group of men. The programme is not currently available in custody or the community for IPV.</p>   |
| <b>Key features of the perpetrator programme</b> | <p><b><u>Programme targets:</u></b></p> <ul style="list-style-type: none"> <li>- To help participants understand Old Me problems</li> <li>- To provide opportunities to practice and rehearse being New Me</li> <li>- To provide opportunities to strengthen New Me</li> <li>- To provide support and access to other sources of help</li> <li>- To motivate participants to desist from breaking the law and to strengthen their intentions to desist</li> <li>- To enable participants to strengthen their citizenship,</li> <li>- To enable the offender to be socially responsible and strengthen social resources</li> <li>-</li> </ul> <p><b><u>Blocks/Modules:</u></b></p> <ol style="list-style-type: none"> <li>1. Our Group</li> <li>2. Getting Going</li> <li>3. Supporting my Success</li> <li>4. New Me Thinking</li> <li>5. New Me Problem Solving</li> <li>6. New Me Feelings</li> <li>7. New Me Relationships</li> <li>8. Being New Me</li> </ol> <p><b><u>Specific Skills/Strategies covered:</u></b></p> <ul style="list-style-type: none"> <li>- Thinking about a life without offending</li> <li>- Approach focused goals</li> <li>- Skills practises (e.g. asking for help)</li> <li>- Shame</li> <li>- Communication (being assertive)</li> <li>- Old Me, New Me</li> <li>- Tactics to strengthen New Me</li> <li>- Life Maps</li> <li>- Success Wheel (focusing on various domains associated with offending)</li> <li>- Problem Solving</li> <li>- Understanding and coping with feelings</li> <li>- Support</li> <li>- Keeping busy</li> <li>- Being part of my community</li> </ul> |

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|  | <p><b>Resources:</b></p> <p><b>Staff:</b> Minimum 3 facilitators plus a Treatment Manager.</p> <p><b>Equipment:</b> Room/space to deliver the programme, session monitoring equipment, programme manuals and associated materials.</p>   |
| <b>Risk assessment</b>                       | The SARA V3 or the E-SARA  |
| <b>Target group</b>                          | <p>NMS 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 one be required.</p> <p>Men must also be Medium to High Risk (SARA); with moderate need, as identified by a score of 5+ on the NMS Needs Assessment Tool.</p> <p>Participation in the programme is voluntary, although it can be identified as part of the Sentence Planning process.</p> <p>NMS 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> |
| <b>Theory/Methodology used</b>               | <p>The main theoretical background underpinning the programme is the Bio-Psycho-Social Model (Walton, Ramsay, Cunningham &amp; 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"> <li>• Risk, Need, Responsivity (Andrews &amp; Bonta, 2008)</li> <li>• Desistance Theory (Maruna, 2001)</li> <li>• Supportive Authority (Harris, Attrill &amp; Bush, 2004)</li> <li>• Strengths based</li> </ul>  |
| <b>Individual or group programme</b>         | NMS can be delivered to a group of a maximum of 8 men (which includes some individual sessions too), and is also accredited to be delivered entirely one-to-one.   |
| <b>Duration of the perpetrator programme</b> | <p><b>Group Format:</b></p> <p>NMS takes approximately 3 months to deliver, depending on the frequency of sessions. There are 32 group sessions (64 hours) and 4 individual sessions. The individual sessions are spread out across the duration of the programme.</p>   |

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|                                       | <p>Each group session is 2 hours long. If delivered in prison, sessions are scheduled 3 times per week (2-4 times per week in the community).</p> <p><b>One-to-One Format:</b><br/>A minimum of 15, 2 hour sessions. Delivered between 1 – 3 times per week. This is the same for custody and the community.</p> <p>Level of risk does not affect the duration of NMS. Becoming New Me Plus (BNM+) is an alternative programme for men who are high - very high risk and have an LDC. This programme is longer by design (see BNM+ information sheet).</p>   |
| <p><b>Victims safety</b></p>          | <p>When a man with an IPV offence is selected for NMS, 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>  |
| <p><b>Monitoring and training</b></p> | <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"> <li>- Core Skills (4 days)</li> <li>- Core Concepts (3 days)</li> <li>- Working Responsively with LD (2 days, not assessed)</li> <li>- Programme Specific Training (5 days)</li> <li>- Motivational Report Writing Training (1 day, not assessed)</li> </ul> <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 NMS (i.e. group and individual sessions) are included in the monitoring process.</p> |
| <p><b>Evaluation</b></p>              | <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 NMS, as the programme is still in its infancy.</p> <p>ASD employ a number of methods to evaluate the effectiveness of programmes within HMPPS.</p>  |

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|  | <p>Programme evaluation is essential to the re-accreditation process.</p>   |
| <b>Transferability</b>                         | <p>NMS 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>   |
| <b>Digitalisation</b>                          | <p>Digitisation for the programme is currently being considered.</p>  |
| <b>Volume</b>                                  | <p>Currently, NMS has been delivered to 4 men with IPV offences in custody.</p>   |
| <b>Lessons learnt</b>                          | <p>NMS 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.</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> |
| <b>Current status</b>                          | <p>NMS is still in the implementation phase. Work is identified for further development as part of the re-accreditation process.</p> <p>NMS 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>  |
| <b>Other initiatives on Domestic violence?</b> | <p>There are two maintenance options to support programme completers. There is a group option, called Living as New Me and a one-to-one option called New Me MOT. Both of these, offer a way of 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>   |