

children. They are then required to think about alternative ways to behave and are taught non-controlling behaviours. Men work to an agreed action plan for changing their behaviour. If they do not comply with the programme, they risk being taken back to court or recalled to prison.

After completing the group work programme, their progress is reviewed. Men then undertake individual sessions with their Offender Manager, designed to build on and reinforce their learning on the programme and to help them to work on their action plan to stop behaving abusively in relationships.

### Keeping yourself and your children safe.

If you are worried about you or your children's safety, you should contact the police immediately by dialling 999.

### How we will keep in touch with you.

Your Women's Safety Worker will agree with you what is the best way for us to keep in touch. She can let you know:

- When he starts the programme
- If he continues to attend
- If he stops attending
- When he finishes the programme.

Your (ex) partner does not have a choice about what information we are able to share with you. Although we will not disclose to your (ex) partner any information you have given, we will supply you with information about him if there are any issues concerning the safety and well being of you and your children.

We would like to contact you at the mid-point of the man's programme to find out how things are going for you. We would also like to contact you when he has finished the group work programme and at a six month follow-up period to hear your views on how things have been going.

Amd Aug 2009  
March 2010

### Letting us know if you have any concerns

Please do not hesitate to contact us if you have any concerns or there is something you would like to discuss further with us or tell us.

Our contact details are:

Victim Liaison Unit Derby 01332 340047  
Victim Liaison Unit Chesterfield 01246 276171  
Victim Liaison Unit Ilkeston 0115 9301123  
(which also covers High Peak & Derbyshire Dales areas)

### Dealing with complaints

If you have a problem, please speak to your Women's Safety Worker in the first instance. If you wish to take the matter further, ask for the leaflet which tells you about our Complaints Procedure.

### Your Views are Important

Derbyshire Probation Area is committed to continuous improvement in all areas of its work. Your views on how we might provide a better service are most welcome.

### Contact:

The Chief Executive  
Derbyshire Probation Trust  
18 Brunswood Road  
Matlock Bath  
Derbyshire  
DE4 3PA Tel: 01629 55422 Fax: 01629 580 838  
Website: [www.dpsonline.org.uk](http://www.dpsonline.org.uk)



Derbyshire  
Probation Trust



# Integrated Domestic Abuse Programme (IDAP)

Information for Victims

# IDAP

## Integrated Domestic Abuse Programme

### Information for Victims of Domestic Violence

Your (ex) partner has been referred to/sentenced to the Men's Integrated Domestic Abuse Programme (IDAP). This programme is provided by the Probation Service.

This leaflet tells you about a groupwork programme with additional individual sessions. It was developed in the USA and has been adapted for use here.

Please read this leaflet and keep it in a safe place.

#### What is IDAP?

- To provide known victims and current partners of men undertaking the IDAP programme with information, and support safety planning.
- To help men undertaking IDAP understand:
  - o Why they use violence and abuse against partners and ex partners
  - o The effects of this behaviour on their (ex)partners, children, others and themselves
- To encourage participants to take responsibility for their abusive and violent behaviour in their relationships.
- To motivate participants to take specific positive steps to change their behaviours in their relationships.
- To encourage participants to learn how to use non-controlling behaviour strategies in their relationship in order to prevent future violence and abuse.

#### Why are we contacting you?

The purpose of contact with victims and current

partners is to:

- Provide you with realistic information about the Men's domestic violence programme, including what you can expect to happen.
- It is important for you to know that he may not change.**
- Provide you with information about men's attendance on the programme.
  - Contribute to promoting your safety by providing information about safety planning.
  - Help you access local services for support, advice and assistance.
  - Let you know any current or emerging risks posed by men attending the domestic violence programme.

We are also trying to find out if this way of working with men is effective in stopping their violence and abusive behaviour. We will also ask you if you would like to contribute to the evaluation of the men's domestic violence programme by providing us with feedback. **Any information you give us will not be disclosed to him.**

#### Some information about the men's programme:

Men required to attend the programme are subject to a Community Order or a Post Custody Licence. They are supervised by a Probation Officer/ Offender Manager. The Offender Manager is responsible for assessing and managing the risk men pose to the public and for managing and enforcing their entire order or licence. If men do not comply with the requirements of the order or licence, they risk being taken back to court or recalled to prison.

When men start on the domestic violence programme they first have at least three pre-programme sessions with their Offender Manager designed to prepare them for the programme and to motivate them to participate

fully.

They then undertake a group work programme that normally lasts for between six and eight months. There are 27 group work sessions. These are divided into nine modules of three sessions per module. After completing each module, men meet with their case managers to review their progress.

The modules address nine themes, namely:

- Non-Violence.
- Non-Threatening Behaviour.
- Respect.
- Support and Trust.
- Accountability and Honesty.
- Sexual Respect.
- Partnership.
- Responsible Parenting.
- Negotiation and Fairness.

Each module follows a three session process which includes:

- Defining the theme and identifying beliefs and intents
- Examining individual abusive behaviour and identifying and challenging beliefs and behaviour.
- Exploring and practising non-abusive and non-controlling behaviour (teaching skills and reinforcing attitude change).

Men can join at the beginning of each module (except Sexual Respect). Methods used on the group work programme include exploring the range of abusive behaviours that are involved in domestic violence and abuse. Men compare these to similar instances of their own behaviour. They are helped to see that their behaviour is intentional and carried out with the aim of exercising power and control. They are asked to think about the effects that their behaviour has had on the women and on others, including