

Commit 2 Change Programme

Professionals Fact Sheet

What is Commit 2 Change?

It is a voluntary behaviour change programme for male perpetrators of domestic abuse designed to address abusive behaviour in relationships.

Over 32 weeks the programme works with men to:

- halt or avoid the use of violent, abusive, and controlling behaviour within a relationship.
- Create awareness of the effects of abuse and violence on families.
- deal with arguments without resorting to abuse.
- increase their confident and self respect.
- Give them skills to help them have healthy relationships.

Who is eligible?

The programme is free and available to men:

- over the age of 18 living in Sefton;
- who have English as their first language or are fluent English speakers;
- who have a child or children known to Early Help or Children's Social Care in Sefton, with either an Early Help Plan, Child In Need Plan or Child Protection Plan;
- who have been identified as displaying abusive behaviour with their partner/ex partner /within the family setting;
- who are not on Police bail/awaiting trial for domestic abuse offences.

What support do I need to give as a referrer?

To be eligible for the programme, a man must agree to the following:

- Complete an assessment with a trained programme facilitator;
- Acknowledge that violence and abusive behaviour are a problem in their relationship;
- Accept that they can stop their use of violent or abusive behaviour;
- be prepared to make a serious commitment to having a positive, healthy relationship with their partner/ex partner and children.

They need to know and agree to this at the start of the process. They must also be informed of, and agree to, a referral being made, as this is a voluntary programme.

If you are making a referral, it is your responsibility to discuss the programme with the man, including expectations, their commitment, and their motivation to change. This is part of the referral process.

Who else is involved?

Ensuring the safety of victims of domestic abuse and their children is key priority. Therefore it is essential a multi agency approach is followed throughout the programme. Partner (victim) support is provided by Sefton Women's and Children's Aid (SWACA) and Sefton IDVAs to ensure they are aware of and understand what is going on during the programme.

To be eligible for the programme, a child or children within the family must be on an Early Help Plan, Child in Need Plan or Child Protection Plan. Therefore, the relevant Early Help Worker or Social Worker must also stay involved for the duration of the programme as part of a multi agency plan. This includes being involved in agency review meetings held at key stages of the programme.

How do I make a referral?

There is a referral form which must be completed for each referral with accompanying guidance.

All sections of the referral form need to be completed. It is important that as much information is provided, particularly in relation to the reasons why the man wants to take part in the programme and their willingness to identify and address their abusive behaviour. This is an essential part of being accepted onto the programme. It is also essential that the referral has been discussed with the man, information about the programme has been shared, and they have agreed to a referral being made. This is a voluntary programme and the best outcomes come from those individuals ready to make a change.

Self referrals will be accepted if they meet the eligibility criteria.

Incomplete referrals will not be accepted and will be returned to the referrer for further information.

The Commit 2 Change leaflet, referral form and guidance can be found at:

www.sefton.gov.uk/behindcloseddoors

For general queries about the programme you can contact the Commit 2 Change team on **0151 282 1405 or 0151 330 5261**.

Council staff can also ask questions on the COMMIT 2 CHANGE Yammer group.

What happens if the man is not accepted onto the programme?

There are a number of reasons why a man may not be accepted onto the programme, including:

- they do not fit the eligibility criteria;
- they have not agreed to attend the programme;
- they are not sufficiently ready to make the changes asked for in the programme, including not accepting their behaviour is abusive;
- the referral form has not been fully completed.

This does not mean they can never be accepted onto the programme, however it does mean they are not ready to take part in the Commit 2 Change programme. Work should continue with the man by the referrer or other relevant professional wherever possible to discuss and challenge their behaviour and promote health relationships. This can be done in a variety of ways, but should always be considered within the context of risk to the victim and their children, and involve other professionals as needed to support this work.

If the referrer or lead professional feels sufficient progress has been made by the man, a further referral could then be made to the Commit 2 Change programme.