

# Impact Report

## +Choices

2021

2022



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Inspiring independence. Transforming lives.

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# Introduction

## What do we do?

Positive Choices is a bespoke programme that supports perpetrators of domestic abuse age 16+, regardless of gender or sexuality, through the stages of behaviour change. The service aims to reduce risks to those involved in domestic incidents and reduce the opportunity for a repeat incident to occur.

## What do we offer?

We offer a voluntary service for perpetrators of domestic abuse, providing an opportunity to recognise, acknowledge and change their abusive behaviours. We offer group and 1-1 delivery options.

*During Covid-19, groups and support have moved online. From 2021-22, 4 groups have been delivered virtually across the week.*

## What else do we offer?

1. Referrals to other relevant agencies
2. Access to peer support networks
3. Triage support such as access to emergency accommodation, immediate intervention, and advice and motivational sessions
4. Creation of a client-led support plan
5. Support around income, employment, accommodation and training
6. An Integrated Support Service for the partners, ex-partners and family members of perpetrators





# Our Journey

2021-2022 has been a year full of positives, challenges and growth. Here are a few highlights

Staffing and recruitment has been a challenge to overcome this year, with the service being limited to referrals during our most challenging staffing period in late 2021. Positively, we have successfully overcome this going into 22/23. +Choices now has a staff team of eleven, including our specialist roles for Stalking Intervention, and Prevention and Engagement.

Uptake of our behaviour change programme has increased throughout the year with more perpetrators going into 22/23 engaged in support than the previous year.

We have been loaning out electronic devices to remove barriers to accessing equipment throughout the year with success.

Equality and Diversity continues to be an area we are monitoring to ensure we are delivering an accessible service and collating data to review against regional perpetrator data. We are currently working to make our promotional materials accessible in multiple languages, alongside working with Happy to Translate.

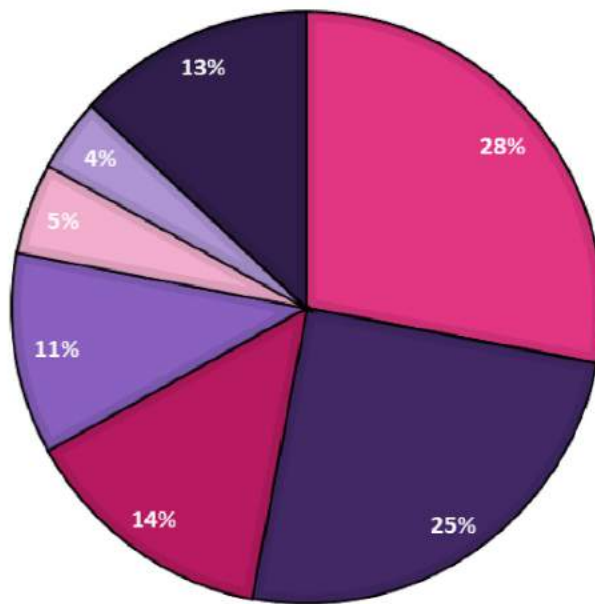
Our Respect Accreditation was delayed due to Covid-19 and staffing challenges. The inspection process started in early 2022 and is now complete, with full accreditation to be confirmed following panel decision in autumn.

We've seen a boost in self-referrals and agency referrals following development of our online referral form, improvements to our website and the launch of our promotional video.

# Referrals and Support

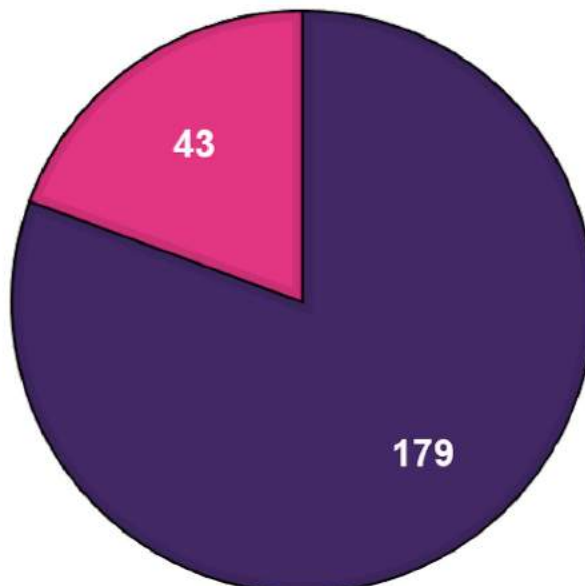
## REFERRAL SOURCES

■ Social care ■ Police ■ Self-referral ■ Housing ■ Probation ■ IDAS ■ Other



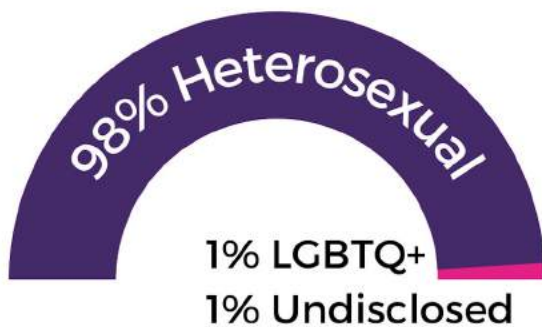
## 222 SUPPORTED CLIENTS

■ Triage/short term support ■ 1 to 1 or group programme



# Demographics

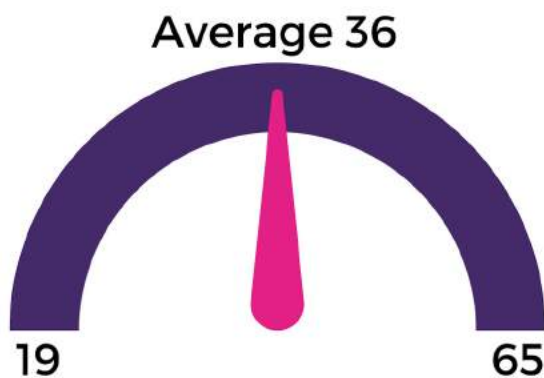
## Sexuality



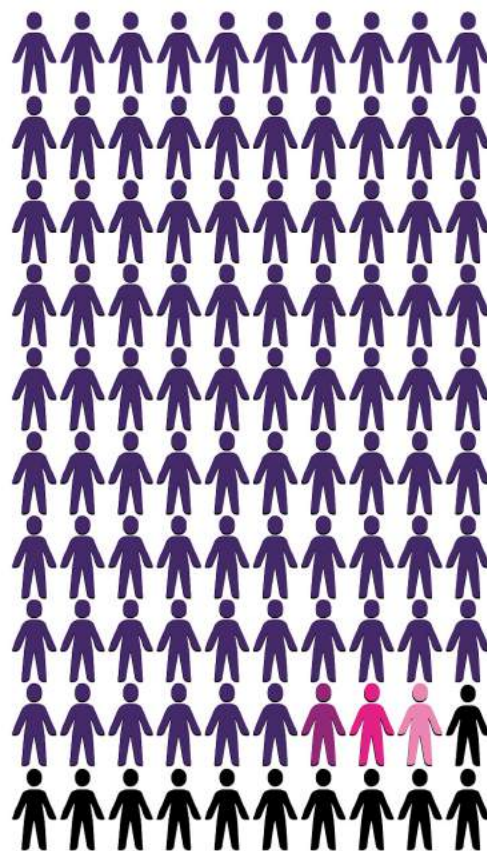
## Gender



## Age Range

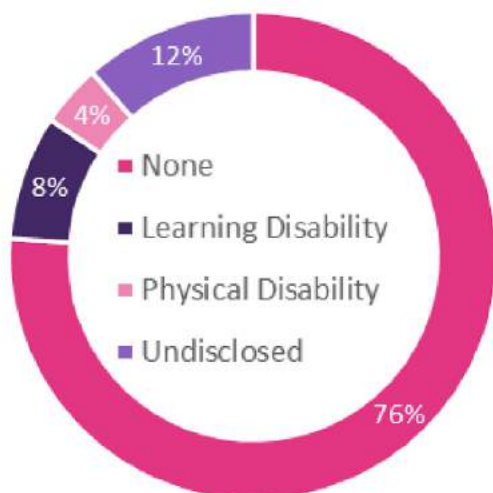


## Ethnicity



86% White 1% Black  
1% Mixed <1% Asian  
11% Undisclosed

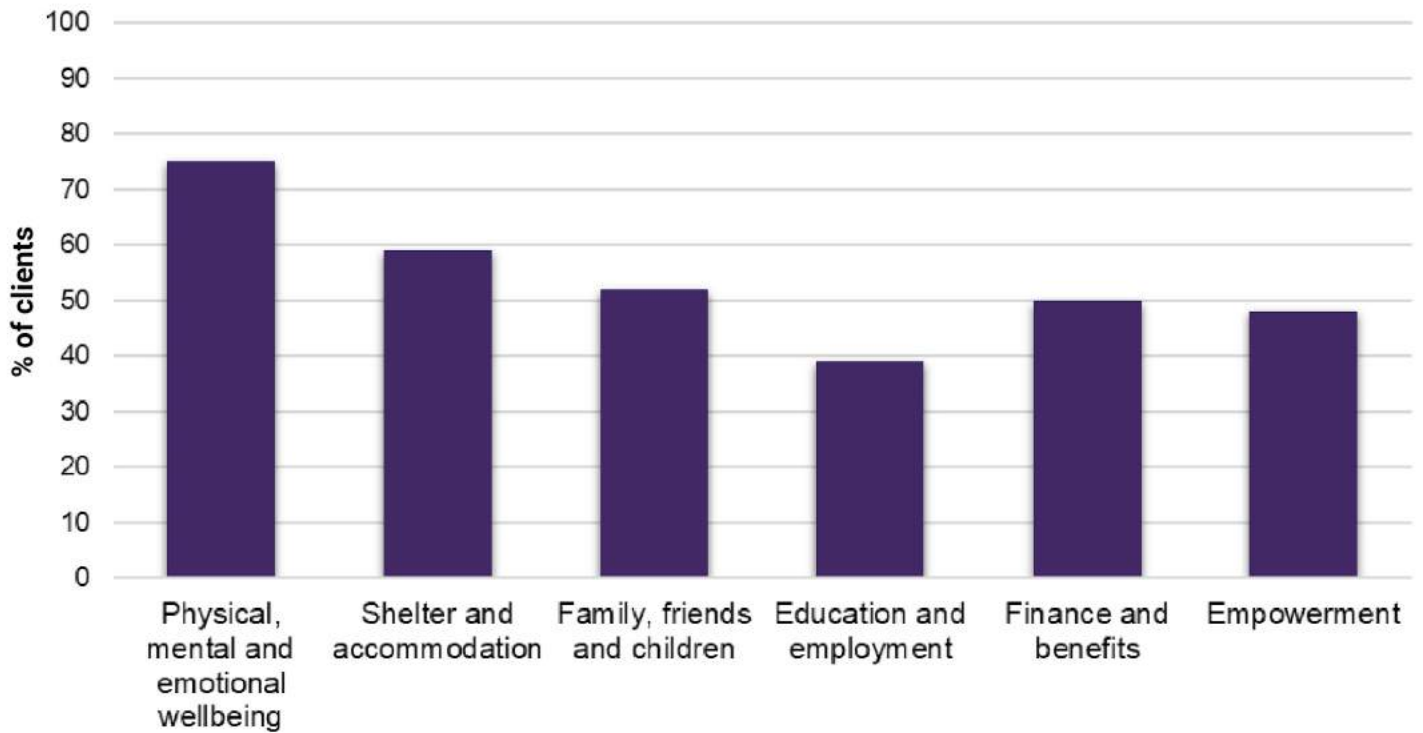
## Disability



# KPIs



## Improvements in key support areas



Reported improvements from clients who successfully exited the programme



51% of clients who completed our service user feedback reported reduced risk in their day to day lives

# Feedback

Feedback from perpetrators on our behaviour change programme



I feel I was given freedom to develop as a person, without any interference

I am no longer volatile in my relationship

And emotions aren't a sign of weakness

I now know it's okay to feel vulnerable and men can show emotions

I very much look forward to the group discussions. I have a better understanding of people's thoughts and views

Teams meetings have helped me learn about my problem and move towards improving

The programme helped me understand that domestic violence comes in more than one form

Being open, honest and having my points heard has helped me

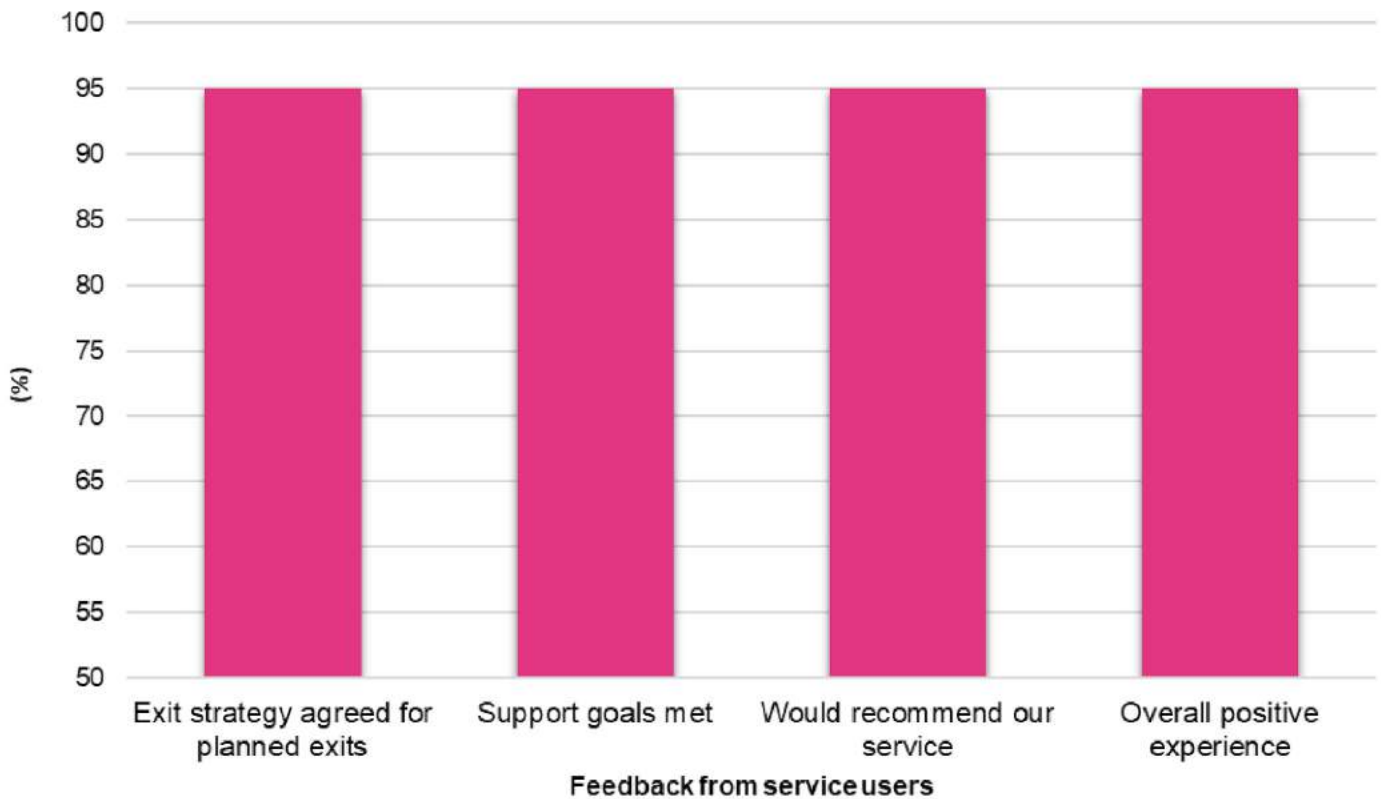


# Feedback

Feedback from perpetrators continued



## Client satisfaction data



## Emergency accommodation

We offer emergency accommodation for perpetrators on a short term basis



In 2021-22, 145 nights of emergency accommodation were utilised.



# Integrated Support Service

The +Choices Domestic Abuse Programme is delivered with perpetrators as part of a whole system wherein partners, ex-partners and/or other family members are also offered access to our integrated support service (ISS). The Victim Liaison Officer works in partnership with IDAS (Independent Domestic Abuse Service) to provide a robust and integrated system of support for the partners and/or ex-partners of the clients that engage with the programme, with the key focus to increase their safety and that of any associated children.



# Feedback

From ISS users

I can't thank  
Foundation enough  
and for the work  
that you do

Thank  
goodness  
we found  
you

From the bottom  
of my heart,  
thank you

It was the first time I  
had spoken about the  
abuse, the relief was  
overwhelming

We had struggled for  
years, I had put up with  
such abusive behaviour  
for so long, I really didn't  
think there was any  
hope left

My mental and physical  
health has improved  
beyond recognition

I now look forward to the  
future with my husband

# Engagement and prevention work

## Prevention toolkit and awareness sessions

Our aim is to work with a range of professional statutory third-party and voluntary agencies to provide a professional toolkit workshop around domestic abuse and our role in prevention.

The toolkit aims to increase professionals' understanding of perpetrator prevention, bust myths and raise awareness around the forms of abuse, and provide an opportunity to discuss communication and how to refer individuals onto our behaviour change programme.

## Which services attend our sessions?

- Social care
- Fire service
- Police
- Health services
- Housing
- Probation
- IDAS
- Voluntary organisations
- And more!



In 2020-21, our toolkit workshops and webinars moved online due to Covid-19. We now offer our toolkit workshops both in person and online. Our prevention workers attend multi-agency events (such as North Yorkshire Safeguarding week) to build local connections. We also have a dedicated email for prevention enquiries: [ChoicesToolkit@foundationuk.org](mailto:ChoicesToolkit@foundationuk.org)

So far in 2021-22, we have delivered 9 sessions to a combined total of 780 front-line workers and services in the domestic abuse field

Interesting, easy to understand, and super informative

It was fab and people were really interested which was great.


# Contact + Choices


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