

Impact Report

+Choices

2022

2023



F FOUNDATION

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 moved online. From 2022-23, three groups have been delivered virtually across the week.

What else do we offer?

1. Access to peer support networks
2. Triage support such as access to emergency accommodation, immediate intervention, advice, and onward referral
3. Creation of a client-led support plan
4. Tailored support and intervention
5. Specialist stalking intervention
6. An Integrated Support Service for the partners, ex-partners and family members of perpetrators
7. Bespoke domestic abuse prevention toolkit workshops



Our Journey

At the beginning of year 2022-23 most client appointments and interventions were delivered remotely. Throughout the year an increasing number of client appointments and 1 to 1 interventions have been conducted face-to-face, and by the end of year 2022-23 plans were being made to resume in-person group interventions by May 2023.

Our team has grown substantially, with colleagues moving roles and gaining dual roles within the service to build on strengths and specialisms. We now have a team of six intervention delivery staff, two team leaders, three engagement and prevention colleagues, one victim liaison officer, a specialist stalking intervention worker, and a service manager, with two new delivery staff joining early in 2023-24.

Delivery staff and our stalking specialist have worked hard to create and adapt client resources and intervention materials to meet the needs of clients who have expressed a desire for bespoke support in making and sustaining behaviour change.

Our service promotion and outreach has greatly increased this year, with revamped promotional and informational leaflets, increased social media presence, and a quarterly newsletter for professionals.

+Choices continues to work to become a more accessible, trauma-informed service, taking client voice and feedback as our guidance and motivation.

Highlights

After a lot of hard work, we are happy to say that +Choices is now officially a Respect Accredited service.

Respect
Accredited

Howard League for Penal Reform

Community Awards 2022

Runner up

Organisation of the year category

We were proud to be the runner up for organisation of the year alongside other Foundation services (Directions and RACS) at the Howard League for Penal Reform Awards.

We continue to foreground client voice in our work, including client feedback in our campaigns and taking part in an independent review by SafeLives



We are now a registered provider for York Food Bank thanks to the hard work of our staff and have issued our first vouchers.

Our service has been featured on local and national news sources, including radio, TV, and news websites



NEWS

Home | Cost of Living | War in Ukraine | Coronation | Climate | UK | World | Business | Politics | More

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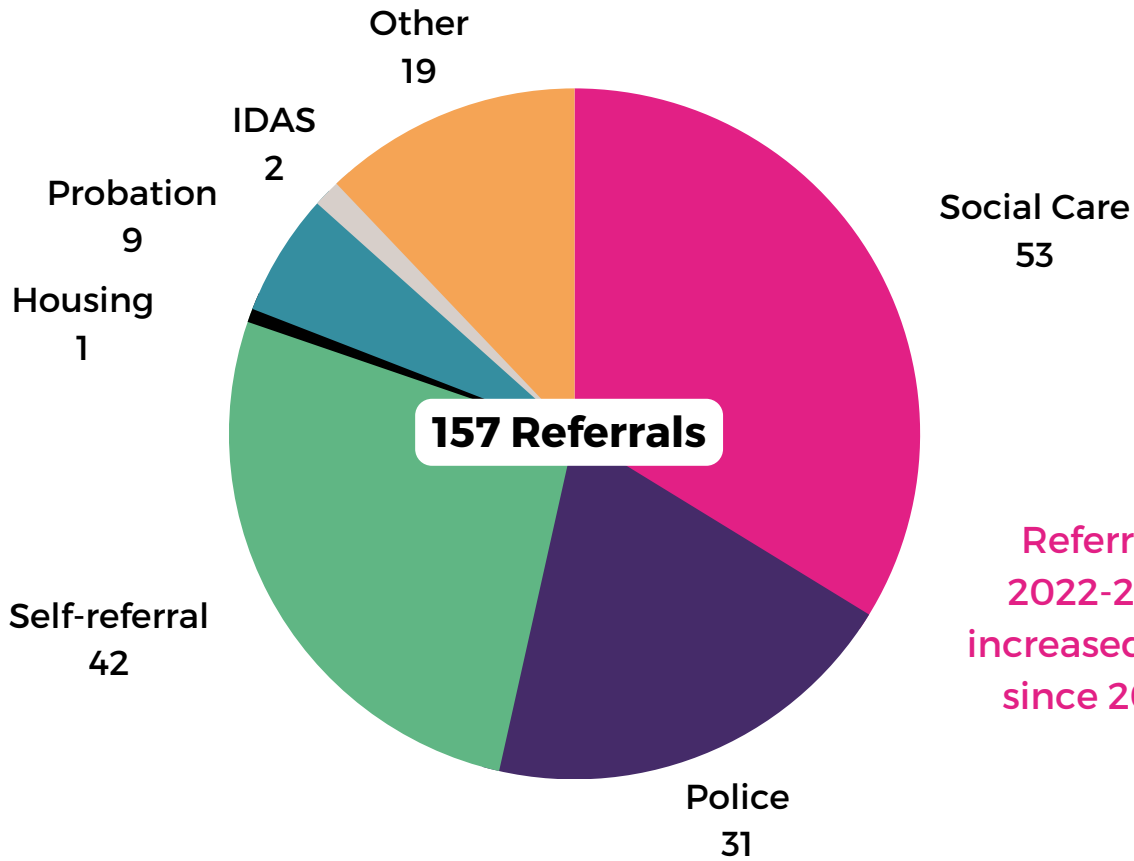
York: Charity running sessions for domestic abusers

© 21 November 2022

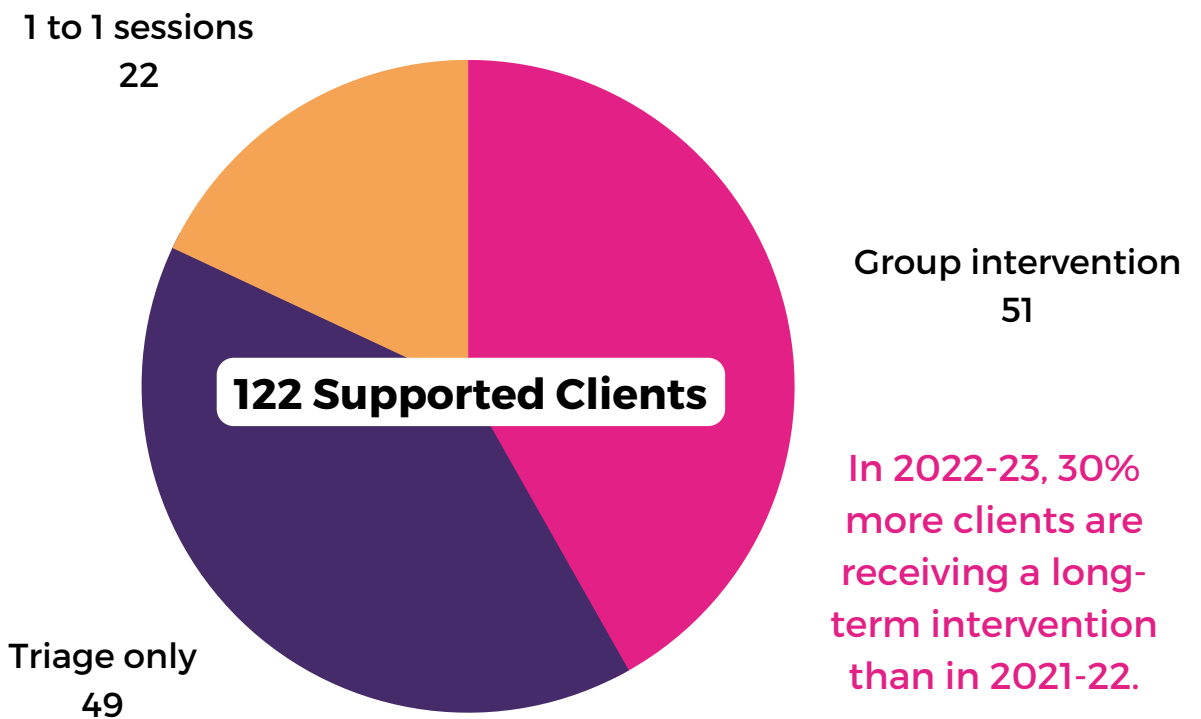


Staff have gone from strength to strength as our team has grown and undertaken specialist training in a variety of areas such as dual allegations, stalking awareness, Choices intervention delivery, non-fatal strangulation, civil protection orders, and many more. And we have managed to spend some great time together as a team in Dalby Forest!

Referrals



Referrals in 2022-23 have increased by 30% since 2021-22.



In 2022-23, 30% more clients are receiving a long-term intervention than in 2021-22.

Demographics

Sexuality



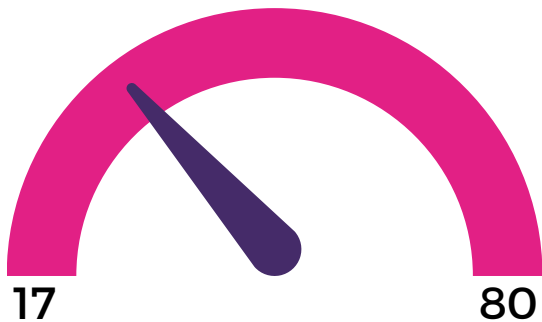
Gender



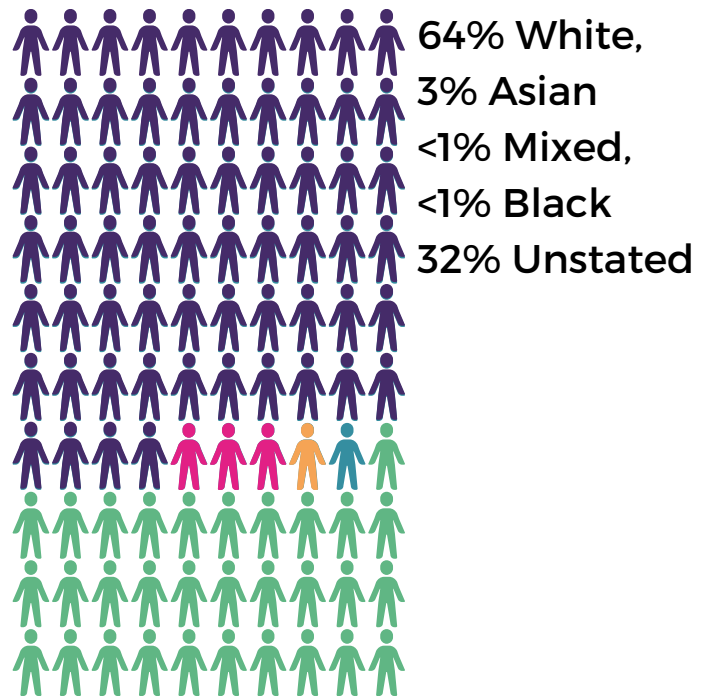
87% of clients were male
12% of clients were female

Age Range

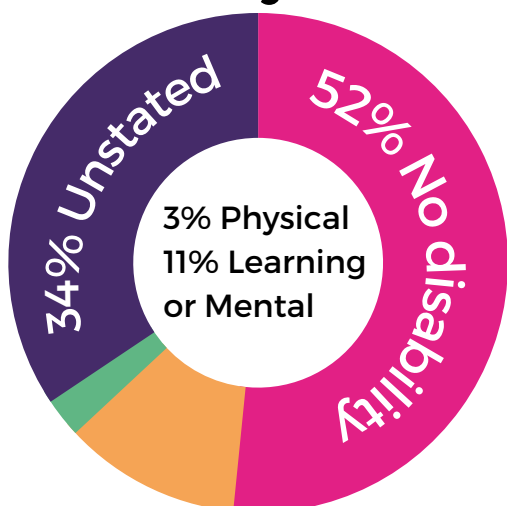
Average 33



Ethnicity



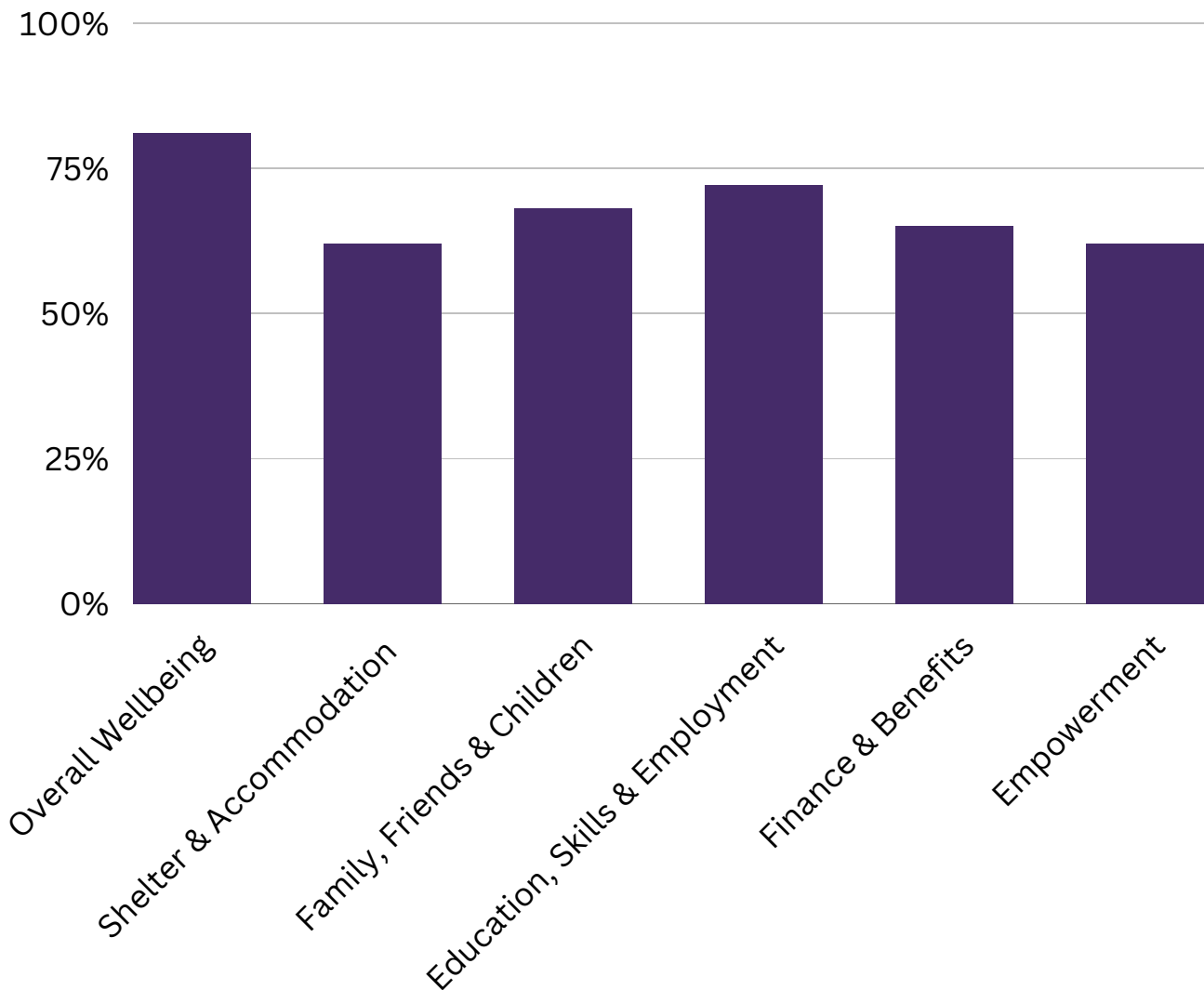
Disability



This year we have seen an increase in the number of LGBTQ+ and female clients referred and supported. We have also seen a greater diversity of ethnicities, and our client age range has expanded greatly.

Perpetrator KPIs

Clients who reported improvements upon exit

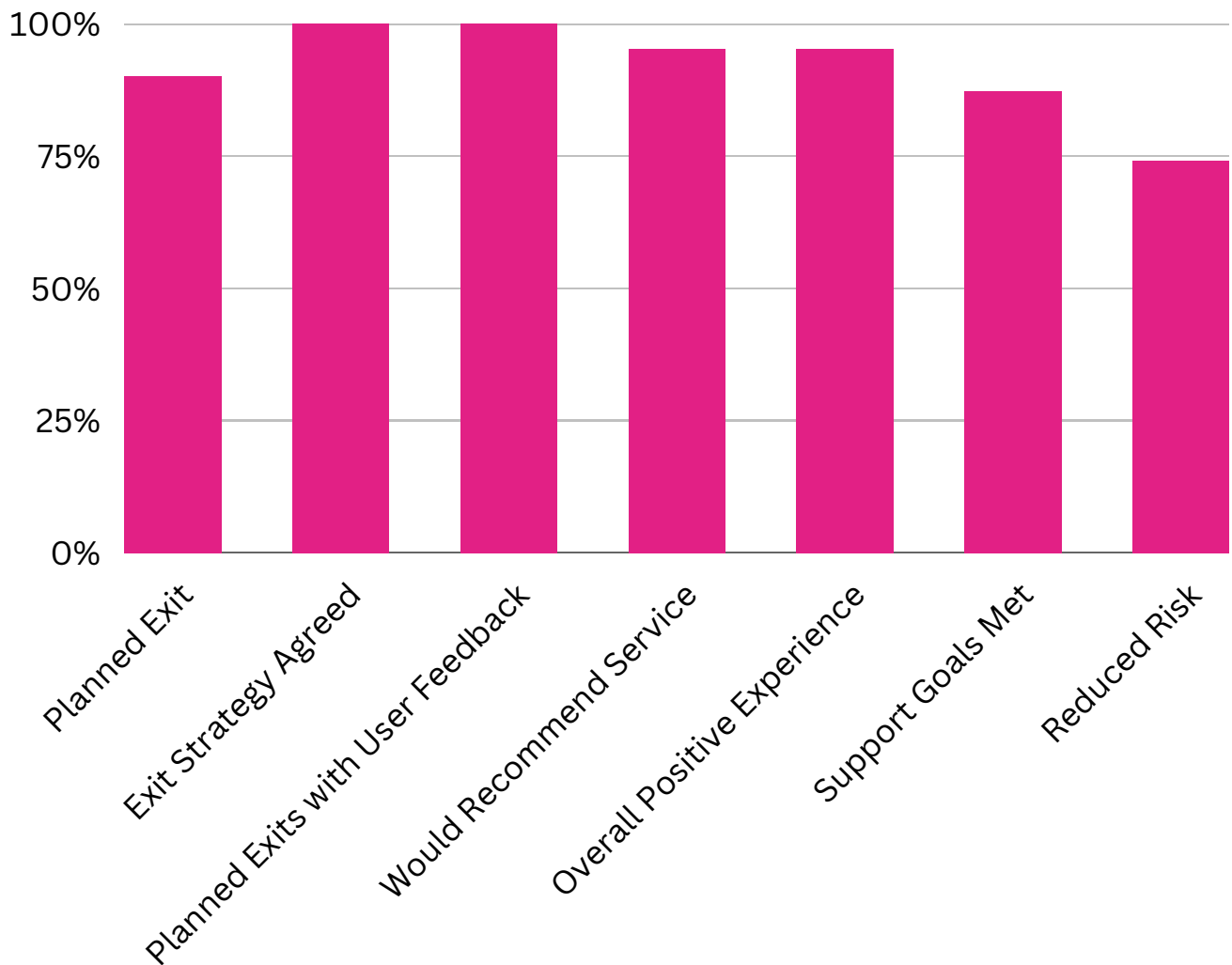


We offer emergency accommodation for perpetrators on a short term basis



In 2022-23, 56 nights of emergency accommodation were utilised.

Perpetrator KPIs



There has been a significant increase across all of our perpetrator KPIs from 2021-22 to 2022-23, but especially in our risk reduction rates which have increased by 23%.

We also saw a significant increase in clients meeting their support goals, especially in areas such as finance & benefits, education & employment, and family, friends & children.

Feedback

From perpetrators

I learnt what kids can pick up on and how an adult's behaviour can influence a child's behaviour

It really highlighted to me that a relationship is built on love, trust, and companionship

I got a sense of what must have been happening to my ex-wife during our relationship

It has made me want to enjoy life with my partner as we are all only here once in our lifespan

I will behave differently in my relationship and treat my partner differently, better

It has helped me realise why I have behaved in certain ways

Stalking Intervention

At +Choices, we recently incorporated a Specialist Stalking Intervention Worker (SSIW) into the team to engage with clients displaying stalking and/or harassment behaviours. The SSIW supports North Yorkshire's response to stalking and harassment in domestic settings as opposed to stalking and harassment by strangers and acquaintances.

Role duties & responsibilities

- Engaging with perpetrators of domestic stalking and harassment, encouraging them to participate on the +Choices domestic abuse perpetrator programme.
- Delivering bespoke, short term work focussing on and addressing specific stalking and harassment behaviours.
- Attending meetings with North Yorkshire Police stalking support team, discussing who has been cautioned for stalking or harassment and whether they fit the eligibility criteria to work with +Choices.
- Attending multi-agency stalking tasking meetings for Scarborough and Ryedale districts, discussing current stalking cases and collaborating together to create action plans.
- Making contact with individuals that have been cautioned for stalking or harassment, introducing +Choices, and offering a referral.
- Screening referrals for stalking and advising on cases where stalking and/or harassment behaviours may be present.
- Researching, designing and delivering bespoke stalking identification and intervention tools, and creating awareness raising materials.

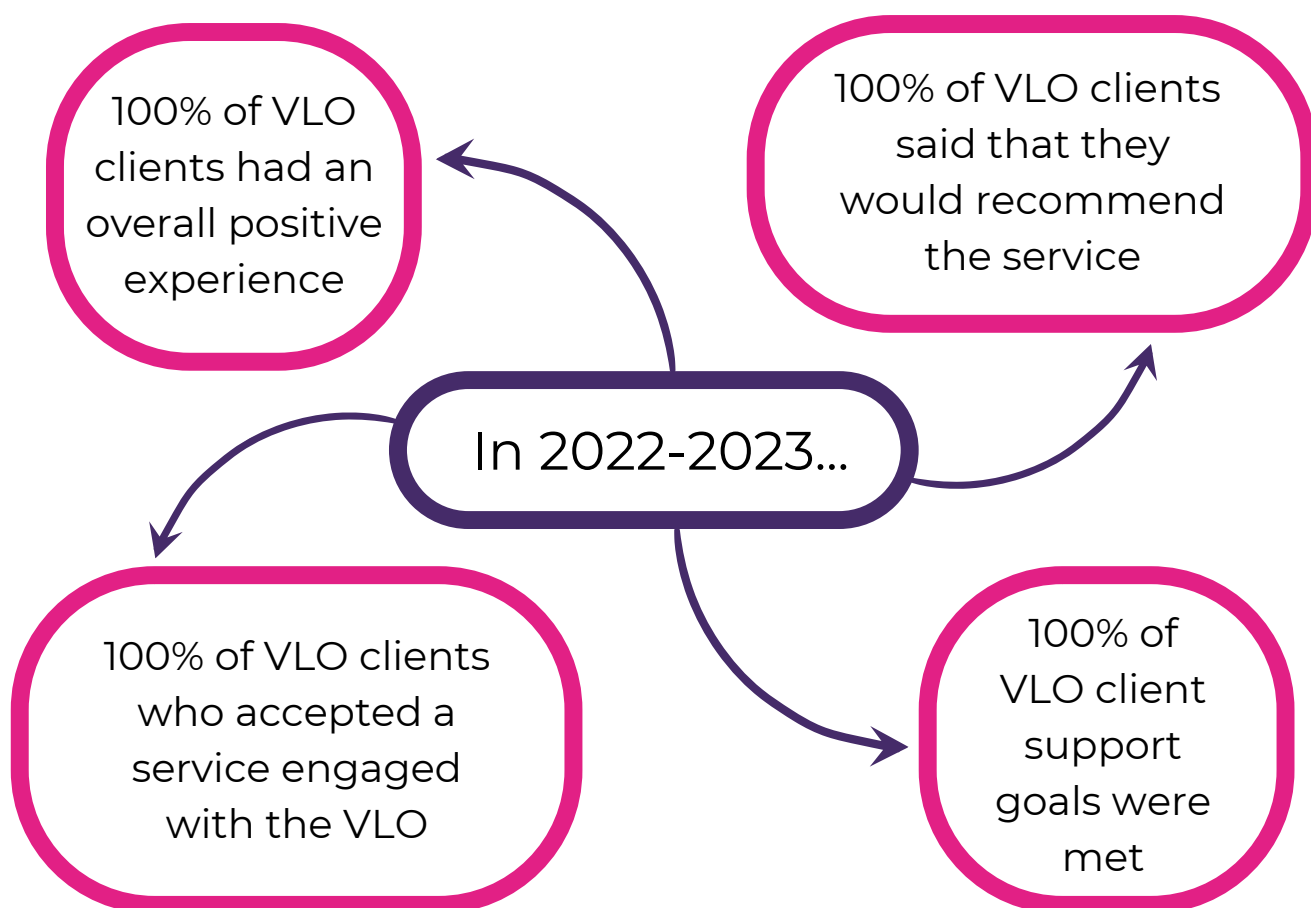
In 2022-23, the first full year of the SSIW being active in the team, 16 clients were referred and 3 engaged in support, with 100% of engaged clients having a full needs assessment and support plan.

Our SSIW presented at local domestic abuse forums in October 2022 with Stalking Support Officers from North Yorkshire Police, discussing the nature of stalking.

In December 2022, Our SSIW helped to co-create a series of short clips with Rural Media, depicting a fictitious escalation in stalking.

Integrated Support Service

+Choices is delivered as part of a whole-family system wherein the primary victim (whether that be partner, ex-partner or another family member) are 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 family members of the clients that engage with the programme, with the key focus to increase the safety of the whole family.



Despite +Choices only having one part-time VLO, victim service KPIs are up, and there was a significant improvement in VLO client engagement in year 2022-23 as compared to 2021-22.

Feedback

From ISS clients



You couldn't have done anything better, I only wish Sue could have phoned me every day, she was literally a life saver

It is a brilliant service, I think it is underrated, the difference you make, I just can't put it into words

I cannot begin to tell you how much I've appreciated all your support and knowledge

I am very grateful for the help to get me to where I am now, the emotional support and understanding helped me get through

I couldn't have survived this terrible journey without you

Talking to Sue who understood what was going on, this stopped me from going mad

Engagement and Prevention Toolkits

Prevention toolkit and awareness sessions

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

The toolkit aims to increase professionals' understanding of perpetrator prevention, bust myths, increase knowledge of complex areas of abuse, and provide an opportunity for other services to become aware of +Choices and how to refer to our service.

In 2022-23, we have delivered workshops, masterclasses, and awareness sessions to over 70 agencies (over 1000 people), including:

- Victim services
- North Yorkshire Police
- Universities
- GP surgeries
- Probation offices
- Council offices
- Housing providers
- and many more!

"Immensely helpful and informative session, will help us with dealing with clients in the future."



We also provide bespoke training in partnership with other agencies, covering topics such as sexual abuse, abuse and young people, motivation to change, stalking awareness and intervention, and the whole family approach. Agencies can enquire about bespoke workshop sessions by emailing our team: ChoicesToolkit@foundationuk.org

Engagement and Prevention Work

Promotional materials, client leaflets, and campaigns

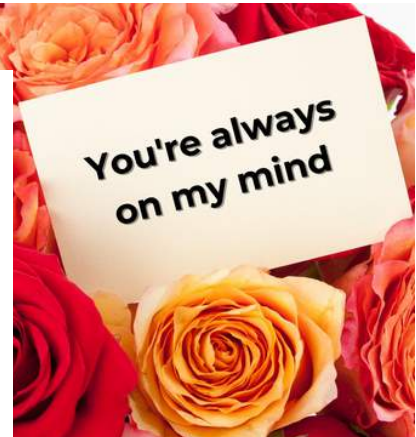
This year our client leaflets have undergone a major update, allowing us to provide new and updated information to perpetrators, victims, and professionals in a clear, accessible way.

We have also launched a set of flyers called the "Have you ever" flyers. These ask the reader a series of questions about their behaviours, which they may not realise are abusive, and signpost to +Choices. They can be used by professionals and members of the public as a quick litmus test to introduce conversations about abusive behaviour.

In 2022-2023 we gave out over 1000 leaflets to public and professionals. Organisations can contact the toolkit email to request leaflets.



The E&P team have also been working hard on various campaigns to coincide with calendar events and awareness periods. These have included White Ribbon Day, Sexual Assault and Sexual Violence Awareness Week, the 16 Days of Action Against Gender-Based Violence, Inspire North's #NoExcuseForAbuse campaign, Stalking Awareness Week, and a collaborative project between E&P and Stalking Specialist colleagues for Valentine's Day raising awareness of stalking behaviours.



Engagement and Prevention Goals



Goals for 2023-2024

As a service, we continue to strive for more frequent, more accessible, and more effective engagement and intervention with perpetrators of domestic abuse, stalking and harassment. Our Engagement and Prevention team play a key role in this, helping to raise awareness of our service, pathways to support, and the importance of a **multi-agency approach** to domestic abuse which takes into account the needs of the whole family.

In 2023-2024, we hope to expand our existing network of connections across North Yorkshire and the City of York to improve harm reduction and domestic abuse prevention efforts across the area. In particular, we are working to address the needs of rural communities where support is less accessible and service involvement is lower. We anticipate that linking in with healthcare services and community hubs will play a vital role in reaching rural communities.



We are also aiming to build on ongoing work with Early Help and other early intervention services to prevent abusive behaviour at an early, low-risk stage. This will involve bespoke work with young people and children and family services to address first-incident cases and young families.

We want to make our service a safe space for all, so a particular focus for this year will be on reaching, including, and improving access for marginalised populations such as LGBTQ+ people, ethnically-diverse families, neurodiverse adults, and more.



Contact us



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