COMMUNICARE BREATHING SPACE

An Innovative Therapeutic Community Model for Family and Domestic Violence



DEFINATION OF FAMILY AND DOMESTIC VIOLENCE

Family and Domestic Violence is pattern of behaviours intended to coerce, control and create fear within an intimate or familial relationships.

Western Australia Department of Child Protection and Family Support (2015)



TACTICS AND BEHAVIOURS OF FDV

- Physical
- Psychological
- Sexual
- Social Isolation
- Financial Abuse
- Technology Facilitated Abuse
- Neglect



COMMUNICARE BREATHING SPACE

A Therapeutic Community for Men's Behaviour Change



COMMUNICARE BREATHING SPACE MODEL

Communicare Breathing Space Principles Safety **Systems Response** Responsibility **Perpetrator Accountability** Respect & Equality Collaboration **Evidence-Based Prevention & Early Intervention Diversity** Innovation Principles of a Therapeutic Modes of Delivery Resources Community Risk Assessment National Plan To Reduce Violence Against Safety Planning Women and their Children(2010-2022) Case Management National Outcome Standards for Perpetrator Attachment Group Work Interventions (NOSPI) Individual Counselling WA Practice Standards for Containment Workshops Perpetrator Intervention Partner Contact Australian Therapeutic Community Association Policies and Procedures (ATCA) Communication Life skills Power and Control Wheel Incidental Therapeutic Learnings **Equality Wheel** Community Engagement Common Risk Assessment and Risk Involvement Pro Social Modelling Management Framework(CRARMF) Post Program Support Abusive Behaviour Inventory **Transitional Support Units** Agency Cycle of Violence **Human Rights Feminist Narrative** Duluth Invitational Therapeutic Community **Response Based Perspective Perspective** Approach Model Model **Principles Practice Underpinnings**



GROUP WORK AND COUNSELLING

Men Relating Safely Dadworx **Understanding Emotions** Understanding Anger & Aggression DV/AOD DV Counselling & AOD Counselling



SAFETY

Communicare Breathing Space core focus is the safety of women and children at the center of family and domestic violence interventions and responses.

Safety considerations for women and children affected by violence informs all interventions and decision making protocols.

Engaging with men who have chosen to use violence within their relationship provides opportunities to monitor safety for the family and the wider community.



PERPETRATOR ACCOUNTABILITY

Communicare Breathing Space holds men who use violence firmly in view of systems so that the appropriate people can intervene at the right time to hold them accountable, and ensure they face consequences for their violence.



SYSTEMS RESPONSE

Systems and services must empower women and children who experience violence to feel confident they will be believed, responded to, supported and protected when they speak up against and report violence.

Communicare Breathing Space removes the burden from women and children to protect themselves and places the responsibility for their safety firmly back onto our systems and services.



RESPONSIBILITY:

Communicare Breathing Space provides opportunities that enable perpetrators to take responsibility for their violence, change their violent attitudes and behaviours and address any factors that may be amplifying their risk of violence and safety towards their family.



CLIENT EXPERIENCE





THERAPEUTIC COMMUNITY

- Therapeutic communities aim to provide a safe and supportive environment where behavior change can occur.
- Addressing FDV within this environment allows the community to explore and challenge the values, beliefs, attitudes and behaviours that perpetuate violence against women.
- The model allows for a rich, lived exploration of the social factors known to precipitate and perpetuate male violence against women while recognising that behavior change occurs in a much wider context than the individual themselves.



THERAPEUTIC COMMUNITY INTERWOVEN INTO COMMUNICARE BREATHING SPACE MODEL

Communicare Breathing Space

Safety Respect & Equity Systems Response Collaboration Diversity

Principles

Responsibility Evidence-Based Innovation Perpetrator Accountability Prevention & Early Intervention

Principles of a Therapeutic Community

- Attachment
- Containment
- Communication
- Involvement
- Agency

Modes of Delivery

- Risk Assessment
- Safety Planning
- Case Management
- Group Work
- · Individual Counselling
- Workshops
- Partner Contact
- · Policies and Procedures
- Life skills
- Incidental Therapeutic Learnings
- · Community Engagement
- Pro Social Modelling
- Post Program Support
- · Transitional Support Units

Resources

- National Plan To Reduce Violence Against Women and their Children(2010-2022)
- National Outcome Standards for Perpetrator Interventions (NOSPI)
- WA Practice Standards for Perpetrator
 - miervennon
- Australian Therapeutic Community Association (ATCA)
- Power and Control Wheel
- Equality Wheel
- Common Risk Assessment and Risk Management Framework(CRARMF)
- · Abusive Behaviour Inventory
- · Cycle of Violence

Human Rights Perspective

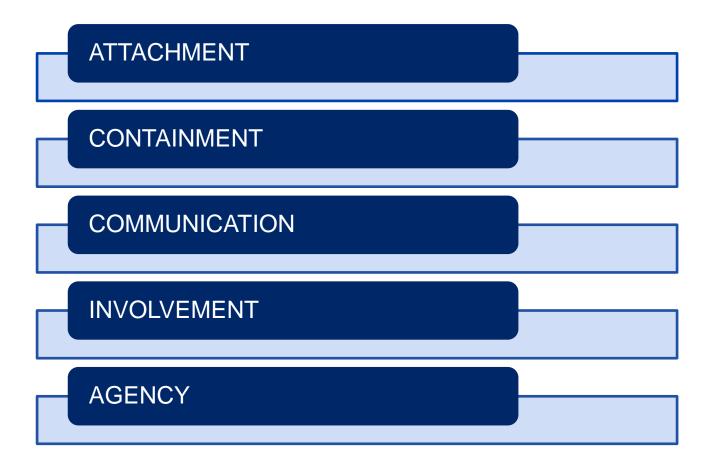
Feminist Perspective Narrative Approach Duluth Model Invitational Model Therapeutic Community Model

Response Based Practice

Underpinnings



THERAPEUTIC COMMUNITY PRINCIPLES





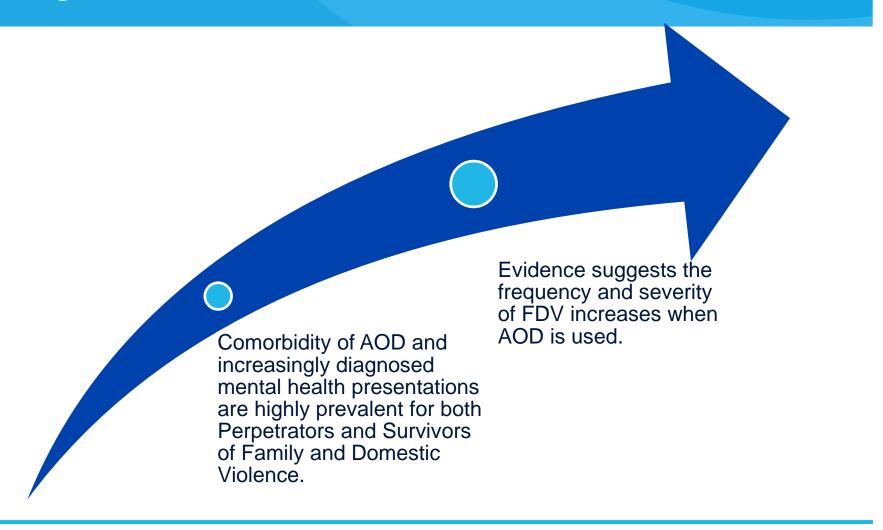
TRANSITIONAL HOUSING AND POST PROGRAM SUPPORT

- Allows up to 9-12
 months to transition
 back into community
 and reduce risks of
 returning to family due
 to homelessness.
- Increases regular contact with the program through weekly contact and fortnightly case management





Family and Domestic Violence and Alcohol and Other Drugs





FDV and AOD CORRELATIONS

- Many women increase their use of AOD after they start their relationship.
- Perpetrators may use AOD as a tactic to gain control within the relationship by coercing their partner or family members to use AOD.
- Survivors may try to stop AOD use as a form of resistance, however Perpetrators often predict this and may force drugs on their partner to gain control.
- Perpetrators may use the Mothers dependence on AOD to undermine her parenting.
- Survivors may become dependent on AOD to cope with psychological impacts of their experience of violence.



VICTIM SUPPORT SERVICES

Refuge and Outreach Services

- Over past 12 months, 75-90% of women using our services may present with complex needs including the use of licit or illicit drugs.
- Increasingly noticeable use of AOD as a coping strategy for mental health e.g. anxiety, which leads to breaches of stay within the Refuge.
- Common use of drugs are alcohol, marijuana and methamphetamines, poly-users becoming more common.
- Dual diagnosis for FDV, AOD and MH is very difficult for external support, impacting on the survivors and children goals and overall wellbeing.



PERPETRATOR SERVICES

- 100% residents report problematic AOD use in the Communicare Breathing Space (CBS) and Indigenous Family Violence (IFV) programs, with 85% in Families Without Fear.
- At Communicare Breathing Space, 20% of men report high alcohol consumption; 80% report drug use
- Increase in perpetrators using amphetamine and methamphetamine.
- All clients in Communicare Breathing Space reported use prior to applying for programs.



LEARNINGS

- Gaining the right balance between safety and accountability vs the therapeutic community model to gain optimal outcomes.
- FDV workers need to know about AOD intervention, just as AOD workers will benefit from understanding the dynamics of family and domestic violence – we often have mutual clients.
- Consider partnerships between the two sectors to best support mutual clients.



FURTHER INFORMATION

Communicare Inc

28 Cecil Ave, Cannington WA 08 9251 5777 www.communicare.org.au

Communicare Breathing Space

08 9439 5707

breathingspace@communicare.org.au

YouTube: https://www.youtube.com/watch?v=RcLB1DUZ17M

Presenter: Kate Jeffries

Director Family Violence and Intervention Services kjeffries@communicare.org.au



FUTURE INNOVATIONS

- Further developing our employment and training initiatives for residents
- Co-located AOD workers on site
- Increase Post-Program Support (Transitional Housing and maintenance group work)
- Rolling out more Communicare Breathing Space models across the country.

