

UNLOCKING POTENTIAL
TRANSFORMING LIVES



CEA WORKING WITHIN THE SCOTTISH PRISON SERVICE

- HMP & YOI POLMONT IS SCOTLAND'S NATIONAL HOLDING FACILITY FOR MALE YOUNG OFFENDERS AGED BETWEEN 16 - 21 YEARS OF AGE.
- SENTENCES RANGE FROM 6 MONTHS TO LIFE. THE AVERAGE SENTENCE LENGTH IS BETWEEN 2 - 4 YEARS.
- AS OF 2016 ELIGIBLE WOMEN OFFENDERS AGED 16 YEARS UPWARDS ARE NOW ACCOMMODATED IN POLMONT DUE TO CORTON VALES' RENOVATIONS



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- Committed to Ending Abuse (CEA) are an organisation committed to ending Domestic Abuse & all types of abuse
- Formerly Falkirk & District Womens Aid
- New name reflects Inclusive service : LGBTQI friendly, LGBT charter mark awarded
- Awarded Lights Accreditation for quality Domestic Abuse Services



LeadingLight

Three year accreditation by SafeLives



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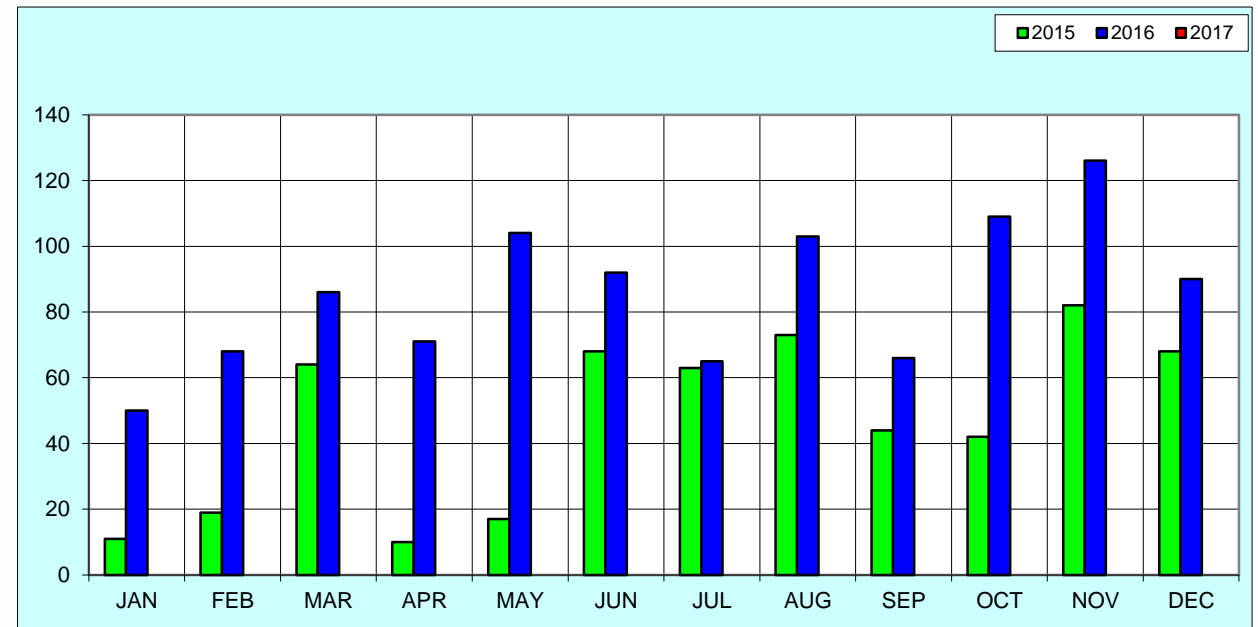
GENDER BASED VIOLENCE PARTNERSHIP

FOLLOWING DISCUSSIONS WITH FORTH VALLEY GBV PARTNERSHIP IT WAS AGREED THAT COMMITTED TO ENDING ABUSE (CEA) SHOULD SUPPORT THE SPS COMMUNITY SAFETY UNIT (CSU) IN DELIVERING AWARENESS AND SUPPORT ON ISSUES OF GENDER BASED VIOLENCE TO YOUNG PEOPLE IN CUSTODY .



CEA WITHIN HMP & YOI POLMONT

- CEA ENTERED HMP & YOI POLMONT IN 2015
- PROVIDED GROUP WORK ON DOMESTIC ABUSE AWARENESS , SEXUALISATION AND GENDER STEREOTYPES, UNDERSTANDING CONSENT.
- IDENTIFIED NEED FOR ONE TO ONE SUPPORT FOR INDIVIDUALS DUE TO REQUESTS FOLLOWING GROUPWORK
- WHEN WOMEN WERE ACCOMODATED IN 2016 DEMAND ROSE SIGNIFICANTLY
- CEA CURRENTLY HAVE 2 FULL-TIME WORKERS AND ONE PART TIME WORKER BASED IN POLMONT.



Graph of CEA referral numbers 2015/2016

WHO CEA SUPPORT

- CEA EXTEND SUPPORT TO THE ENTIRE POPULATION OF HMP & YOI POLMONT INCLUDING -
 - YOUNG MEN
 - WOMEN
 - INDIVIDUALS ON REMAND
 - INDIVIDUALS IN PROTECTIVE CUSTODY
- ENGAGEMENT IS VOLUNTARY AND SUPPORT IS PART OF STAGE 1 : SAFETY & STABILISATION .
- SUPPORT OFFERED TO INDIVIDUALS WHO HAVE **WITNESSED** DOMESTIC ABUSE GROWING UP, **EXPERIENCED** IT IN THEIR OWN RELATIONSHIPS AND THOSE IDENTIFYING THAT THEY HAVE **CONTROLLING** BEHAVIOURS.

WITNESSES



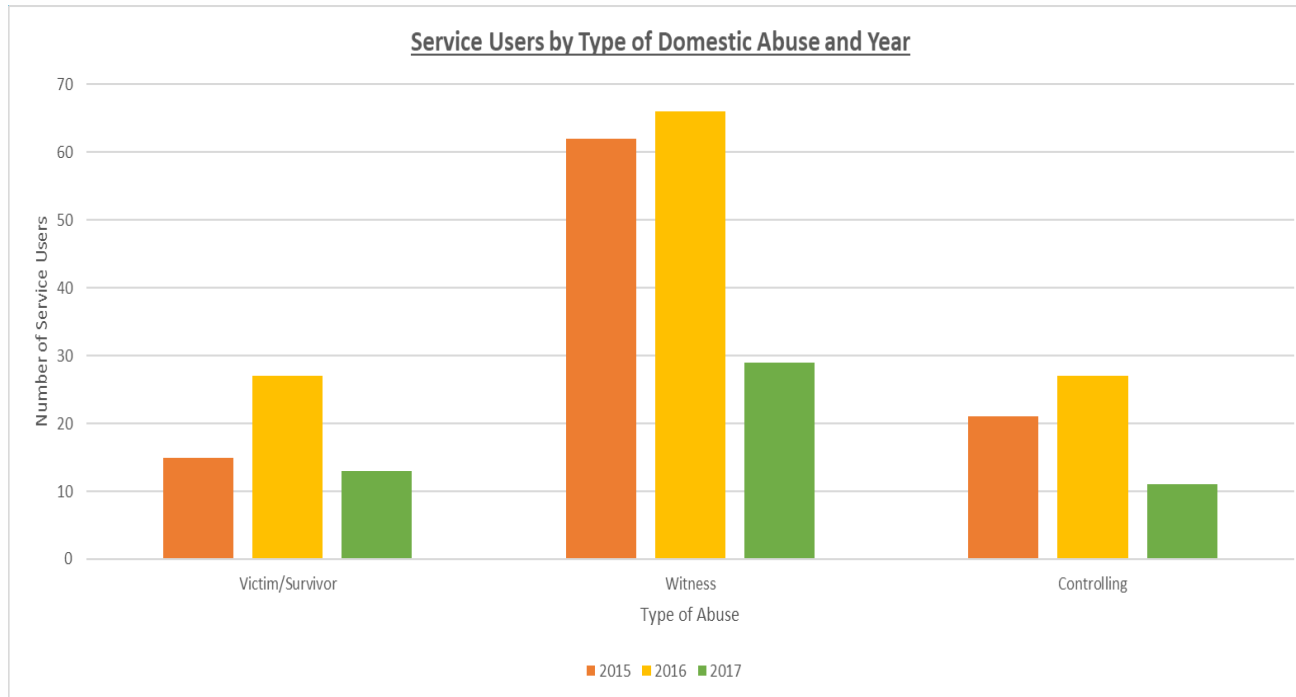
VICTIM/SURVIVORS



CONTROLLING BEHAVIOURS



HMP & YOI POLMONT STATISTICS



NUMBER OF CEA REFERRALS BY YEAR HAVING WITNESSED,
SURVIVED OR EXHIBITED CONTROL

REFERRALS FOR SUPPORT

- REFERRALS CAN BE MADE VIA SELF REFERRAL FOLLOWING GROUPWORK. CEA REGULARLY WELCOME REFERRALS FROM :
 - PRISON STAFF
 - MULTI-AGENCY STAFF – ADDICTION WORKERS, NHS, PSYCHOLOGY, CRIMINAL JUSTICE & SOCIAL WORK, THIRD SECTOR PROVIDERS.
- CEA REFERRAL FORMS ARE DISPLAYED IN THE LIBRARY & CEA PUBLICITY THROUGHOUT ESTABLISHMENT (FOR VISITORS TOO).

SUPPORT SERVICES

Group Work : Domestic Abuse Awareness , Understanding Consent & Sexual offences , Gender & Sexualisation

Just Breathe : 121 Support
Stage 1 : Trauma Recovery Model
Addresses effects of experiencing abuse on individualised basis,
Typically 6-8 weeks.

HMP & YOI
POLMONT
CEA SUPPORT

4S Support- for those on remand or sentences <8 weeks.
Safety, Stabilisation, Support & Signposting.

Touch Base : support for complex needs, additional support for those with vulnerabilities; mental health , drug alcohol withdrawal, learning difficulties. Every 2 weeks/ monthly.

GROUP WORK

- GROUP WORK IS OFFERED COVERING : DOMESTIC ABUSE AWARENESS, GENDER & SEXUALISATION, UNDERSTANDING CONSENT & SEXUAL OFFENCES
 - USUALLY CONSISTS OF 2-10 YOUNG MEN/ WOMEN AND CEA FACILITATOR
 - TAKES PLACES IN PRISON INDUCTION TO TARGET WHOLE POPULATION AS WELL AS PART OF THE COMMUNITY SAFETY TEAM BUILDING & LEADERSHIP COURSE WITH POLICE SCOTLAND, LIFESKILLS AND PARENTING CLASSES
 - PRISON STAFF/ PARTNER AGENCIES CAN REQUEST GROUP WORK WHEN THEY HAVE IDENTIFIED NEED FOR MORE AWARENESS IN PARTICULAR GROUP ACCOMMODATED
 - REFERRALS TAKEN FROM GROUP WORK AND FEEDBACK IS ENCOURAGED FROM ATTENDEES AFTER EVERY SESSION TO ENSURE CEA PROVIDE RELEVANT SUPPORT/ MATERIALS
 - MINIMUM OF 2 GROUP SESSIONS HELD EVERY WEEK
-
-

JUST BREATHE ONE TO ONE SUPPORT SERVICE

- SERVICE FOR INDIVIDUALS SERVING 8 WEEKS OR MORE
 - FOCUSSES ON SAFETY AND STABILISATION
 - CONFIDENTIAL SUPPORT WITH ONE KEY WORKER
 - ADDRESSES SUPPORT NEEDS ON INDIVIDUAL BASIS :
 - TALKING OF EXPERIENCES FOR FIRST TIME
 - ACKNOWLEDGING BEHAVIOURS
 - COPING MECHANISMS
 - IDENTIFYING RISK FACTORS
 - SAFETY PLANNING
 - LINKING WITH MULTI-AGENCIES TO ENSURE SAFETY & SUPPORT FOR INDIVIDUAL & COMMUNITY
- CEA ATTEND MULTI-DISCIPLINARY MENTAL HEALTH MEETINGS,
INTEGRATED CASE MANAGEMENT MEETINGS.



“Talking helps. Being listened to, really listened to and believed...” Service user 19

ACES & DOMESTIC ABUSE

Children who witness Domestic Abuse are more Likely to –

- experience behavioural developmental and social problems. Source: (Humphreys, Houghton, & Ellis, 2008)
- Emotional Effects - display anger/aggression/ truancy/ bullying/ vandalism / anxiety seeking, self harming / self-loathing, lack of self-esteem/ problems communicating / anxiety/ depression/ fear of abandonment – insecure/disorganised attachment. Source –Refuge (2016) ; CEA (2015)
- Coping Mechanisms – as a response to dealing with abuse : drugs, alcohol, self-harm, risky behaviours and criminality

For a child, domestic violence lasts a LIFETIME

Word cloud terms: LIFELONG VICTIMIZATION, alcoholism, imprisonment, low self esteem, FEARS AND PHOBIAS, depression, ASTHMA, heart disease, early death, ANXIETY, anger, obesity, violence, lack of empathy, failure to thrive, teen pregnancy, COPD, DIABETES, cancer, SUICIDE, homelessness, stroke, UNEMPLOYMENT, animal abuse, failure at school.

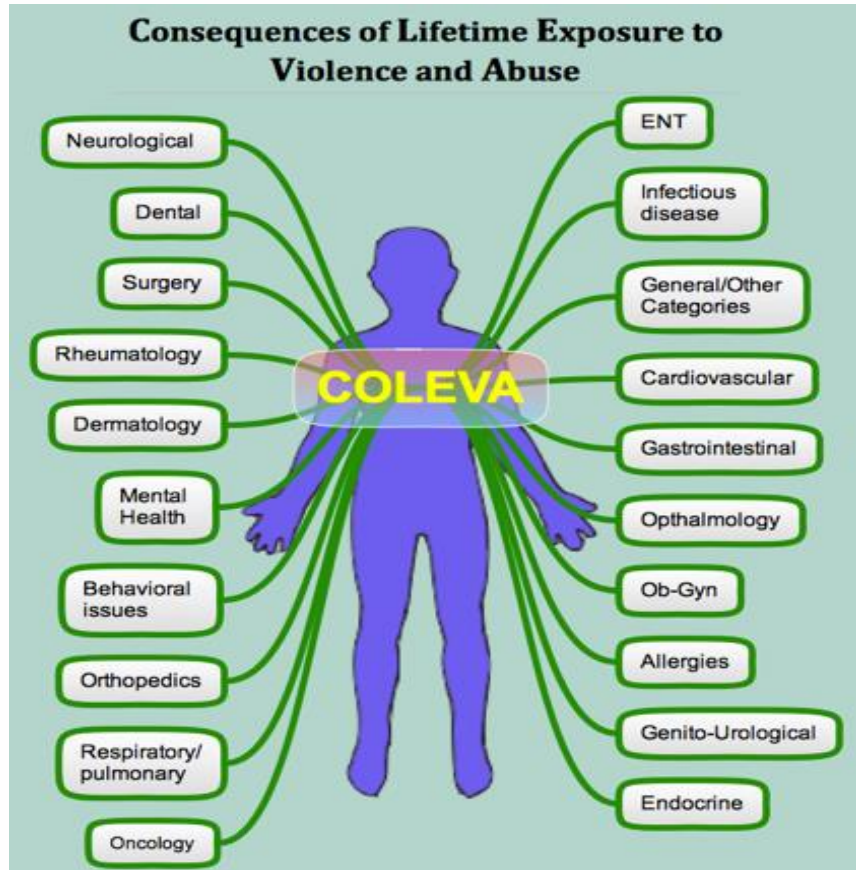
Learn more at www.nmcadv.org ©2011

NMCADV
The New Mexico Coalition
Against Domestic Violence

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- Features on the ACE questionnaire
- Childhood trauma associated with adverse health across lifetime – Dr Nadine Burke (2011 & 2015)
- CEA use ACE to inform practice

EFFECTS OF ABUSE/ ACES



Having 4 or more ACES may influence Health & Well-Being. Source- ACES-TOO_HIGH (2015)



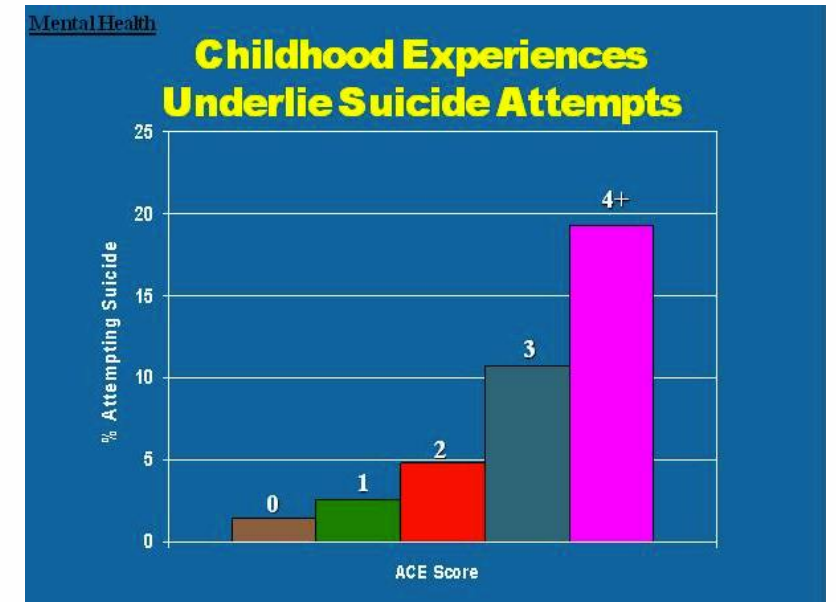
ACES GRAPHS

HEALTH RISKS



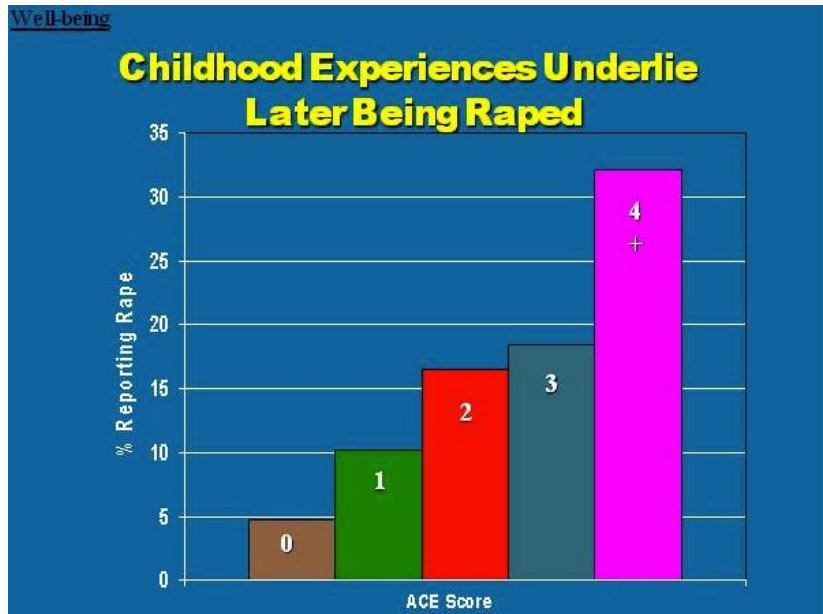
ACEs don't occur alone....if you have one, there's an 87% chance that you have two or more. Source- ACES-TOO_HIGH (2015)

MENTAL HEALTH



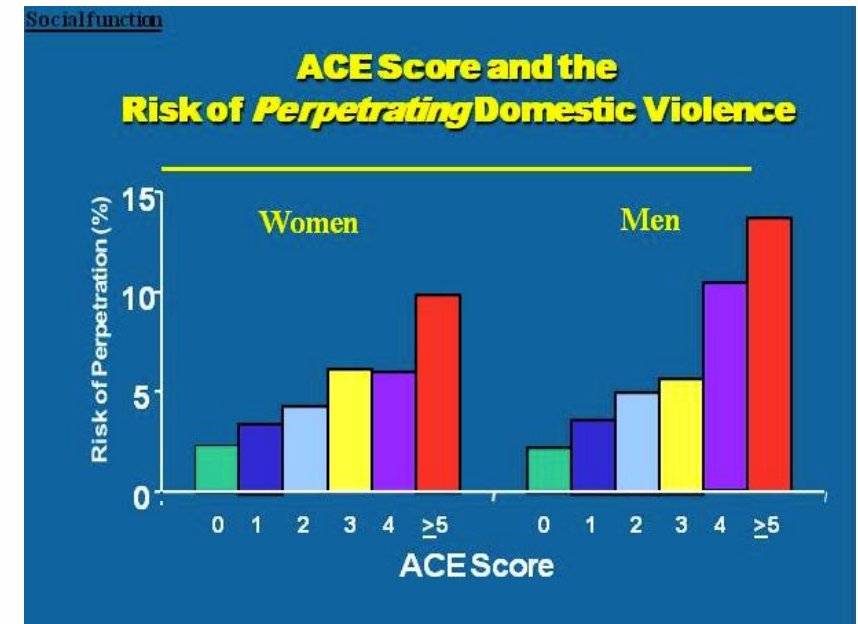
ACES GRAPHS CONTINUED ...

WELL-BEING



The more ACEs you have, the greater the risk for chronic disease, mental illness, violence and being a victim of violence. . Source- ACES-TOO_HIGH (2015)

SOCIAL FUNCTION



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JUST BREATHE DOMESTIC ABUSE SUPPORT SERVICES

ASSESSMENTS USED

CEA RECOGNISE DOMESTIC ABUSE AS AN
ADVERSE CHILDHOOD EXPERIENCE :

USE ACE ASSESSMENT

CORE 34

RISK ASSESSMENTS

SAFER LIVES SAFETY PLANS

CEA'S OWN EMOTIONAL ASSESSMENT

ALLOWS WORKERS TO ESTABLISH SUPPORT
NEEDS & EFFECTIVELY MEASURE CHANGE.

SUPPORT LASTS 6-8 WEEKS BUT CAN BE
EXTENDED IN CASES DEPENDANT ON NEED.



Learn more at www.nmcadv.org ©2011



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4S SUPPORT SERVICES

SUPPORT SERVICE FOR THOSE ON REMAND / SENTENCES LESS THAN 8 WEEKS :

CEA IDENTIFIED THAT THOSE WHO MAY BE
LIBERATED FROM COURT MAY BE AT HIGH RISK
OF RETURNING TO HOUSEHOLD OF DOMESTIC ABUSE AND CREATED
4S SERVICE TO ENSURE THESE INDIVIDUALS ARE SUPPORTED

ONE OFF SESSION LASTING APPROX 60 MINUTES & COVERS :

1. **SUPPORT** : establishing support needs
2. **SAFETY** : running through safety planning
3. **STABILISATION** : identifying existing support systems/ protective factors
4. **SIGNPOSTING** : Researching appropriate community based support and providing the individual easy to read/understand resources with this information.



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TOUCH BASE SUPPORT SERVICE

SUPPORT SERVICE FOLLOWING ONE TO ONE :

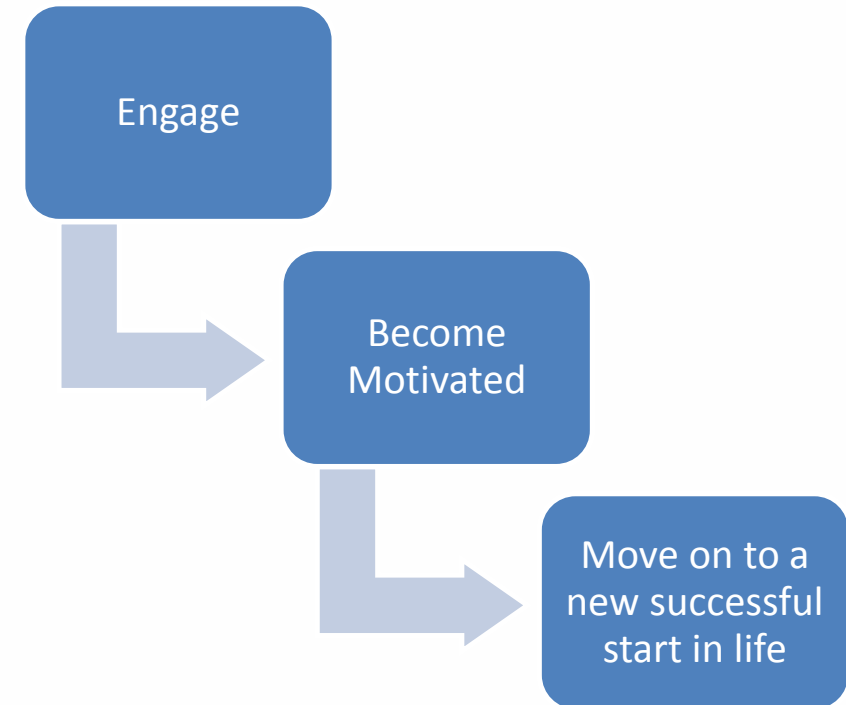
CEA RECONISES THAT MANY OF THE PRISON POPULATION HAVE NOT SUCCESSFULLY ENAGED WITH PROFESSIONALS FOR SUPPORT BEFORE DUE TO BEING MARGINALISED/ DEEP MISTRUST OF PROFESSIONALS. MANY OF OUR SERVICE USERS HAVE OTHER VULNERABILITIES IN CONNECTION WITH EXPERIENCING ABUSE : drug/alcohol withdrawal, self-harm, learning difficulties, Additional needs due to Asperger's/autism, mental health diagnosis such as anorexia, Depression, psychosis.



ALLOWS WORKERS TO CHECK IN WITH SERVICE USERS FOLLOWING ONE TO ONE **SUPPORT** EITHER TWO WEEKLY/ MONTHLY. ENCOURAGES **ACCOUNTABILITY** TO PROGRESSION AND MAINTAINING PROFESSIONAL SUPPORT **WITHOUT DEPENDANCY.**

BENEFITS OF SUPPORT

- Builds on Resilience : Encourages identification of Protective Factors
- More positive mental/Physical Well-Being
- Greater understanding of abuse – Coercive control
- Promote healing from abuse and unhealthy coping mechanisms
- Building trust with professionals – encouraging positive community engagement
- Individualised safety plans
- Minimise the risk of re-offending
- Breakdown barriers



EVALUATIONS

“I just don’t know where I would be right now if I had not taken this support...I don’t carry that weight anymore and I feel free...”

Male Service User – Aged 19

I feel that I am a much better person now thanks to this service

I feel that I understand my behaviour was controlling now

I know that hitting my partner only damages our relationship

The one to one sessions were a good way to feel listened to, and to be treated as a person, a human being (in prison we are just a number, a prisoner) But it was like confiding in a friend. Precious.

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CONTACT US

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