

SAFER COMMUNITIES TEAM PATHWAY PROJECT ANNUAL REPORT 2013/14

Providing support to adults and children experiencing domestic abuse in the
Scottish Borders



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FOREWORD

The Scottish Borders Pathway Project is a pioneering project with crucial foresight and dedication from the staff and volunteers to those who need support. Domestic Abuse is possibly our culture's last taboo, still to a large extent hidden and still affecting the lives of many women and their children, and our society as a whole.

Some of the main obstacles for a woman in such a situation can be a sense of shame that (wrongly) they have brought it on in some way, as well as a worry that no one will listen or believe them. As a woman who has experienced domestic abuse, the Pathway Project has given me a voice to openly talk about these issues, the chance to interact with professionals and to be listened to.

I took part in the Hear Your Voice research in 2010 and by doing so was given the chance to meet other brave women and then go on to be involved in transforming the research in to a DVD, Hear Our Voice.

I was asked to sit on the Pathway Project Joint Advisory Board (PJAB) to provide a voice of experience, and was also part of the interview panel for appointing members of staff to the new domestic abuse services. Being involved in PJAB allowed me to feel I could be open and sometimes quite blunt in my views of services provided and what survivors of domestic abuse really need.

My role within the Pathway Project has therefore become part of my healing process, installing self-worth and allowing me to move on emotionally. I have met the professionals and seen their dedication, determination, but also their humanity; showing there are people who care, who will listen, who will show there is another way to rebuild, not only my life, but that of my children. All of us have returned to education and are not allowing the past to haunt our futures.

It is with much admiration and thanks to all involved for allowing my voice to be heard in the hope of reaching others.

I wish to leave a message to all survivors/victims of domestic abuse in the Scottish Borders - *"I know you will be in the thoughts of all within the Pathway project, and they will do their utmost to keep you forever moving forward to a safe and happier future"*.

Wendy, survivor

SAFER COMMUNITIES TEAM: PATHWAY PROJECT ANNUAL REPORT 2013/14

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INTRODUCTION

What is the Pathway Project?

The Pathway Project (Pathway) is designed to provide a coherent pathway and accessibility of services for victims of domestic abuse and their children. This Annual Report details the first full year of operation and highlights the outcomes, targets and benefits achieved for users across all three services.

In order to bring together the key services required to develop a co-ordinated community response to addressing domestic abuse in the Scottish Borders, Pathway is split into three operational services:

Domestic Abuse Advocacy Support (DAAS) Service

Scottish Borders Council's Safer Communities team deliver the DAAS service which is a specialist service designed to provide short-term crisis intervention and support to both male and female high risk victims of domestic abuse. Victims and their families are supported following the initial incident through risk assessment, safety planning, any court proceedings and are referred on to support services, such as the DACS service. All adult victims who have children are offered the DAAS Children and Young People's service.

Domestic Abuse Community Support Service (DACCS)

CHILDREN1st deliver the Domestic Abuse Community Service (DACCS) offering medium to long term practical and emotional support to those victims of domestic abuse who are assessed as not at high risk of further abuse. Support can be offered on a medium to long-term basis if this is needed. Support is available to adults (both men and women), including victims of abuse within a same sex relationship, parents, single adults without children, as well as children and young people up to the age of 18 years.

Children Experiencing Domestic Abuse Recovery (CEDAR) group work programme.

CEDAR is a 12 week concurrent group work programme for children and their mothers to support their recovery from Domestic Abuse. Families taking part should be living in a safe place with low risk of further incidents of Domestic Abuse.

These three new services work alongside existing service provision to achieve improved outcomes for victims of domestic abuse and their children.

How is Pathway funded?

Pathway is funded until 30 September 2015 by a combination of BIG Lottery Becoming a Survivor grant of £791,764, Scottish Government funding of £330,000 and match funding of £105,000 from partner agencies (Police Scotland, NHS Borders, Borders Housing Network and Scottish Borders Council). In-kind contributions of £83,130 are being provided by Scottish Borders Council.

WHAT HAS PATHWAY ACHIEVED WITHIN THE FIRST YEAR?

The aim of Pathway is to develop a coordinated, community response to domestic abuse in the Scottish Borders in order that the following outcomes are achieved. A brief summary is given to illustrate how this has been accomplished across the three services.

Outcome 1

More individuals who are affected by domestic abuse in the Scottish Borders have increased access to a more comprehensive range of support services.

- 433 victims were referred to and received support from the Pathway services.
- Analysis has shown that repeat victim incidents has reduced by 12% over a six month period.
- Adults and children supported by DACS identified the positive changes they wanted to make for themselves and their children for the future.

Mother (60's) "Meeting with another adult and leaving the house a lot more has made me realise that I can change things."

- Survivors and their children were involved in service feedback through taking part in exit interviews. For adults who accessed the DAAS service it was revealed that all clients had reported their housing situation and safety had much improved. Clients also reported improvements in other areas ranging from physical wellbeing to improved relationships with children.
- All clients reported high levels of satisfaction with the DAAS service, would use the service again and would recommend to others.

Boy, aged 12 years "I kept thinking that I needed to protect my mum but now in group we are getting other help, CEDAR shows you how."

- Formal evaluation of CEDAR showed that children and young people had benefitted from enhanced knowledge and understanding of domestic abuse and how to keep themselves safe in the future. The mothers' feedback illustrated that they had achieved considerable improvement in their relationship with their child.

Outcome 2

Communities and agencies in the Scottish Borders have a greater understanding of the difficulties faced by individuals and children affected by domestic abuse and are more able to respond to their needs.

- 847 staff members participated in domestic abuse awareness and risk assessment training.
- Over 20 community groups engaged in awareness raising sessions.
- The White Ribbon campaign teamed up with a corporate partner, www.rugbystore.com to promote the campaign in the area.
- Hear Our Voice (a short film where women told their personal stories about domestic abuse in rural Scotland) was used in over 86 different training sessions and community engagement activities. A further 200 copies were distributed across Scotland for this purpose.

Outcome 3

More children affected by domestic abuse in the Scottish Borders feel less isolated and more able to cope with their family's circumstances.

- A total of 118 children received support and safety and were involved in the development of their own support and safety plans.

Girl, aged 7 years *"Your job must be to make children happy because you make me happy."*

Outcome 4

More families affected by domestic abuse in the Scottish Borders feel safer and better supported.

- Over a six month period there was a 17% reduction in the number of people presenting as homeless due to a dispute within a household: violent or abusive.
- Fifty one families engaged with the DACS service.
- Clients who had completed their work with a service reported that they felt safer as a consequence of the service and support they had received.
- There has been a 50% reduction over a six month period in the total number of children registered on the Child Protection Register under domestic abuse.

Mum (CEDAR) *"We are recovering together now as a family."*



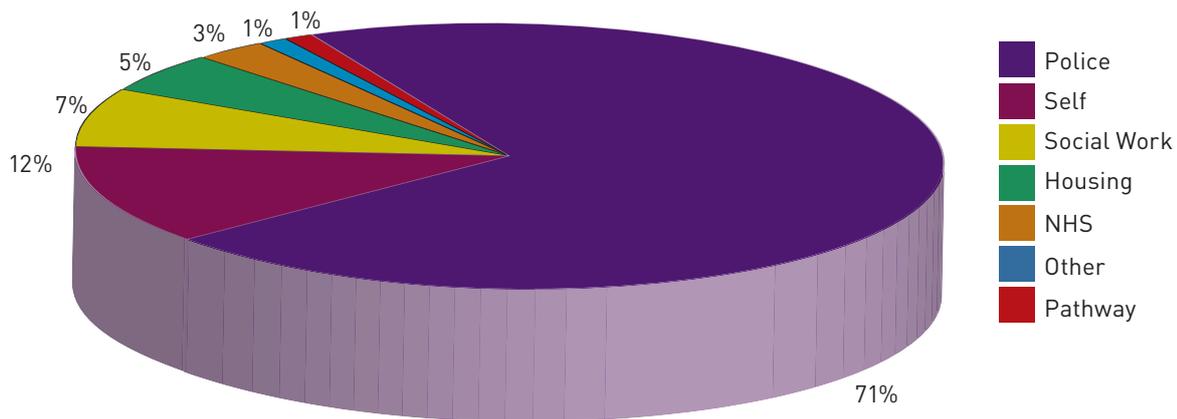
DOMESTIC ABUSE ADVOCACY SUPPORT (DAAS) SERVICE

The DAAS service is staffed by a Service Manager, Administrator, two Adult Advocates and one Children’s Support Worker. The service is designed to provide short-term crisis intervention delivered through risk assessment, safety planning and ensuring a partnership approach is taken to identify risk and increase victim safety. Additionally, all adults referred that have children are offered support from the DAAS Children’s Service.

DAAS – Adult service

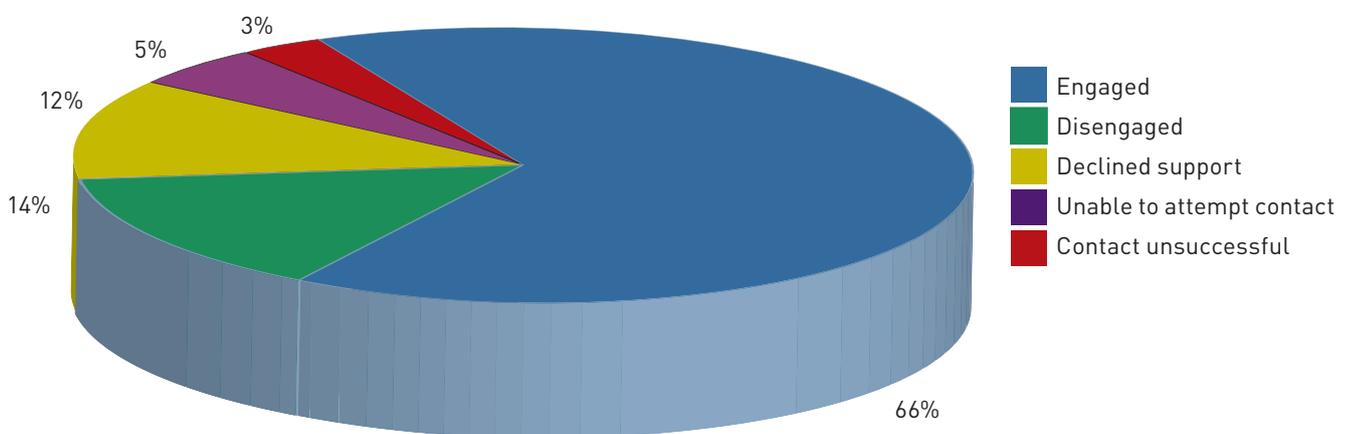
The graphs below illustrate which agencies have made referrals to DAAS, how many of those victims engaged with the service and the age range and relationship to the abuser.

Referring Agencies (Oct 12 - Sept 13)



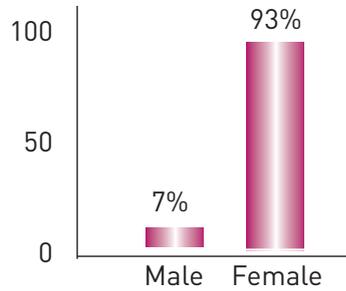
During the first year of operation, 555 adult referrals were made to DAAS. Out of that number, 364 engaged with the service.

Percentage of engagement (Oct 12 - Sept 13)

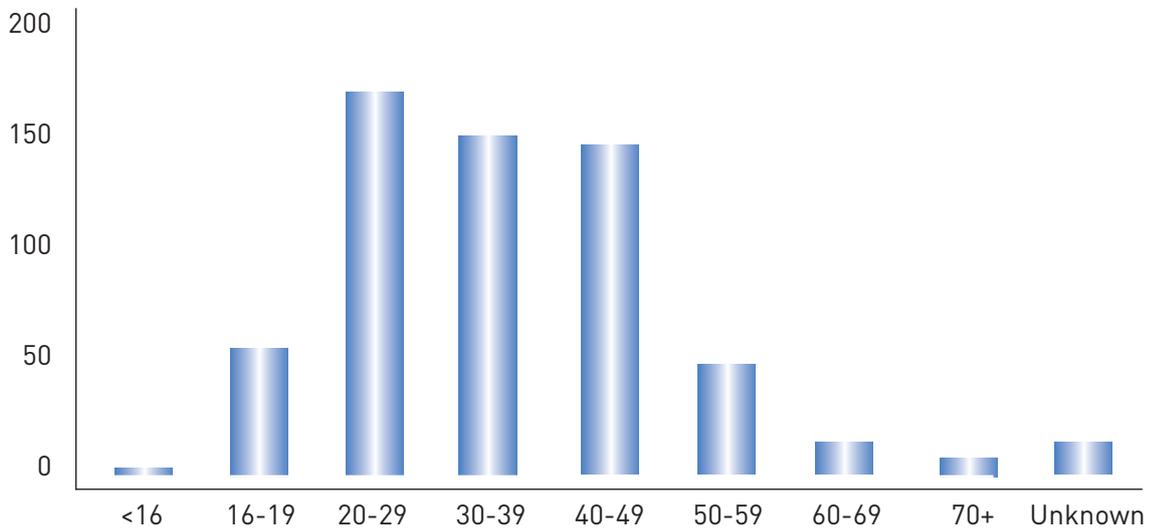


The percentage of engagement with clients illustrates how the very nature of domestic abuse ie the secrecy, shame, fear, denial and danger makes it very difficult for services to engage with victims but also for victims to feel it is safe enough for them to get help and support.

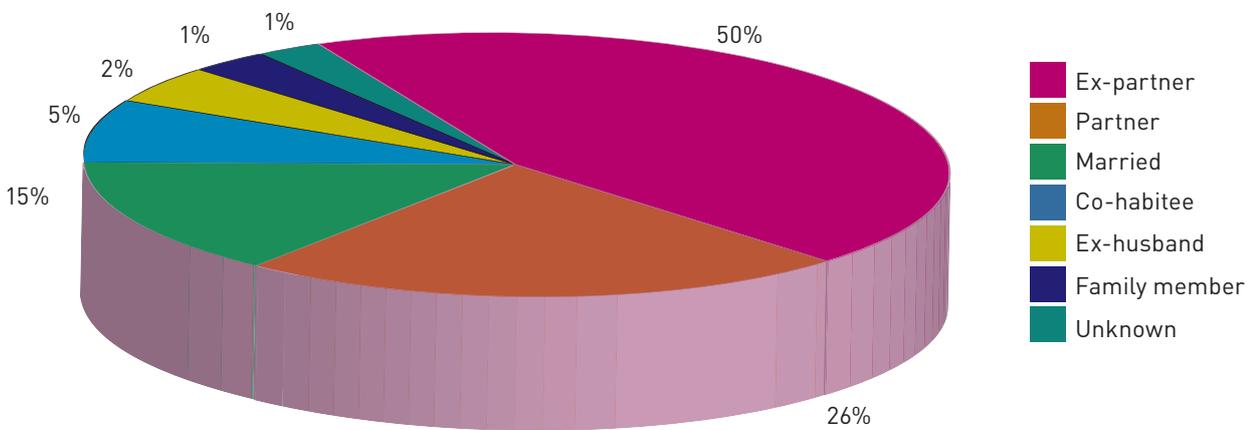
Gender split of referrrals



Age range of victims



Relationship between the victim and their abuser



“To be honest my self esteem is so low I’m not sure I do deserve more, I married him after all, but my children deserve more, I would hate for them to grow up thinking it’s ok for someone to treat you like that.”

These figures highlight and reinforce the evidence in national statistics that domestic abuse perpetrators are predominately known to their victim, either being in a relationship with them or as an ex-partner.

By working alongside existing service provision to achieve improved outcomes for victims of domestic abuse and their children DAAS has worked in partnership with Police Scotland, Fire & Rescue Service, social work, schools, housing providers, NHS Borders, court and related services as well as other specialist domestic abuse services.

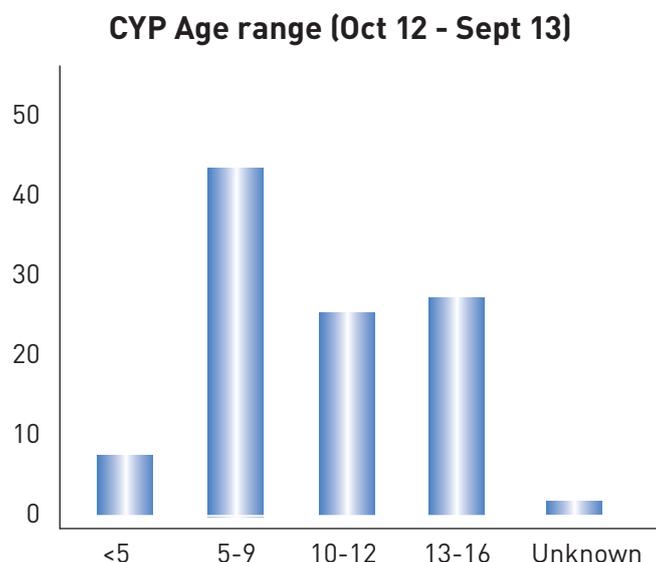
Mother 30s. *“It was such a relief that you were able to tell the school what was going on, I wanted them to know, but couldn’t face going through it all again, and I didn’t know how to bring it up.”*

DAAS – Children/Young People’s service

During the first year, 103 children were referred to the service with 77 children/young people engaging (75%). These figures however do not include the amount of children who witnessed domestic abuse (190) or have been affected by it (534).

Mother 40s. *“My son’s ok, he’s coping I think, but my daughter is on the verge of a breakdown. She isn’t sleeping, she just looks worried all the time. She needs more support than I can give her.”*

The age range of children/young people that the DAAS Children’s and Young People’s service worked with is detailed below:



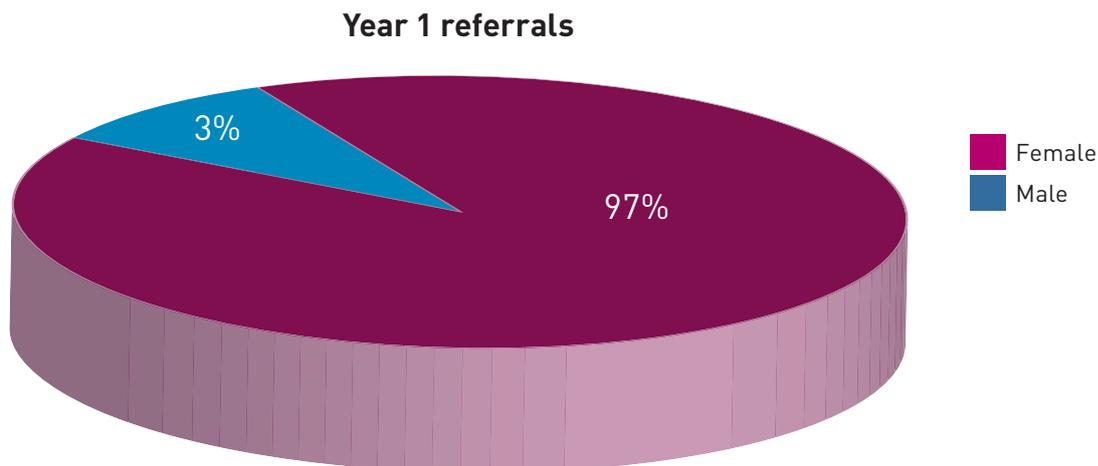


DOMESTIC ABUSE COMMUNITY SUPPORT (DACS) SERVICE

Scottish Borders Council commissioned CHILDREN1st to deliver the DACS service. CHILDREN1st deliver DACS with three adult workers and three children/young people’s workers to provide a service across the five Scottish Borders locality areas – Berwickshire, Tweeddale, Teviot, Cheviot and Eildon. The DACS service works closely with DAAS which refers adults, in particular, to receive ongoing support on a medium to long term basis, to aid their recovery from domestic abuse.

The kind of support that is required in order for victims to recover and move on with their lives after the initial risk and threat of domestic abuse has been reduced is different to what is required by high risk victims. This difference in the type and level of support offered to victims from DAAS and DACS, means that it is not possible to offer comparable areas of statistics.

DACS Adults Service



The total number of adults supported by DACS in the first year was 62.

Female adult, late 50’s *“I felt desperate and alone... but the thing that helped me most has been the fact that support was not time limited. Seeing the same person was really important as I did not have to tell my story many times over.”*

Adults are supported in the process of identifying the things that are most important for them and the changes that they want to achieve. From the outcomes that were chosen a high percentage reported improved emotional health, increased emotional resilience and that they were living in a safer environment. All adults who had chosen the outcomes of being more active within the community; being happier; having increased access to mainstream services; improved family relationships and were more involved in decision making about matters that affected them had achieved them.

Mother (20’s) *“I’ve been able to reflect on previous relationships and understand what has been wrong.”*

Housing information

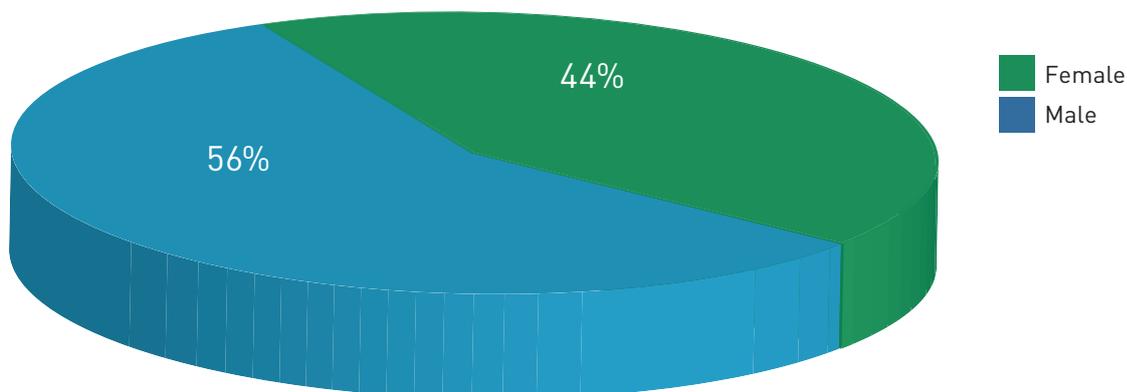
Of all the adults that were supported in the first year: 20% owned their own homes; 48% were social housing tenants; 16% were private tenants; 10% were in emergency accommodation due to domestic abuse and 6% were unknown.

Employment status

Of all the adults supported in the first year: 52% were in employment; 7% were seeking employment; 7% were students; 7% were on incapacity benefit due to domestic abuse and 28% were unknown.

DACS Children and young peoples' service

Children and young people supported



The total number of children and young people who were supported in the first year was 33.

Parent of a 13 year old male *“He talks to me more about how he’s feeling and he gets on better with men since he worked with you.”*

From the outcomes that were chosen, nearly all of the children and young people had improved emotional health and all reported that they were happier, had increased resilience, had wider social networks, improved family relationships, were more involved in decision making about matters that affected them and were living in a safer environment.

Girl, aged 7 yrs *“Its good to have someone to trust, you’re a nice man.”*

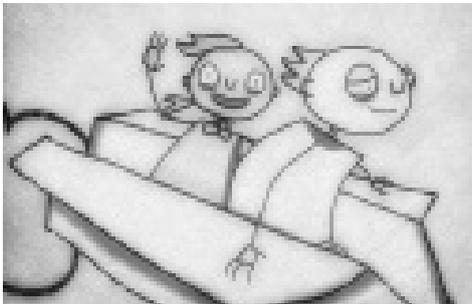


CHILDREN EXPERIENCING DOMESTIC ABUSE RECOVERY (CEDAR)

CEDAR is a 12 week concurrent group work programme for children and their mothers to support their recovery from Domestic Abuse. Families taking part should be living in a safe place with low risk of further incidents of domestic abuse.

CEDAR has one full time Co-ordinator and a team of 17 voluntary co-facilitators, who between them, deliver the women's and the children's groups. The recruitment and training of the co-facilitators was delivered in partnership with the National CEDAR project. To date, nine different facilitators have delivered two groups alongside the Co-ordinator. They come from a diverse range of backgrounds including; Project Management, Integrated Children's Services, Housing Officers and Children's workers. They have been able to take the learning from CEDAR back to their own communities and workplace and as a result, this has increased knowledge and understanding of the impact of domestic abuse on women and children.

Any agency or school can make a referral to CEDAR and self referrals are also accepted.



At the end of each group a fun day evaluation event is held to which all mothers, children and facilitators are invited. This gives the group a chance to reflect on what they have learned both from each other and the group work. It also provides an opportunity to acknowledge the achievements of the CEDAR graduates by way of a presentation.

Group 1

The first CEDAR Borders group ran March- June 2013 with 5 children and 4 mothers completing the full programme. The completion rate was 80% (both for mothers and children).



Group 2



The second group ran from Aug – Nov 2013 and was an all male group aged 11 to 15. Five young people and four mothers completed this group and the attendance rate was almost 100%.

In the first year, 37 referrals were received for CEDAR and all families were offered an assessment meeting to discuss their needs. Many of the referrals were signposted to other agencies following the assessment meeting such as the Domestic Abuse Advocacy Support (DAAS) Service and CHILDREN1st.

The following quotes are from both mothers and children who have completed CEDAR:-

"All the other kids were told they were not allowed to play with me because of him, I thought it was my fault but I have made friends in CEDAR now who had the same happen to them, I'm feeling better."

"I have my own safety plan and we learned how to call police and what would happen when we spoke to them and they would help, it was also good to see what everyone else in group has put."

"My child has been to CEDAR and they have encouraged us to speak, we are and things are getting better, couldn't believe it when my child starting talking about an incident they had witnessed as I had no idea they had seen this but I was able to reassure them that it would never happen again and my child needed to hear this."

"When I watched the DVD I could see it was exactly what happened to me and my sister and we couldn't tell, well if it happened now I would know what to do."

"I had my eyes shut until I spoke to you, it is true the impact on the children and they didn't speak about it properly until CEDAR, think they were trying to protect me and I didn't talk about it trying to protect them."

"I used to tell my son, you are just like your dad, I would never do that now, I tell him you are not to blame as he thought it was all his fault, he said he feels he has things under control now."

MULTI AGENCY RISK ASSESSMENT CONFERENCE (MARAC)

In February 2014 the development phase of implementing Multi-Agency Risk Assessment Conferences (MARACs) for high risk victims of domestic abuse was started, in partnership with Police Scotland. The first MARAC took place on 10 April 2014 and meetings are scheduled to take place every 4 weeks thereafter.

A MARAC is a meeting where information is shared on the highest risk domestic abuse cases between representatives of local Police, Health, Adult Protection, housing providers, Education, Children and Families Social

Work, specialist domestic abuse Advocates, Criminal Justice, and other specialists from the statutory and voluntary sectors.

Monitoring and evaluation of the MARAC process will be submitted on a quarterly basis to the Steering Group by the MARAC Co-ordinator and will also feed into national statistics. An evaluation of the process in the Scottish Borders will be undertaken by the governing body CAADA (Co-ordinated Action Against Domestic Abuse) after 12 months.

PARTICIPATION

The Pathway Project recognises that effective services must be designed with and for people and communities. Working closely with individuals and communities to meet their needs, maximising their talents and resources, supporting self reliance, and building resilience is key to the success of the project. We recognise the need to fit services to people, not people to services.

Pathway continues to keep participation of adults, children and young people as a key aim, recognising the valuable contribution they make to developing effective services. The feedback from service users across the three Pathway services is used to shape policy and practice, and to ensure that partner agencies understand the experiences of domestic abuse survivors.

A three year Participation Plan (2012-15) directs the actions to project managers and services to ensure that services users are

involved at all levels of the project. Examples of this include:

- Children and young people on interview panels for recruitment of children's service worker.
- Adult survivors of domestic abuse on interview panels for recruitment to adult services.
- Children and young people direct the CEDAR Graduation ceremonies.
- Mothers attending CEDAR give feedback using CEDAR Talk Back forms, re-connector sessions and are responsible for choosing external speakers for their session.
- Adult survivors consulted on the development of Early Years Centres.
- Adult survivors consulted on the production of the booklet "Domestic Abuse and Parenting" – this became a national resource.

- Adult survivor of domestic abuse sits as a full member on the Pathway Joint Advisory Board.
- Hear Our Voice – the award winning film about the experiences of domestic abuse survivors in rural Scotland continues to be used to raise awareness across the Scottish Borders.
- Fortnightly DAAS Bulletin contains feedback from service users.
- Exit interviews with those leaving the DAAS service asks for feedback in relation to service improvements.
- All adults and children leaving the DACS service have a review and any suggested improvements to the Pathway project are collated at Contract Monitoring meetings.
- Community Participatory Appraisals garner the views of those living in Scottish Borders communities on how services can reach all those who need them.
- Scottish Borders Young People's Survey contains questions to inform communication methods with young people regarding support services.
- Scottish Borders Youth Summit included a workshop on gathering feedback from young people on how they would get support for themselves or others.

of the organisation. Wendy, a domestic abuse survivor, has volunteered throughout the course of the Pathway Project, being a key player in the film Hear Our Voice and a member of the Pathway Joint Advisory Board.

In October 2014, the Pathway was recognised for its commitment to service user involvement and volunteering when Wendy was awarded the Voluntary Action Fund's Volunteer of the Year Award. She was recognised as the volunteer who had made a significant contribution to the work

ACHIEVEMENTS AND HIGHLIGHTS

COSLA Excellence Award for Service Innovation and Design

In February 2013 the Pathway Project won the Convention of Scottish Local Authorities (COSLA) Excellence Award for Service Innovation and Design.

DACS Support group

Service users who have accessed DACS services have created their own support group, facilitated by DACS project workers, as a direct result of women wishing to come together and provide mutual support.

Ministerial visit

Derek McKay, Scottish Government Minister visited the Pathway Project services on 3 September 2013 to hear about the innovative way in which the Scottish Borders responds to domestic abuse.

Scottish Government consultation

Service users from across the Pathway Project services met on 3 September 2013 and took part in a focus group to provide direct

feedback to the Scottish Government on the new Violence Against Women Strategy. Their feedback, thoughts and ideas were reflected in the final document.

Hear Our Voice

In December 2011 'Hear Our Voice' was launched. The short film was funded by Scottish Borders Council and the Scottish Government and made available nationally as a training resource about the experiences of women in the Scottish Borders seeking support for domestic abuse. In their own words, they describe the stigma, shame and barriers to getting help and their journeys to recovery.



USEFUL NUMBERS

Local Support Services

Domestic Abuse Advocacy Support Service	01835 825024
CHILDREN ^{1st} Borders - Domestic Abuse Service	01750 22892
Domestic Abuse Investigation Officer (Police Scotland)	01896 664590
Police Scotland (non emergency)	101
Borders Women's Aid	01835 863514
Scottish Borders Rape Crisis Centre	0800 054 2445
Victim Support Scottish Borders	01896 751212
SBC Homelessness Service	0800 376 1138
Emergency Duty Social Work	01896 752111
Shakti Women's Aid	0131 475 2399

National Helplines

National Domestic Abuse Helpline	0800 027 1234
National Rape Crisis Helpline	08088 01 03 02
Childline	0800 1111
MALE helpline	0808 801 0327
Abused Men in Scotland	0808 800 0024
The Samaritans	01750 2000
National Stalking Helpline	0808 802 0300
NHS 24	0845 424 2424
RESPECT helpline (for male perpetrators)	0808 802 4040

All contact numbers valid as at December 2014

The Pathway Project Board and Team wishes to thank BIG Lottery 'Becoming a Survivor' fund, the Scottish Government, Police Scotland, Border Housing Network, Scottish Borders Council and NHS Borders for their commitment, funding support and in-kind contributions from SBC, without all of which a co-ordinated, community response to domestic abuse in the Scottish Borders would not be possible.

HEAR OUR VOICE

Four women tell their personal stories of the reality of domestic abuse in rural Scotland. In their own words, they describe the stigma, the shame, the barriers to getting help, and their journeys to recovery.

The survivors who made this film give a clear message to professionals and the wider community about what can be done to help, support and protect those experiencing domestic abuse.

DVD FEATURES

10 min film plus a range of downloadable resources, which include:

Our letter to you

Suggestions for using the DVD

Information and sources of help

Background to 'Hear Our Voice'



safer
communities
partnership

Scottish
Borders
Council

mediaco-op
PRODUCTION

Contact: Andrea Beavon
Scottish Borders Council Safer Communities Team on
Andrea.beavon@scotborders.gsx.gov.uk or 01835 824000

HEAR OUR VOICE | Experiences of surviving domestic abuse | December 2011



HEAR OUR VOICE

Experiences of surviving domestic abuse in Scotland
as told by four women in the Scottish Borders

You can get this document on audio CD, in large print, and various other formats by contacting us at the address below. In addition, contact the address below for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.

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