

Brighton & Hove Directory of Interventions 2018

CONTENTS:

1. **What is the directory of interventions and who is it for?**
 - 1.1 **What is the Portal?**
 - 1.2 **Who is the Portal?**
 - 1.3 **Eligibility - what help and support is available?**
 - 1.4 **How do I make a referral?**

2. **Interventions and Support**
 - 2.1 **One to one support and key working**
 - 2.2 **Specialist Domestic Violence and Abuse (DVA) Support**
 - 2.3 **Lead Workers**
 - 2.4 **Peer Support Group**
 - 2.5 **Recovery Group**

3. **Workshops**
 - 3.1 **Family Court and Legal Workshop**
 - 3.2 **Parenting and Child Contact**
 - 3.3 **Parenting, Resilience and the Impact of Domestic Abuse on Children**
 - 3.4 **Housing and Finance Workshop**

4. **Drop-In Services - Domestic Abuse Surgery/Brighton Unemployed Family Centre Drop In**
 - 4.1 **Domestic Abuse Surgery**
 - 4.2 **Brighton Unemployed Family Centre Drop In.**

5. **Children and Family Interventions**
 - 5.1 **What is the Family Service at RISE?**
 - 5.2 **Family Needs Assessment**
 - 5.3 **Rising Stars**
 - 5.4 **Triple P**
 - 5.5 **Break4Change**
 - 5.6 **Family Work**
 - 5.7 **One to One work**
 - 5.8 **Parenting Resilience Group.**

6. **Residential Support**
 - 6.1 **Brighton Refuge**
 - 6.2 **DCLG (Department for Communities and Local Government) Project.**

OUR PARTNERS



FUNDED BY



7. **Therapeutic Services.**
8. **Big Lottery Community Engagement and Communication Project.**
9. **Training**
 - 9.1 **Impact of Domestic and abuse on Children and Young people. In partnership with LSCB**
 - 9.2 **Domestic Abuse Training**
 - 9.3 **Working with Risk**
 - 9.4 **Bespoke Training**
10. **Sexual Abuse and Violence Services**

1. What is the Directory of Interventions and who is it for?

The directory of interventions outlines the entire work RISE offer to clients or to other professionals in partnership with CGL and Survivors Network, known as The Portal, across Brighton and Hove. All the interventions included in this directory are currently offered by RISE independently or as partnership pieces of work.

The directory is aimed at professionals and partner agencies to help ascertain what intervention would be suitable for service users who have or are experiencing domestic violence and abuse. The directory is designed to help referrers direct service users to the most appropriate intervention to meet their needs

The directory includes eligibility criteria for using RISE services and information on how to refer clients to these services.

What is The Portal?

The Portal provides a single point of contact for victims and survivors of domestic and/ or sexual abuse and violence, helping them to find the right help, advice and support. The Portal can also give advice and support to friends, families and professionals.

1.2 Who is the Portal?

The Portal is a partnership between three local specialist agencies, led by RISE. It is jointly provided by:

- **RISE:** a national award-winning domestic abuse charity providing sanctuary and support in Sussex since 1994.
- **CGL (change, grow, live):** providing information, advocacy and practical and emotional support to women and men living with domestic abuse and violence in the East Sussex area since 2000.
- **Survivors' Network:** established in 1990 and offering a range of professional, relevant, services to survivors of any gender who have experienced any form of sexual violence.

OUR PARTNERS



FUNDED BY



1.3 Eligibility - what help and support is available?

The Portal provides a support service to victims and survivors of domestic or sexual abuse and violence who are living in, working in or visiting Brighton & Hove or East Sussex, to enable them to cope and recover from the impact of abuse and violence.

- Help and support available depends on levels of risk, identified support needs, the type of support requested, as well as service user eligibility.
- If a service user is eligible – and accepts the service – they will be allocated to the appropriate team and a Safety and Support Plan will be developed.
- If a service user is not eligible they will be given advice on other local support. This could include a referral to another agency like Victim Support, other services provided by Portal partners, or another specialist service.

1.4 How do I make a referral?

- Go to www.theportal.org.uk and click on the ‘Professionals’ icon.
- Read the Guidance for Professionals.
- Download and complete the Referral Form.
- Where relevant, attach a completed Domestic Abuse Stalking and Harassment Risk Identification Checklist (DASH RIC).
- The referrer must ensure that the service user is aware – and has given their consent to the referral (a police officer does not need to seek consent if the victim has experienced domestic violence).
- Please note: if a referral form is missing key information we will ask the referrer for more information and we may not be able to accept the referral until this information has been provided.
- Services are open Monday – Friday 9-5pm.

OUR PARTNERS



FUNDED BY



1. Interventions and Support

One to One Support and Lead workers:

RISE @ the Portal offers one to one specialist support for medium and high risk victims of domestic violence and abuse who are 16yrs of age or above in Brighton & Hove. The service has a specialist team of domestic abuse caseworkers, who can offer:

- A range of options to look at individual needs and risk
- Advice, information and signposting
- Individual assessments of victims'/survivors' risk and needs
- Support and advice on Stalking and Harassment
- Advocacy
- Representation at a Multi-Agency Risk Assessment Conference (MARAC)
- Court Support for criminal cases
- Advice and signposting for civil and family court

2.1 Specialist DVA support

- Male worker for male clients is available for support/case work/advocacy and advice. (Employed by CGL @ the Portal).
- LGB&T*-identified worker to support clients who identify as LGB&T* and have or are experiencing domestic abuse. One to one support is available to offer advocacy, advice and safety planning. (Employed by RISE @ the Portal).
- Lead workers for BaME (Black and Minority Ethnic groups) who can offer specialist advice, support and safety planning. (Employed by RISE @ the Portal).
- The Lead Workers operate across East Sussex and Brighton & Hove, sharing expertise, skills and information relating to their specialism across the Portal partnership. They will not necessarily be the case co-ordinator for all related cases but will provide specialist support to their colleagues, and where required to service users.
- Health Independent Domestic Violence Advisor (HIDVA) is based at the Sussex County Hospital and can be accessed by requesting support from a health professional or reception staff at the hospital via A&E, the maternity ward or the Claude Nichol Centre.
- Criminal Justice Independent Domestic Violence Advisor (CJIDVA) is based at John Street Police station. The CJIDVA predominantly accepts referrals via witness care once a charge around domestic abuse has been brought.

OUR PARTNERS



FUNDED BY



2.3 Lead workers provide:

- Consultancy
- Signposting, Advice and Information
- Training and awareness
- Keep abreast of developments in services, legislation and practice relevant to the client group and share resources across the partnership
- Casework the most complex cases in their lead area
- Support an informal network/ community of practice of support worker champions with the potential to tap into existing and/or new reference groups to extend this to other partners
- Contribute to development and capacity building in partnership with commissioners and the wider communities of interest.

2.4 Peer Support Group

What is it?

The Peer Support Group (PSG) is a safe space for women to talk about their experiences and feelings around the impact of domestic violence and abuse. The group offers peer support, practical advice, and emotional support and helps reduce isolation. Examples of topics discussed include: domestic & sexual abuse, safety planning, health & well-being, children, civil & criminal remedies, financial matters and healthy relationships.

Who is it for?

Peer Support group is for any self-identifying woman who has or is experiencing domestic violence and abuse, the group is open to LB&T* clients.

When does it run?

Every Thursday, 9.45am-11.15am at RISE premises, Brighton. There is a limit of 12 clients who can attend at any one time.

2.5 Recovery Group for Women:

RISE @ the Portal are currently writing and developing a 10-12 week group work programme for women aged 18 and over who have had experiences of domestic abuse. This group will be delivered later in 2018. Updates will be posted to the RISE website, www.riseuk.org.uk on the **Sussex Portal** Facebook page, or by emailing the Portal direct.

OUR PARTNERS



FUNDED BY



3. Quarterly Workshops

- **Family Court and Legal**
- **Parenting and Child Contact**
- **Parenting, Resilience and the impact of domestic abuse on children**
- **Housing and Finance**

All workshops are 3 hours (half day) and held quarterly. They are facilitated by a RISE member of staff and an appropriate partner agency.

3.1 Family Court Workshop

What is it?

A half day workshop around the impact of domestic abuse on family court facilitated by RISE and a solicitor from a local family law firm in Brighton, Fitzhugh Gates. This workshop discusses issues within family and civil court, how to advocate within family court, the roles of legal representatives including McKenzie Friends and civil orders available including non-molestation orders, DVPOs and DVPNs. It also covers self-representation in court and the various court stages.

Who is it for?

This workshop is for anyone who is either going through family court at the moment or feels that this might be an issue for them in the future, particularly if they are currently having issues around child contact. This workshop is suitable for clients who have legal representation and those who do not.

3.2 Parenting and Child Contact

What is it?

A half day workshop around parenting and the impact of domestic violence and abuse on child contact facilitated by RISE and a social worker from FrontDoorForFamilies in Brighton & Hove. The workshop will include looking at how to manage child contact, safety planning and protective behaviours.

Who is it for?

This workshop is for anyone who is either having contact with their child/ren or whom their child/ren have contact with the other parent and contact is currently an issue.

3.3 Parenting, Resilience and the impact of domestic abuse on children

What is it?

The workshop will provide parents with skills to help improve their child's resilience. This workshop is facilitated by RISE and a social worker from FrontDoorForFamilies in Brighton and Hove. The workshop provides parents with knowledge around how children experience domestic violence and abuse and the impact on their development. It teaches skills and understanding for parents to help improve their child's resilience

OUR PARTNERS



FUNDED BY



Who is it for?

The workshop is for parents or main care givers who have been impacted by issues around domestic violence and abuse. This includes all LGBT families.

3.4 Housing and Finance workshop.

What is it?

The above workshop is for anyone who would like advice, information and signposting regarding housing including home move, housing options and sanctuary scheme as a result of experiencing domestic abuse and/or any person who would benefit from financial support particularly around debt advice, money management and financial abuse. This workshop is facilitated by RISE and a local money advice service in Brighton & Hove.

Who is it for?

The workshop is for anyone who would like information and advice around housing and/or finance support needs as a result of experiencing domestic abuse.

4 Drop In Domestic Abuse Surgeries

- **Hove Customer Service Centre Domestic Abuse Surgery**
- **Brighton Unemployed Family Centre Drop In**

4.1 Brighton & Hove Domestic Abuse Drop In Surgery

What is it?

The domestic abuse surgery is for anyone impacted by domestic abuse and violence e.g. survivors, family and friends of survivors and is open to any gender.

The surgery is an opportunity to speak with domestic violence caseworker from Sussex Police and/or a representative from RISE

Location and times*

Brighton & Hove Domestic Abuse Drop In Surgery
Wednesdays 10am-12pm
Hove Customer Service Centre Hove Town Hall, Norton Road, Hove BN3 3BQ

***No appointment is necessary. Just ask for 'The Surgery'.**

OUR PARTNERS

FUNDED BY



4.2 Brighton Unemployed Centre Families Project Drop In:

What is it?

For anyone impacted by domestic abuse e.g. survivors, family and friends and open to any gender.

Location and times*

Brighton Unemployed Centre Families Project Drop In Surgery
First Friday of every month. *By appointment only.
BUCFP 6 Tilbury Place Brighton BN2 0GY
Call for appointment: 01273 601211

5. Children and Family Services

- RISE Family Service
- Family Needs Assessment.
- Rising Stars
- Triple P
- Break4Change
- Family Work
- One to One Work
- Resilient Parenting Group

5.1 What is the RISE Family Service?

RISE offers a limited family service which is often funding led. The service supports parents and their children who are struggling after the impact of domestic violence and abuse. This may include difficulties around contact, supporting fractured relationships, offering children's groups, one to one work with children and parents, and joint groups for parents and children. RISE also offers more specialist support in attachment theory work and family brief interventions.

5.2 Family Needs Assessment

What is it?

The Family Needs Assessment (FNA) is an assessment tool which all workers have been trained to use, to ensure that parents and families accessing support from RISE are receiving the most appropriate and effective support and interventions for their particular circumstance.

The FNA is an in-depth assessment of the whole family's needs and particularly focuses on supporting the parent and the child/ren relationships.

OUR PARTNERS



FUNDED BY



Who is it for?

The Family Needs Assessment is for parents, children and families who would like support from RISE regardless of current or previous experience of domestic violence and abuse.

This can include, but is not limited to, the non-abusive parent, child/ren, wider safe family i.e. maternal and paternal grandparents, aunts, uncles, and or other appropriate adults pertinent to the family's life and their safety.

If you or a service user would like to find out more about this service you can contact RISE via the Portal website or by calling **0300 3239985**.

5.3 Rising Stars

What is it?

Rising Stars is a 6 week group for children focusing on 'Protective Behaviours' eg learning how to keep safe through a variety of activities. The child will learn about who they can talk to, what their bodies do when they feel unsafe, and what they can do when they have these feelings.

Who is it for?

The groups are for children aged 5-11 years old. They are held in the community and require parental consent. The groups require parents leave their child for the duration of the session.

How to refer

For the majority of clients who would like to attend Rising Stars, a Family Needs Assessment will have been completed. You or a client can speak to a member of the family team regarding whether a Family Needs Assessment would be suitable by contacting RISE @ The Portal website or calling **0300 3239985**.

Following this, a more specific assessment will need to be completed with the parent and child; this will be done by the facilitator of Rising Stars. The parent and child will be invited to an informal meeting where they will be give more detailed information about the group and what it involves and decide if this is the right intervention for them.

Please note, siblings cannot attend the group simultaneously.

5.4 Triple P (Positive Parenting Programme)

Target Audience

Parents or carers of children aged 18 months to 18 years.

OUR PARTNERS



FUNDED BY



Overview

Triple P offers parenting courses, talks and workshops that encourage positive relationships between a parent and child, Triple P also gives strategies to deal with difficult behaviour.

Duration

Courses – small, friendly courses run for 8 weeks including 3 weeks of phone calls.

Workshops – 2 hour, small discussion groups around particular parenting issues (e.g. Dealing with disobedience).

How to refer

Open access courses listed on Parenting Team website: www.brighton-hove.gov.uk/parentingteam .

Professionals can refer to the parenting team by emailing them at triplep.parenting@brighton-hove.gov.uk

5.5 Break4Change

Break4Change is a 10 week group work programme supporting parents/carers and young people in building healthy relationships. The programme responds to the issue of Child to Parent Violence. It aims to help break behaviour patterns where a young person is:

- Controlling the home environment
- Being violent or aggressive towards the parent/carer
- Putting the parent or carer down
- Making threats

Parent/carer and young people's groups work in parallel.

How does it work?

Break4Change is for parents/carers and young people who are willing to change how they communicate with each other and want to improve their relationships.

- **Reducing isolation and sharing experiences:** The families share their experiences with others who are experiencing similar behaviours
- **Feeling safe:** Each group deals with the issues of abuse and develops strategies to help them whilst feeling secure in the confidentiality of what they share in their groups.
- **Listening:** Film is used to create a 'conversation' between the parent and the young person. They are both able to ask and answer questions from each other in a safe space.
- **Creativity:** Graffiti, lyric writing, artwork and music editing is used by the young people to explore the issues they are dealing with.
- **Strategies:** Participants leave the programme with strategies and new ways of working with each other to ensure a non-abusive and non-violent future.
- **Lasting memories:** The parent/carer and young person take away lasting memories of their hard work together, including a DVD of the filming.

The programme is for people living in Brighton & Hove and runs twice a year.

OUR PARTNERS



FUNDED BY



When is the group run?

Wednesdays 5.00-8.00pm
Youth Offending Service

How to make a referral

Please contact The Portal or email the Break4Change co-ordinator: break4change@brighton-hove.gov.uk

5.6 Family Work

What is it?

Family Work supports the parent and child together. The work focuses on the relationship fracture between the parent and the child due to the impact of the domestic abuse. It addresses parental anxieties and difficulties in talking to their child about what has happened and how to support their child with their feelings, particularly if the father is the alleged perpetrator. The child may be angry or unable to understand their emotions. They may not know how to verbalise what has happened for fear of upsetting their mum or being negative about their father. The parent may feel guilt for 'allowing' the situation to happen.

Duration and Outline

The hour long sessions follow this outline: Assessment with practitioner of the work with mum

- Assessment of the practitioner with child
- Meeting of family to discuss the work and what it will entail
- Sessions 1-12 (Optimum 12 sessions but subject to individual assessment)

Times and Location

Sessions are held weekly at RISE or in the family home.

5.7 One to One Work

What is it?

One to one support to children and/or their parent. One to one work focuses on individual situations where there may be additional needs there is usually additional needs which mean group work is not viable, these additional needs could be:

- Learning disabilities
- Behavioural concerns
- English as a second language

The sessions will often look at the protective behaviours, and emotions around their experience, the work is short so if a more in depth intervention is required this should be passed to the therapeutic team.

OUR PARTNERS



FUNDED BY



Duration

The child / parent is offered up to six sessions held on a weekly or fortnightly basis

5.8 Resilient Parenting Group

What is it?

Resilient Parenting group is a 12 week programme for mothers with children under 5. It promotes resilience in the mother and child relationship. Children may be offered childcare while the mother attends the group, subject to availability.

6. Residential Support

- Brighton & Hove Refuge
- DCLGB (Department for Communities and Local Government) Project.

6.1 Brighton & Hove Refuge

RISE supports women and families fleeing domestic abuse with specialist crisis accommodation in Brighton & Hove. The Brighton & Hove Refuge comprises 15 self-contained units of different sizes, the largest can accommodate a parent with up to 6 children. Specialist on-site staff support the resident families.

6.2 DCLG (Department for Communities and Local Government) Project

This year long pilot project brings together RISE (Brighton & Hove) and Refuge (East Sussex) to test new approaches to working with those with the most complex needs.

Across East Sussex and Brighton & Hove 'Navigators' will provide specialist support to a small cohort of service users with multiple, complex need accessing or exiting Refuge provision. The Navigator will work closely with service users in an attempt to 'stand in their shoes' in order to provide effective and welcomed interventions.

The RISE Navigator works with RISE Refuge providing an assertive and robust approach to engaging service users with multiple, complex needs as part of their resettlement / recovery by facilitating closely managed hand-on to other services and providing longer term support where required. To maximise the reach of the project, navigators additionally offer 'top up' expertise to the wider refuge staff team in order to support work with other service users with complex needs.

OUR PARTNERS



FUNDED BY



7. Therapeutic Services

The RISE Therapy Service works with adults, children and young people who have experienced or witnessed domestic or intimate partner abuse. We offer a range of therapeutic services which aim to increase emotional wellbeing, support recovery from domestic abuse and reduce the impact of trauma.

All clients referred into the RISE Therapy Service are offered a full assessment to ensure suitability of our service, assess need and identify the most appropriate therapeutic intervention. We offer clients time-limited therapy in a range of forms depending on their age, needs and current service availability. These include:

- Talking therapy
- Integrative arts therapy
- Trauma processing therapies, including EMDR and trauma-focused CBT
- Group therapies, including trauma symptom stabilisation groups
- Arts and play-based therapy for children and young people

How to refer

External referrers including self-referrals can be made through The Portal. All professional referrers **MUST** have client consent before making a referral into our clinical services. Clients can also self-refer to RISE Therapeutic Services by contacting RISE @ The Portal on **03003239985**.

8. Big Lottery Community Engagement and Communication Project

In conjunction with Fulfilling Lives, RISE @ The Portal have been developing and implementing an Assertive Outreach Model in order to support women with multiple and complex needs who are affected by domestic abuse, this includes older women, women with disabilities and women who identify as BME. The aim of the project is to ensure positive and sustained change in a variety of ways including installing Community Connectors who have previously used RISE services to raise awareness, create new pathways for support and enhance recovery in their communities around the issue of domestic abuse.

9. Training

- Impact of Domestic Abuse and Violence on Children and Young people. (with LSCB)
- Domestic abuse training
- Working with risk
- Bespoke training

OUR PARTNERS



FUNDED BY



9.1 Impact of Domestic Abuse and Violence on Children and Young people. In partnership with the LSCB

Delivered by RISE this training offers deeper understanding of the issues faced by families affected by domestic abuse, highlights the multi-agency support available locally and reinforces the fact that Domestic Abuse is also a Child Protection Issue.

Target Audience

Members of the workforce who work predominantly with children, young people **and/or** their parents/carers and who could potentially contribute to assessing, planning, intervening and reviewing the needs of a child or young person where there are safeguarding concerns

Learning Outcomes

- To increase knowledge base regarding the impact of domestic abuse on children & young people.
- To gain a greater understanding of the issues families face where domestic abuse is occurring
- To gain a greater understanding of inter-agency developments around domestic abuse.
- To increase opportunities to work effectively with other agencies.

Cost

Training is free for Children's Services staff, school staff, foster carers, CVS groups, BHCC contracted organisations in Children's Services, statutory health organisations, police and probation and all early years (including private early years) who are working in Brighton & Hove. Private organisations and those working outside the city there is a charge of £120

How to book

Please email coursesforcare@brighton-hove.gov.uk

9.2 Domestic Abuse Training

Target Audience

Professionals supporting families where there is domestic violence and abuse.

Learning Outcomes

- What is domestic violence & abuse?
- Who is affected – National Impact. Local Impact.
- Practice issues: Assessing risk MARAC
- Local services – women and LGBTQI people
- What about men and boys?
- Help and support & Refuges

OUR PARTNERS



FUNDED BY



Duration

An annual, full day, training course.

How to book

Tim Wilson
Workforce Development Manager
Brighton & Hove City Council
Organisational & Workforce Development Team 3rd Floor Bartholomew House Bartholomew Square
Brighton
BN1 1JP

tim.wilson@brighton-hove.gov.uk

9.3 Working with Risk

Overview

This course is delivered by RISE and is for all assessment staff working in Adults, Children's and Housing services who may be involved in supporting and assessing the needs of victim/ survivors of domestic violence & abuse (DVA).

This course will enhance your understanding of the multi-agency approach to DVA, supporting your practice to deliver effective responses.

PLEASE NOTE: Attendees must have taken the basic awareness of domestic violence & abuse training before attending this course.

Learning outcomes:

- Engage with and support victims of domestic abuse. Assess the needs of people experiencing domestic abuse.
- Assess the risk posed to the victim by perpetrators
- Development plans to manage the risk of harm to victims of domestic abuse. Describe what interventions there are and how these relate to safeguarding adults and children processes.
- Deliver Crisis Interventions to increase the safety of people experiencing domestic abuse.
- Describe how the MARAC works in an integrated Safeguarding Pathway
- Understand the use of the domestic abuse, stalking and harassment risk assessment

Duration

1 day

OUR PARTNERS



FUNDED BY



How to refer

Tim Wilson
Workforce Development Manager
Brighton & Hove City Council
Organisational & Workforce Development Team 3rd Floor Bartholomew House Bartholomew Square
Brighton
BN1 1JP

tim.wilson@brighton-hove.gov.uk

9.4 Bespoke training packages

All bespoke training packages are by request. RISE can develop and deliver bespoke domestic abuse training to organisations such as:

- Schools
- GPs
- Hospital workers
- Community organisations
- Young people's groups
- Health visitors
- Police
- Solicitors

Numbers, costs and individual requirements can be discussed by contacting RISE @ The Portal.

10. Sexual Abuse and Violence Services: Survivors' Network @ The Portal ISVA Services

The ISVA team (Independent Sexual Violence Advisors) at Survivors' Network provide signposting and practical advocacy support for people of any gender living in Brighton and Hove and East Sussex, who have experienced sexual violence and are thinking about reporting to the police, or who have an open police investigation, or who have concerns about a case that has previously been reported to the police.

The service is run by ISVAs and includes one specialist Children's ISVA who works with children aged 13 and under, and their families/carers. They offer support to access appropriate services and help to understand your rights, either in the immediate aftermath, or years after surviving sexual violence or abuse.

How to refer

Referrals to Survivors' Network @ The Portal can be made through the Portal website or direct to the charity.

Direct Telephone: **01273 203380** General enquiries admin@survivorsnetwork.org.uk

ISVA enquiries referrals@survivorsnetwork.org.uk

OUR PARTNERS



FUNDED BY

