



SAFE IN SUSSEX

refuge. education. freedom.

WORTHING WOMEN'S AID REGISTERED CHARITY NO.1098726

Introduction and aims

Raise awareness of
domestic abuse

Safe in Sussex Services

Raise awareness of
ACEs Recovery Toolkit

Domestic Abuse Statistics

- ▶ What percentage of all reported crime relates to D/A?
 - A. 20%
 - B. 5%
 - C. 10%
- ▶ On average how many calls do the Police receive every hour relating to DA?
 - A. 50
 - B. 100
 - C. 25
- ▶ On average how long do victims live with D/A before seeking effective help?
 - A. 1 year
 - B. 8 months
 - C. 2 Years plus

Domestic Abuse Statistics

- ▶ How many people in the UK suffer some form of domestic abuse?
 - A. 2 million
 - B. 1 million
 - C. 500,000
- ▶ How many of these are women?
 - A. 800,000
 - B. 1.3 million
 - C. 500,000

Domestic Abuse Statistics

▶ How many children in the UK live in homes where there is high risk DA?

A. 50,000

B. 90,000

C. 130,000

▶ On Average how many women are killed by a partner or ex-partner each month?

A. 2

B. 4

C. 7

Governments Definition of Domestic Abuse

- ▶ “any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partner or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, emotional”

What is Coercive Control?

“Experiencing coercive control is like being taken hostage; the victim becomes captive in an unreal world created by the partner/abuser, entrapped in a world of confusion, contradiction and fear” Prof. Evan Stark, author of Coercive Control

Spotting the signs

Unreasonable demands

Financial Control

Degradation

Monitoring of time

Restricting daily activities

Deprivation of food

Threats or intimidation

Destruction of possessions

Types of abuse and behaviours

Psychological/Emotional

Physical

Sexual

financial

Early warning signs



Emotional/ Psychological



Physical



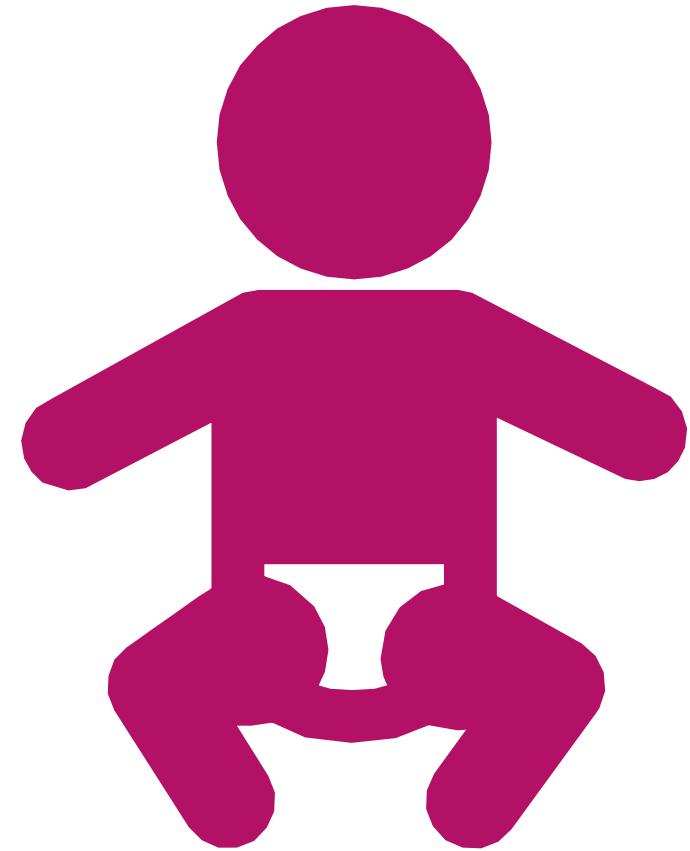
Sexual



financial

Effects on children

- ▶ During pregnancy
- ▶ Effects on unborn child
- ▶ Newborn
- ▶ Effects on six year old
- ▶ Effects on teenagers



Understanding why people stay in abusive relationships

Fear

Believing abuse is normal

Embarrassment

Low self-esteem

Love

Fear of not being believed

Cultural/religious reasons

Guilt

Financial

Services Delivered by Safe in Sussex



Confidential Refuge accommodation for women and their children, providing one to one practical and emotional support.



Freedom Programme – 6 locations in West Sussex



Domestic Abuse Recovery Toolkit Programme – overcoming the psychological trauma of domestic abuse



Peer support group



Adverse Childhood Experiences Recovery Toolkit



Healthy Relationships Educational Programmes to primary and secondary schools



Countywide Domestic Abuse Outreach Service



Amber House Community Refuge and Drop in Centre

Services
provided by
Safe in
Sussex



Confidential Refuge for
women and their children



Amber House Community
Refuge – an early
intervention project

Freedom Programme – 12 week support and education programme helping women understand the tactics of the abusive person



Domestic Abuse Recovery Toolkit – recovering and moving forward living life free from abuse



Recovery peer support group

Community
Groups



Programmes for Adults, young people and children



Supporting people to develop alternative strategies to manage their emotions, understand the importance of attachments both within families and wider communities and to work towards building self-esteem and resilience.



A psycho-educational programme not therapy

Adverse Childhood Experiences Recovery Toolkit

What are ACEs?

- ▶ ACEs stands for Adverse Childhood Experiences which are stressful and traumatic
- ▶ These could include:
 - ❖ Witnessing domestic abuse
 - ❖ Growing up witnessing substance misuse
 - ❖ Mental illness
 - ❖ A parent/carer in prison
 - ❖ Child abuse



ACEs – The Increased Risks. Compared with people with no ACEs, those with four or more ACEs are:

- ▶ 4 times more likely to be a high risk drinker
- ▶ 6 times more likely to have had or caused unintended teenage pregnancy
- ▶ 6 times more likely to smoke e-cigarettes or tobacco
- ▶ 6 times more likely to have sex under the age of 16
- ▶ 11 times more likely to have smoked cannabis
- ▶ 14 times more likely to have been a victim of violence over the last 12 months
- ▶ 15 times more likely to have committed violence against another person in last 12 months
- ▶ 16 times more likely to have used crack cocaine or heroin
- ▶ 20 times more likely to have been incarcerated at any point in their lifetime

ACEs Recovery Toolkit for adults

- ▶ Psycho-educational programme and not therapy
- ▶ Closed group for up to 12 participants
- ▶ Self-referral and referrals from professionals
- ▶ Initial assessment
- ▶ 10 x 2-hour sessions
- ▶ 3 locations throughout the county

The programme aims to support people living with ACEs to develop alternative strategies to manage their emotions, understand the importance of attachments both within families and wider communities and to work towards building their self-esteem and resilience.



What adult ACEs sessions cover

- ▶ How our brains and bodies cope
- ▶ What is parental resilience
- ▶ Understanding attachment and nurturing parenting styles
- ▶ Managing toxic stress
- ▶ Supporting ourselves and our children to manage their emotions and make healthy relationships



C&YP ACEs Recovery Toolkit



Trauma-informed practice, Trauma-focused CBT



Developmental trauma



Application (self-soothing, self-trust, self-compassion, self-regulation, limit setting, communication, perception of others, resilience)

CYP ACEs Recovery Toolkit

6 week programme of group work within schools

1.5 hour sessions

Booklet – handouts and tasks

Ice breakers, What happens when we get upset?

Managing our emotions

Staying safe, making safe choices

Coping when we feel upset

Being assertive, feeling ok, acknowledging strengths

Looking after ourselves, setting goals

Brain Development

- ▶ Fight or flight mechanism
- ▶ Hormone changes
- ▶ Physical sensations
- ▶ Negative automatic thinking patterns

- ▶ Gingerbread person exercise – Bear in the Woods





Any
Questions?

Contact Details

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