



Blueprint Programme

Men's Group Dec 2016

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Background

Heroes run a male domestic abuse victim pilot over six weeks to find out the following:-

1. Would male victims of domestic abuse come forward for help?
2. Would male victims of domestic abuse attend a facilitated group course?
3. Would male victims of domestic abuse complete the blue print programme?
4. Would male victims of domestic abuse feedback to the group and facilitators what was working and help Co produce materials for future groups?
5. Would male victims of domestic abuse respond to groups being run using restorative approaches, tools such as learning in circles, checking in and checking out thoughts and feelings, whilst learning about conflict, communication and everyone having a unique and valued perspective?
6. Would men carry on attending the programme if further funding was obtained?
7. What would encourage more engagement with services and what are the blockers for men excesses services or support?
8. Are there any gaps in services for men living with domestic abuse?

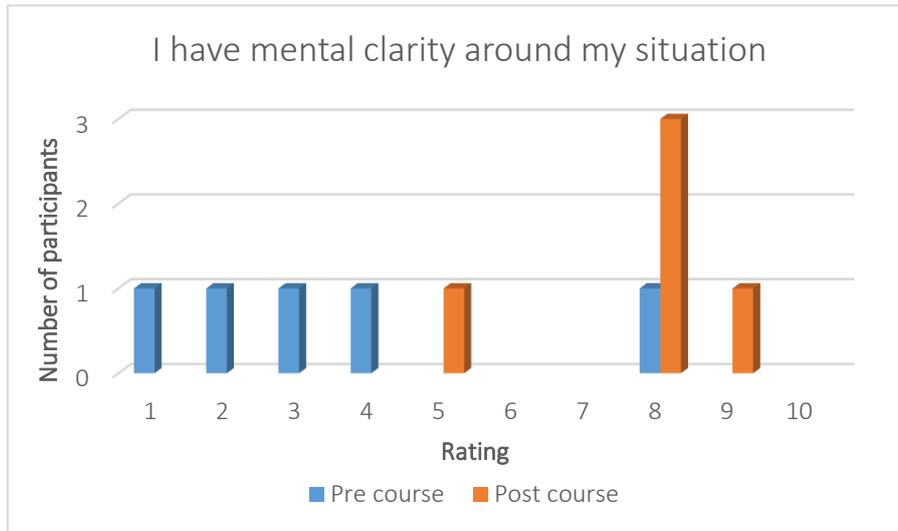
Over the next few pages are the findings of the group.

10 participants completed the 6 week programme and but only half agreed to complete the full questionnaires, before, after (measuring learning and soft outcomes), views of course and content and 6 month follow up , which covered the following:-

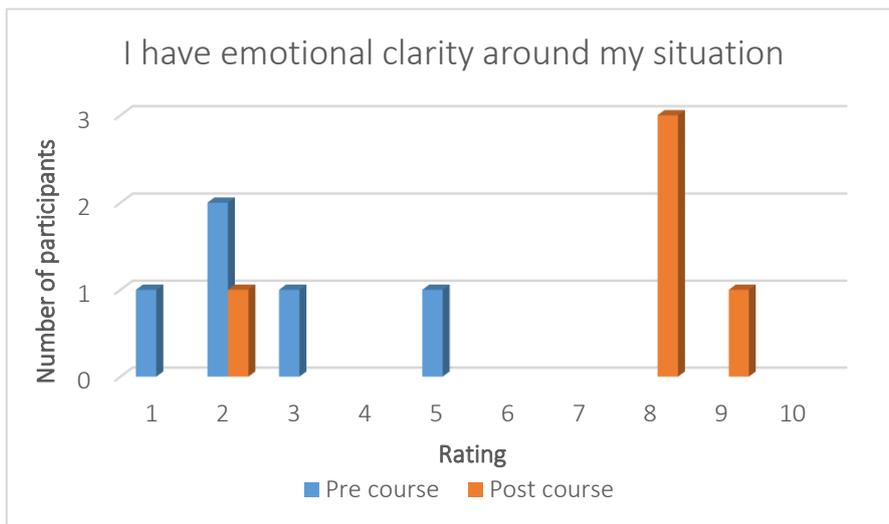
- Participants views at the start of the programme asking 7 sliding scale questions, out of 0 – 10, 0 being low and 10 being highest.
- Participants views at the end of the programme asking the same 7 questions to capture distance travelled and effectiveness of the course
- Participants views by questionnaire at the end of the programme asking 6 questions about the course content, the programmes and what else was needed
- Participants views were follow up by phone after 6 months to look at what people found useful, what were they using from the course and what they felt after 6 months after the course was completed.

Pre and post questionnaires

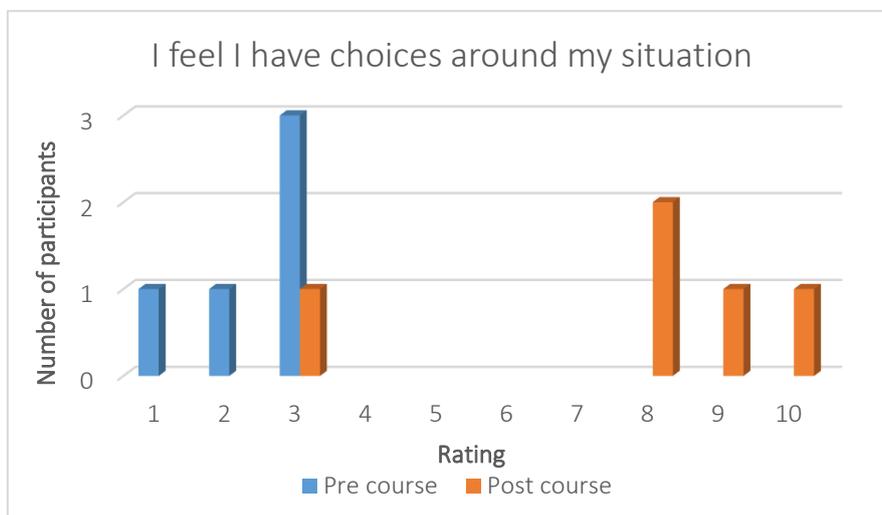
Question 1



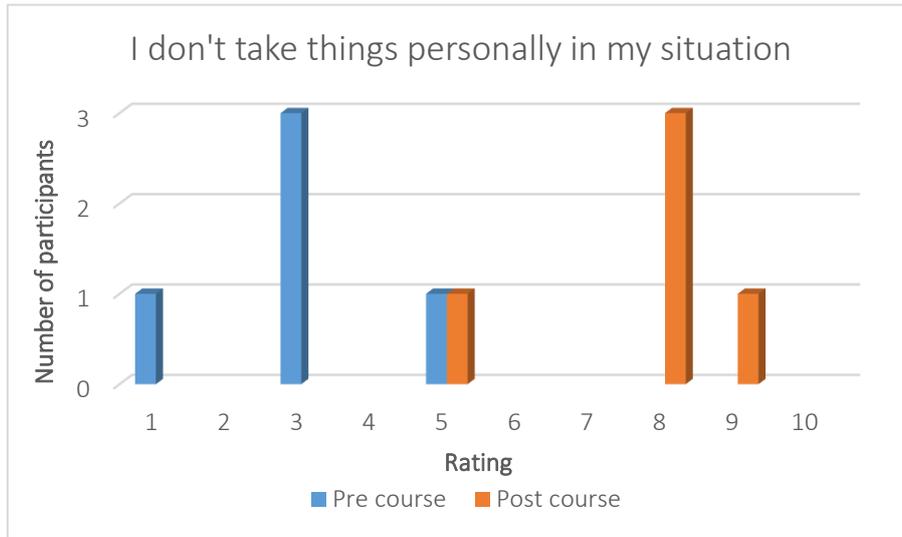
Question 2



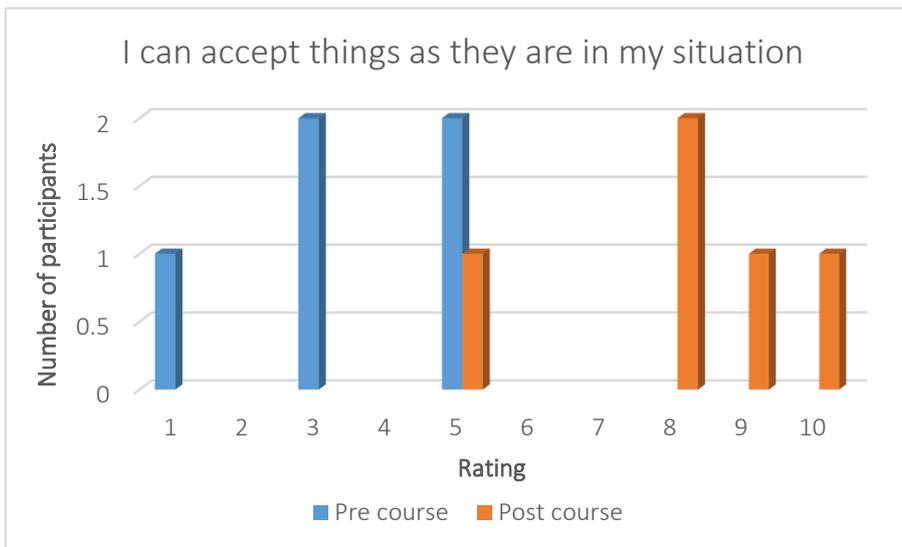
Question 3



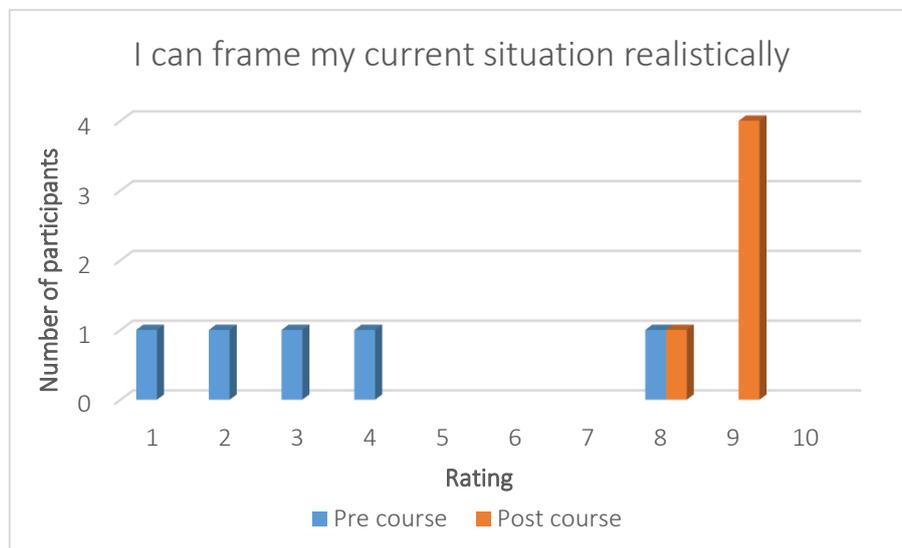
Question 4



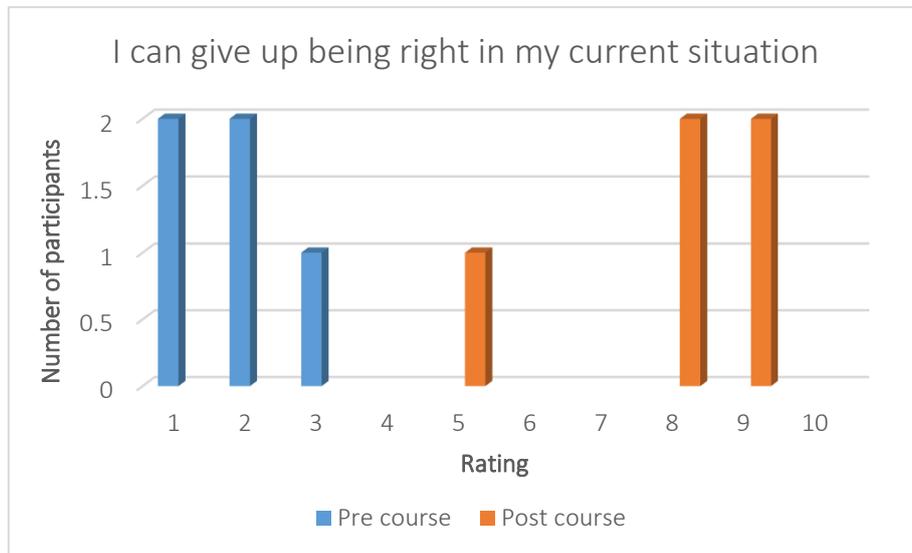
Question 5



Question 6



Question 7



Exit question 1 - What did you find most satisfying about the Blueprint programme?

- Ability to change perceptions of my situation, able to cope with my situation better
- Reinforced my journey on the right path
- Getting information about ourselves and how to cope with difficult situations
- Helped and showed we had an understanding about our situations
- Some of the stats and course handouts
- Talking to other guys who were in my situation

Exit question 2 - What did you find most useful about the Blueprint programme?

- Some of the handouts were very informative
- How to cope with difficult situations
- Clarity of my situation
- Meeting others and being able to talk
- Acceptance
- To be able to talk about problems and working them through, liked the habit section and exploring the 'self'
- Having a man and women run the course

Exit question 3 - What did you find most frustrating about the programme?

- Nothing
- Traffic to venue
- Location
- To short

Exit question 4

Would you consider participating in the full Blueprint programme in the future?

- 4 said yes and 1 was not sure

Exit question 5 – Would you recommend the Blueprint programme?

- 100% very useful
- I think it would depend on what support they required
- 3 said yes

Exit question 6 - Is there anything that you feel would improve participation in or outcomes from the programme?

- Need longer programme and over more time, possible online learning
- Assertiveness section, online resources
- Probably the location, make the course longer it felt too short for me.
- More people and longer sessions, would have liked to be able to have option to look at stuff on my mobile
- Would like to have online help/learning
- Men would come if you advertised and offered online support or courses if they didn't want people to know that they were having help

6 months after the course was completed, participants were asked for any further comments about what they felt about the course:

- Need more programmes like this, still using what I learnt
- Wish course was longer
- Nice insightful calming course, to help give me a better perceptive and understanding of ourselves and others
- Enjoyed being part of group and listening to other people's stories and realising im not alone
- I found it satisfying attending this programme and I will participate in the future. It would have been nice to have more time on each section rather the having a small course in only six weeks.
- It was helpful, the staff that ran the course were very helpful and great, they had a lot of knowledge, it was great as we all had a say about what we felt and thought.
- Able to talk about my feelings without being angry or frustrated
- Still remember that I have a choice to respond and being responsible for my part



Conclusion

Facilitators found that men would attend and participate in a group to talk about their thoughts and feelings about being a victims of abuse. Facilitators ran the groups in circles to encourage an open dialogue to show everyone was equal and valued, and the group enjoyed using a talking piece. The men in the group contributed, asked questions and feedback what they liked about the programme. They were also happy to discuss the impact of living with domestic abuse with each other and with a co gendered facilitators.

Participants found the course too short but understood that the pilot would be only 6 weeks but the full programme would be 16 weeks, 10 men completed the course, 5 men completed the full pilot paperwork and 6 month follow up, 4 said yes that they would return if funding was found and 1 said not sure.

All participants completed fully and found the course useful and were still using the tools and learning after 6 months

Participants felt that they needed more resources to be used at home or at work, all asked for possibility of online learning.

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