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# Overview & FAQs

Nov 2021

# Overview of Hampton Trust

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- Established in 1996
- Specialist service working with perpetrators of domestic abuse
- Over 20 years' experience in working with young offenders and young people affected by domestic abuse
- Innovative, evidence-based programs
- Holistic, client-led service

Programmes:

ADAPT

Project CARA

LINX/GATEWAY

WaDE

DRIVE – West Sussex

# Overview of Project CARA

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**2011-** Hampshire Police & The Hampton Trust developed an intervention for lower risk, first time DA offenders.

**2012- 2014-** Cambridge University led a Randomised Control Trial (RCT) for CARA, the first time a domestic abuse policing strategy had been trialled under experimental conditions. **35% reduction in DA re-offending compared to the control group.**

Project CARA now in 9 police force areas including: Hampshire, West Midlands, Leicestershire, Cambridgeshire, Avon & Somerset, Dorset, West Yorkshire, Norfolk, and Thames Valley

Over 1500 offenders receiving the intervention every year

Due to Covid -19 Pandemic, since March 2020- Suspension of group work in most areas and alternative CARA Telephone Intervention provided.

As of October 2021, All forces are re-mobilising or have re-established group work interventions



# CARA: Cautioning & Relationship Abuse

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- An out of court disposal as an alternative to a simple caution or prosecution for lower risk, alleged first time DA offenders.
- Domestic Abuse awareness raising workshops that help people to make better behaviour choices in an intimate relationship.
- It's not a perpetrator programme, cognitive behavioural therapy, anger management or a support group for men.
- Linked Victim Contact Service for partners/ex-partners for safeguarding and support.
- Offenders attend two Saturday workshops, 4-5 weeks apart. They have a 16 week timeframe to complete the intervention.

# Where does CARA sit?

## Community & Statutory DA Perpetrator Interventions in the UK





# Eligibility Criteria

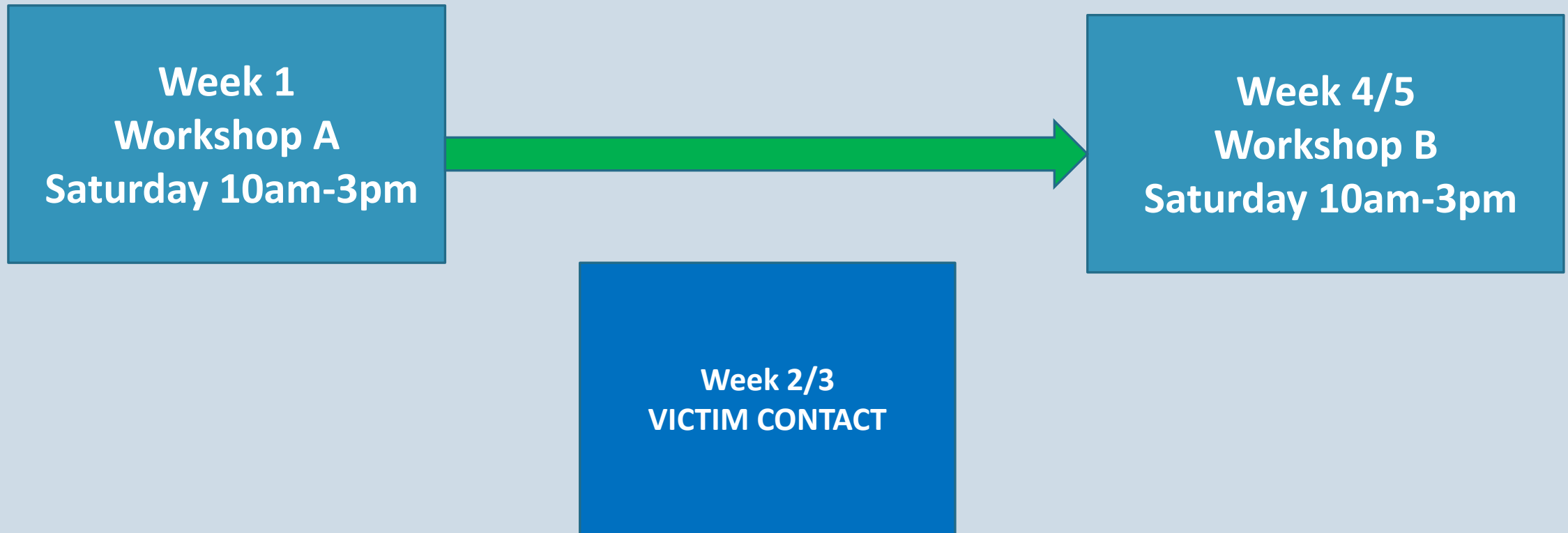
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- Referrals can only come through the police
- Males and Females 18+
- Relationship between parties: Present or past intimate partners (IPV)
- No previous convictions or cautions for domestic abuse in the previous two years
- No evidence of Control and Coercive Behaviour
- Offender must not be under Police investigation or bail for another offence
- Eligible offences: minor assaults categorised by law as **common assault and battery, criminal damage, harassment, domestic theft related offences, threatening behaviour**
- Offenders must admit the offence to receive a conditional caution
- DASH risk assessment assesses risk to victim as **STANDARD**
- Victim contacted and agrees for partner to attend workshops – although victim views can be overridden if it is in the public interest for the offender to attend the workshops

# Delivery Model

16 weeks cautioning timeframe to complete both workshops

Offenders must repeat both workshops if they fail to attend Workshop B





# Workshop Treatment Aims

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- ✓ To reflect on offence and journey to CARA
- ✓ To gain an understanding of what domestic abuse is
- ✓ To understand the effects of domestic abuse on themselves and victims
- ✓ To recognise the damaging effects of domestic abuse on children
- ✓ To establish personal risk factors, short term time out strategies and safe conflict within an intimate relationship
- ✓ To identify future goals & strategies following CARA
- ✓ To actively engage in discussions around accessing other services such as perpetrator programmes, mental health, substance use & counselling





# Workshop Treatment Approach

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- Friendly, relaxed, 'safe' environment to reduce high levels of anxiety by offenders
- Strategies to deal with resistance
- Acknowledging feelings of shame, anxiety, anger, remorse
- Drawing a clear line between the 'police' and the workshop facilitators
- Working with 2 assumptions – Within the group are actual, first-time offenders and also potentially entrenched perpetrators
- Challenging beliefs and attitudes that may underpin abusive behaviour, using a non-judgmental, non-collusive, compassionate approach



# CTI: CARA Telephone Intervention

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- CTI developed to adapt intervention during COVID
- Police referral to Hampton Trust, identified not suitable for Group Work (language barriers, gender identity, covid vulnerabilities, etc)
- Offender assigned to CARA facilitator
- Facilitator makes contact, arranges telephone sessions
- Individual sessions cover content of group workshop, adapted and personalised



# Improved CJ response for victims of DA?

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- ✓ Victims frequently state they don't want to leave the relationship and they want their partner to get help
- ✓ A simple caution doesn't challenge perpetrators to reflect on the impact of their behaviour on their family or has any 'rehabilitative' element.
- ✓ Engagement with victims from police and third sector agencies is stepped up as a result of a conditional caution for a longer period of time therefore enhanced risk management
- ✓ Arresting and charging people for domestic abuse is not always the only way to tackle domestic abuse and prevent further offending
- ✓ Cautions can be used as evidence of previous offending in future court proceedings and therefore CARA stands to enhance accountability of the offender in the event of future arrests than a simple caution would

# Importance of Victim Contact: Safeguarding & Support

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- Victim contact is proportional to the CARA intervention- although variations across the country in how this is delivered. In Thames Valley, the Victim Contact will be delivered internally with TVP.
- Victim Voice- is vital to the process in determining whether the couple are still in a relationship, if any changes have occurred (positive or negative), whether there has been any ongoing or historic DA and most importantly to ensure the victim has access to Domestic Abuse Services if needed.
- Where a victim does disclose ongoing domestic abuse (eg a physical incident, ongoing harassment etc) in between workshops a decision is made between the police and Hampton Trust regarding the offender continuing onto Workshop B. This will include consideration of increased risk to the victim.
- If offender does attend Part B and we know there is ongoing or historic DA this is managed carefully in the workshops without placing the victim at further harm.
- Generic and individual signposting to the local perpetrator programme if there is one available.

# In the Numbers...

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**Compliance Rates;** between **70-90%** (Dependent on a range of factors including number of chances given to attend workshops, profile of offender, policing resources to encourage attendance)

**Re-offending Data:** CPS currently comparing data across forces. Gold standard of the Hampshire/Cambridge Randomised Control Trial of **35%** reduction in re-offending. We collect re-offending data 12 mths post-intervention.

**Victim Engagement Rates:** Between 50-80% (depending on whether done by the police force or Hampton Trust)

**Victim Feedback. 63%** of victims who were still in a relationship or in contact with the offender reported that there had been positive changes in their ex/partners since the first workshop. Including treating them with more respect, listening more, their partner doing more childcare and housework and their partner managing their anger better. (Leicestershire CARA 2019-2020)

**Offender Feedback:** On average **85%** of offenders reported that attending the CARA workshops had changed their attitude towards their own behaviour and towards their partner/ex-partner and children

# The CARA Service Study Report:

Theory of change, impact evaluation and economic benefits (July 2021)

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- The Theory of Change suggests that the CARA Service has the potential to promote change in the offenders' abusive behaviours
- The Impact Evaluation and the Economic benefits study suggest that the CARA service has a significant impact on recidivism.
- The Economic Benefits Study suggests that the economic benefits of introducing a CARA service into a police force area are significant, even using conservative estimates.



# Contact Details

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