



## Integrated Domestic Abuse Programme (IDAP)

### What is IDAP?

IDAP is a group work programme for men who have abused their wives, partners or ex-partners. The court may have ordered you to follow this programme as part of your community sentence or it may be a condition of your prison licence.

### How will it help me?

IDAP will help you to:

- identify and learn about the effects of domestic abuse
- identify the beliefs and attitudes which underpin violence and abuse
- learn how to cope with your behaviour and feelings in difficult situations
- learn how to react without abuse
- learn about respect and responsible parenting

### What will I do in the group?

**You will attend with a group of men who have committed similar offences. We expect you to:**

- talk openly about your offence and your victim
- change your behaviour so that you can react without violence or abuse

**You must:**

- sign a consent form to allow us to share information about you with your victim and/or partner

- agree not to interfere with this contact
- accept that we will be in contact with the police and other agencies including Children's Services
- stop being violent or abusive to anyone, especially your partner or ex-partner and any children you have

**You must also:**

- arrive on time and stay to the end
- take part in the exercises
- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- treat tutors and other group members with respect
- respect confidentiality
- turn off your mobile phone

### How long does the group last?

The group work programme comprises 27 sessions split into nine modules. Each module is split into three sessions. Sessions are usually held weekly and last for about 2.5 hours. You must attend them all.

You also need to attend extra sessions with your offender manager before, during and after you have completed the group work programme.

### What happens if I miss a session?

You have to come to every session. If you miss a session you will need to do a catch-up session before you can carry on with the group. The programme is split into modules. If you miss more than two sessions in any module, you will need to do the whole module again.

If you are on a Community Order and you miss two sessions without good reason, you will be in breach of your Order and will have to go back to court. If you are on licence and you miss sessions without good reason then you may be recalled to prison.

## **How will I know if I am making progress?**

We will report back regularly to your offender manager who will discuss your progress with you. We will ask you a set of questions at the start and end of the programme and six months later. This will show how much your skills and views have changed. We will review your progress with you at the half-way stage and at the end of the programme.

## **Who do you share information with?**

Our staff keep information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your offender manager for details.

## **Do you record sessions?**

We record all programme sessions. We watch the recordings to check how programme facilitators have delivered the programme. Offender managers may use the recordings, for example if someone's behaviour in the group leads to enforcement action.

## **Diversity**

The Probation Service is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues please discuss this as soon as possible with your offender manager.

## **Remember.....**

We must take you back to court or you may be recalled to prison if you fail to attend group sessions or other probation appointments without good reason.