

Perpetrator Services

RISE's perpetrator programmes aim to:

- Develop participants' awareness of the attitudes and beliefs that underpin their abusive behaviour and the factors that reinforce it.
- Encourage participants to identify and build on their strengths and skills to change their behaviour.
- Provide a safe, respectful, stimulating and challenging environment, which facilitates change and motivation
- Help participants to develop practical and sustainable strategies for maintaining change.
- Address the impact of abuse on families.
- Promote equal, supportive and safe behaviour in intimate relationships.

Building Better Relationships (BBR)

This is a 30-session programme designed for men who have been assessed as posing a high risk of harm to (ex) partners within intimate relationships.

It uses proven evidence-based models for change to target the behaviours of men who have committed offences of violence or abuse against their current or former female partner. We help them to take positive and tangible steps to prevent reoffending and raise understanding of the impact of their aggression on their partner and children.

The programme consists of four modules;

- Foundation
- My Thinking
- My Emotions
- My Relationships.

A detailed Post programme report will be provided on completion

Safe Relationships (SR)

This is an 18 session programme designed for men who have been assessed as low/medium risk that have been abusive within an intimate partner relationship. It consists of a mixture of group work and one-to-one sessions that help participants to achieve a better understanding of why they use violence and aggression in their intimate

LGBT Domestic Violence Awareness

This intervention provides up to 8 one-to-one sessions for perpetrators who have been domestically abusive in an LGBT relationship. The perpetrator is supported towards behavioural change, to gain an understanding of power and control, aiming to stop them being abusive. The intervention uses a strengths based approach which is tailored to meet the needs of the individual.

Young Person Services

Child to Parent Violence (CPV)

A programme for male or female young people aged 10 to 18 who have engaged in child to parent violence or abuse. The programme consists of 8 structured 1:1 sessions for the parent(s) and 6 sessions for the young person, using the whole family approach.

CPV incorporates the principles of Non Violent Resistance to enhance the protection and safety of all family members.

The Aim of the Programme

1. To end incidents of abusive behaviour by the child towards their parent
2. To increase respectful communication and appropriate parent-child boundaries in the family
3. To increase family resilience through building family support networks and expanding on family strengths.

Respect and Principles Programme (RAPP)

An 8-session interactive programme for young people aged 11-18.

Providing education about healthy relationships; identifying patterns of healthy and unhealthy behaviors; Effective ways to communicate relationship needs and manage conflict.

- Conflict resolution
- The role of peer groups in young people's decision making.
- Challenging beliefs about gender roles and stereotypes.



Women's Services

New Beginnings

This course is for women whose partners are accessing a perpetrator service with RISE. It focuses on the safety and wellbeing of victims. It provides a confidential space where they can share their experiences and devise a safety plan.

The course comprises of 8 workshops, including 2-hour sessions on: definitions, legal rights, boundaries & assertiveness, children & parenting and financials.

Participants will:

- Discuss the risk that their partner's or ex-partner's behaviour may pose to them and their family.
- Devise a safety plan to ensure their own safety and that of their family.
- Receive advice regarding any criminal proceedings involving their partner/ex-partner.
- Assist them in contacting agencies such as the Police or Social Services.

Female Aggression Domestic Violence (FADA)

FADA is a 1:1 programme devised for women who are violent or abusive in the domestic setting. There are 8-12 session dependent on the needs of the service user and each session is tailored to meet the needs of the individual.

FADA uses trauma informed and strengths-based approaches to help the service user gain a better understanding of the impact of her aggression on her partner and children.

How to make a referral

To make a referral for any of our interventions and/or risk assessments, please complete our referral form and email directly to Bev Plunkett on bev.plunkett@risemutual.org or 07535 651784.

