



Southend, Essex
& Thurrock Domestic
Abuse Board

 www.setdab.org



Southend, Essex & Thurrock Domestic Abuse Board

STRATEGY 2020-2025



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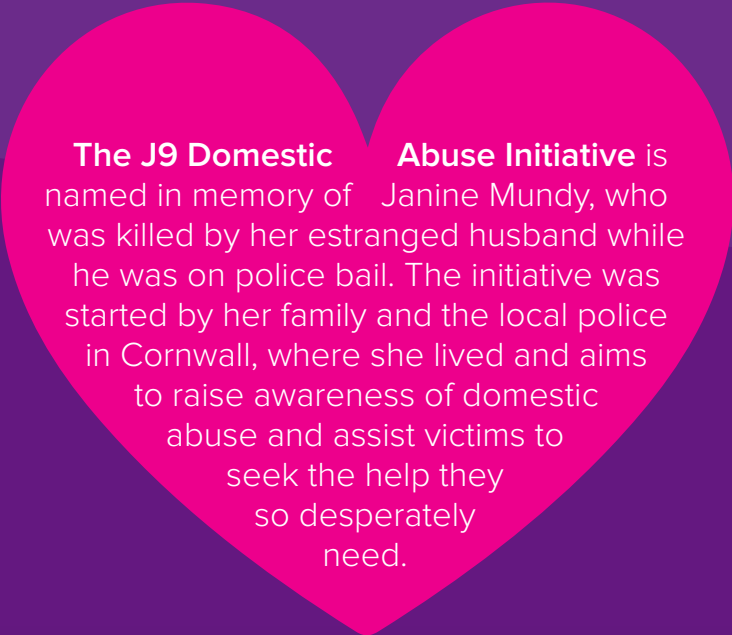
Foreword from the SETDAB Chair.

Breaking the cycle of domestic abuse is one of our priorities in the Police and Crime Plan for Essex. The Government’s Violence Against Women and Girls Strategy 2016-20 follows a framework that includes: provision of services, partnership working and pursuing perpetrators. It has a focus on the need to transform service delivery, have a change in social action to achieve a sustainable long term reduction in the prevalence of abuse and to break the inter-generational consequences of abuse.

SETDAB have had many successes during the 2015-20 Strategy with the aim to help those who suffer in silence and reduce the impact of domestic abuse on children and families including:

- Partners working together to commission a range of specialist victim and perpetrator services and have also been successful in securing additional funding streams (e.g. grants).
- We launched our SETDAB website which provides advice and information on services for those affected by domestic abuse, as well as a range of resources for professionals. (www.setdab.org)
- The SET DA Team have facilitated a range of seminars, learning events and our Annual Conference to promote best practice and equip professionals with the skills and confidence to respond to domestic abuse in our communities.
- We have centralised our SET wide process for conducting Domestic Homicide Reviews, with the SET DA Team now facilitating the processes, developing and sharing the learning identified from the themes.
- Our campaigns during the life of the strategy have included: awareness raising for young people; recognising abusive behaviours and seeking support to change; older people awareness and support services; awareness of stalking behaviours and support services; increased community awareness through our **J9 initiative**.
- Multi Agency Risk Assessment Conferences (MARACs) have continued to develop to streamline safeguarding processes for high risk victims of domestic abuse.
- We have expanded the reach of our healthy relationship work with children and young people into more school and community settings.

The J9 Domestic Abuse Initiative is named in memory of Janine Mundy, who was killed by her estranged husband while he was on police bail. The initiative was started by her family and the local police in Cornwall, where she lived and aims to raise awareness of domestic abuse and assist victims to seek the help they so desperately need.



To develop the new domestic abuse strategy we have reflected on SETDAB’s priorities, reviewed our performance framework, and focussed our collective efforts of delivering on what really matters to people and partners. Having responded to the Domestic Abuse Bill consultation in 2019 we await further developments and will align our work accordingly with any new legislation and good practice that emerges; ensuring we co-ordinate domestic abuse responses to issues, such as the current Covid-19 pandemic. We want to support people affected by domestic abuse to feel safe, cope and recover through targeted help and jointly commissioned support services. Their voices have been captured to inform the development of this strategy.

Some of the challenges we face are:

- With growing awareness of domestic abuse more people are now coming forward to seek support from services, at a time when resources are already under increasing pressure.
- Whilst we have been successful in attracting short/medium term additional funds to develop new initiatives it has proved to be difficult to mainstream those projects.
- Keeping domestic abuse as a priority when there are a number of competing priorities across our partners’ complex agendas, both nationally and locally, to effect positive change and outcomes.

SETDAB has strong liaison arrangements with the Adult Safeguarding Boards, Children’s Safeguarding Boards and Safer Essex Partnership and wider stakeholders, ensuring we work closely together to improve the well-being and safety of our residents. We will continue to ensure that we work closely with all other partnership arrangements (e.g. Multi Agency Public Protection Arrangements and Missing And Child Exploitation) to address shared issues, such as child exploitation and coercive control and pool our resources whenever possible.

However, we are not complacent and there is still more to do. If we can reach out and help one person and encourage them to seek help or change their behaviour we really are making a difference to people’s lives.

Jane Gardner
Deputy Police, Fire and Crime Commissioner for Essex and SETDAB Chair



Introduction

Domestic abuse is defined by the Home Office as: ‘any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of their gender or sexuality’.

Domestic abuse includes but is not limited to the following:

Intimate Partner Violence (IPV)

IPV refers to ‘any behaviour within an intimate relationship that causes physical, psychological or sexual harm to those in the relationship’.

Honour Based Abuse

Is a ‘collection of practices which are used to control behaviour within families or other social groups to protect perceived cultural and religious beliefs and/or honour. Such abuse can occur when perpetrators perceive that a relative has shamed the family and/or community by breaking their honour code’.

Forced Marriage

Where ‘one or both people do not (or in cases of people with learning disabilities or reduced capacity, cannot) consent to the marriage as they are pressurised, or abuse is used, to force them to do so’.

Stalking

A pattern of unwanted, fixated and obsessive behaviour which is intrusive and causes fear of violence or serious alarm or distress.

Harassment

Harassment can be defined as ‘repeated attempts to impose unwanted communications and contact upon a victim in a manner that could be expected to cause distress or fear in any reasonable person.’

Coercive and Controlling Behaviour

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim

Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support and regulating their everyday behaviour.

Sexual Abuse

Sexual abuse takes many forms including rape or attempted rape, as well as any unwanted sexual contact, threats or harassment.

Female Genital Mutilation (FGM)

FGM is a term for a range of procedures which involve partial or total removal of the external female genitalia for non-medical reasons.

Introduction

Domestic abuse can result in a wide range of significant impacts on the health of an individual ranging from physical to mental health concerns. Prolonged exposure to physical abuse can lead to significant long-term health problems or death. Domestic abuse can have a widespread and significant impact on mental health and can lead to conditions such as anxiety, depression, suicidal behaviour, and post-traumatic stress disorder (PTSD).

Victims of abuse are also more likely to develop a dependency to or misuse alcohol and/or drugs and domestic abuse has been strongly associated with sleep and eating disorders and exacerbation of psychotic symptoms. Individuals with mental health problems may also be more vulnerable to domestic abuse.

Domestic Abuse Health Background Report, Public Health, Essex County Council, 2019

Evidence suggests that domestic abuse has long term detrimental effects on children and young people. Some may externalise feelings leading to aggression and antisocial behaviour, whereas others may internalise behaviour resulting in depression, anxiety and trauma symptoms. Domestic abuse also has a negative impact on general living, sometimes forcing victims and families to move away from their local areas and support networks, this impacts on physical and mental health and the well-being of children and young people. *(Domestic Abuse Health Background Report, Public Health, Essex County Council, 2019)*

A report by Public Health England (Disability and domestic abuse, 2015) suggests that the health impact of domestic abuse is likely to be worse for people with disabilities. The severity of impairment increases the risk of violence, with those with limiting disabilities having significantly higher rates of domestic abuse, stalking and violence in comparison to people with non-limiting disabilities or no disabilities.

A key finding from the literature is the complex needs of many victims of domestic abuse particularly amongst vulnerable groups. Helping these groups, requires understanding of these needs (e.g. mental health issues and substance misuse) and how they intersect and require agencies to work together to be able to address these in a co-ordinated way.

Additionally we need to ensure that services meet the needs of all of our communities, including but not limited to, BAME (Black Asian Minority Ethnic) , LGBTQ+ (Lesbian Gay Bisexual Transgender Questioning and any other sexuality), Rural areas and Gypsy, Roma & Travellers.

BAME victims often fear that service providers are basing their responses on particular cultural, ethnic or religious stereotypes and that services may avoid intervening to help them from fear of being perceived as racist. Some individuals may also believe they will experience institutional racism from the police and other professionals.

Asian women who have experienced domestic abuse are three times more likely to self-harm or attempt suicide than their white European counterparts.

BMC Public Health 7, 2007

LGBTQ+ victims of domestic abuse face barriers to accessing support due to services being less accessible and inclusive of LGBTQ+ individuals. People may not recognise that they are in an abusive relationship or have a belief that they will not be taken seriously by professionals. There is also the barrier of the double disclosure, where LGBTQ+ victims not only have to disclose that they are a victim of abuse but also their sexual orientation which can be traumatic and stressful, particularly if LGBTQ+ people have not formally “come out”.

A recent report on Domestic Abuse in Rural Areas highlighted exiting abuse is harder, takes longer and is more complex for rural victims as there are significant additional barriers in rural communities compared to urban areas.*

Gypsy, Roma and Traveller women who are trying to leave abusive homes face numerous cultural barriers (communities are often traditional and patriarchal) that go beyond those that non-Gypsy, Roma and Traveller women experience. Gypsy, Roma and Traveller women are likely to lose their extended community network when a relationship ends and may be rejected by their own family members becoming further isolated.

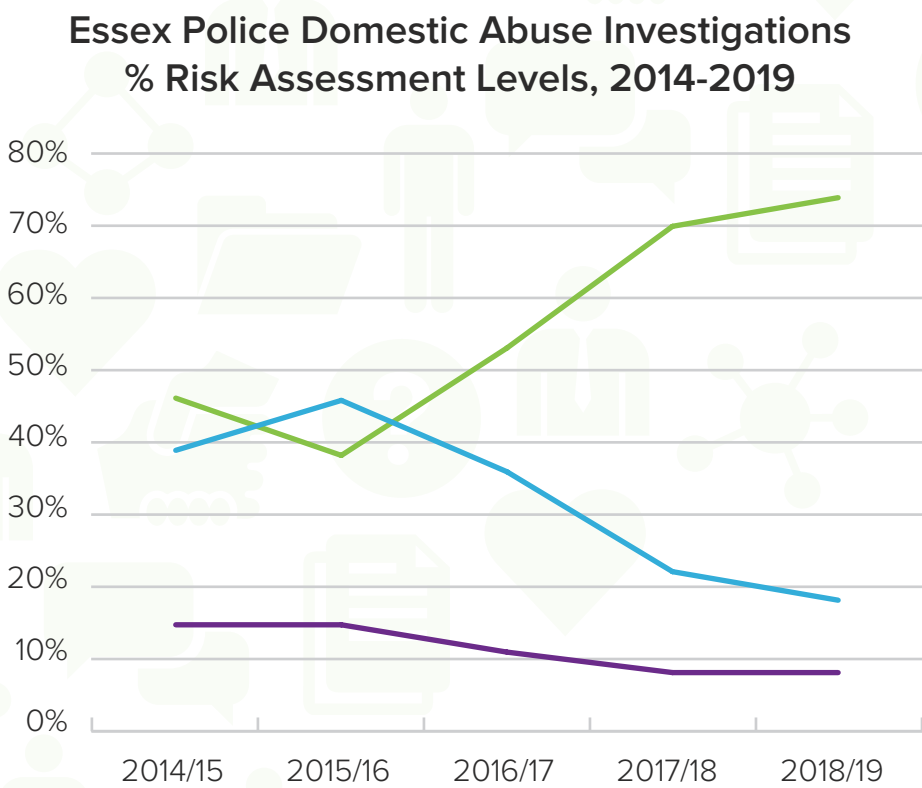
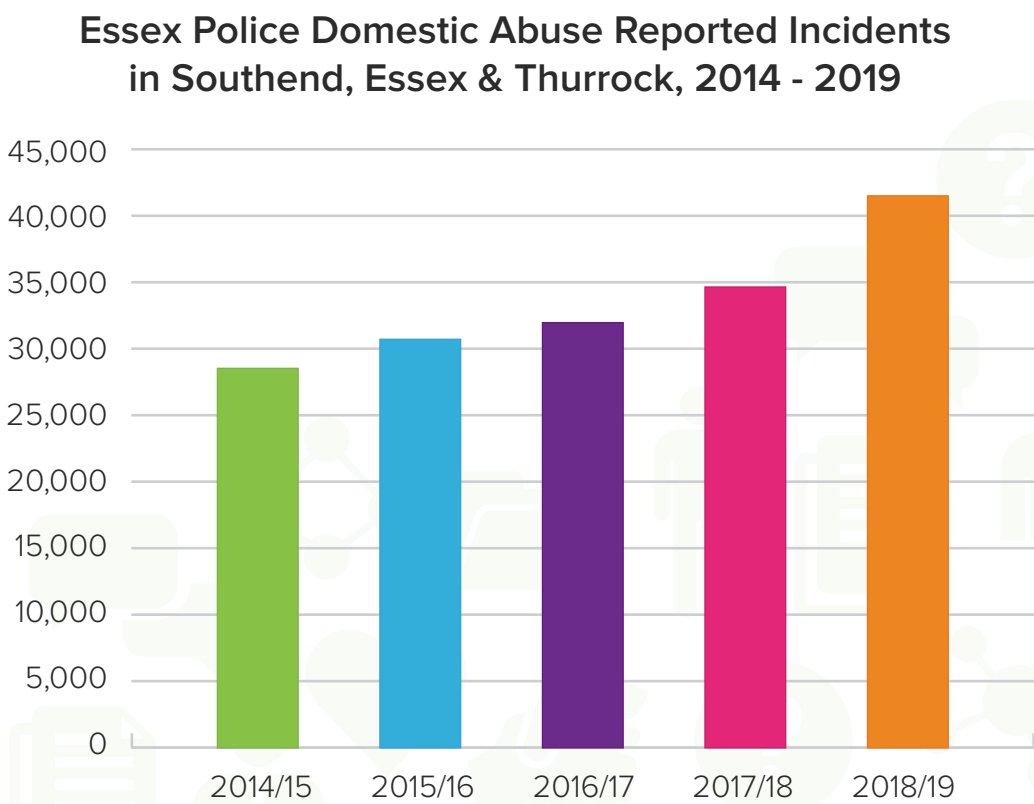
On average, abuse lasts 25% longer in the most rural areas.*

**Domestic Abuse in Rural Areas, National Rural Crime Network, July 2019*

Domestic Abuse - Facts and Figures

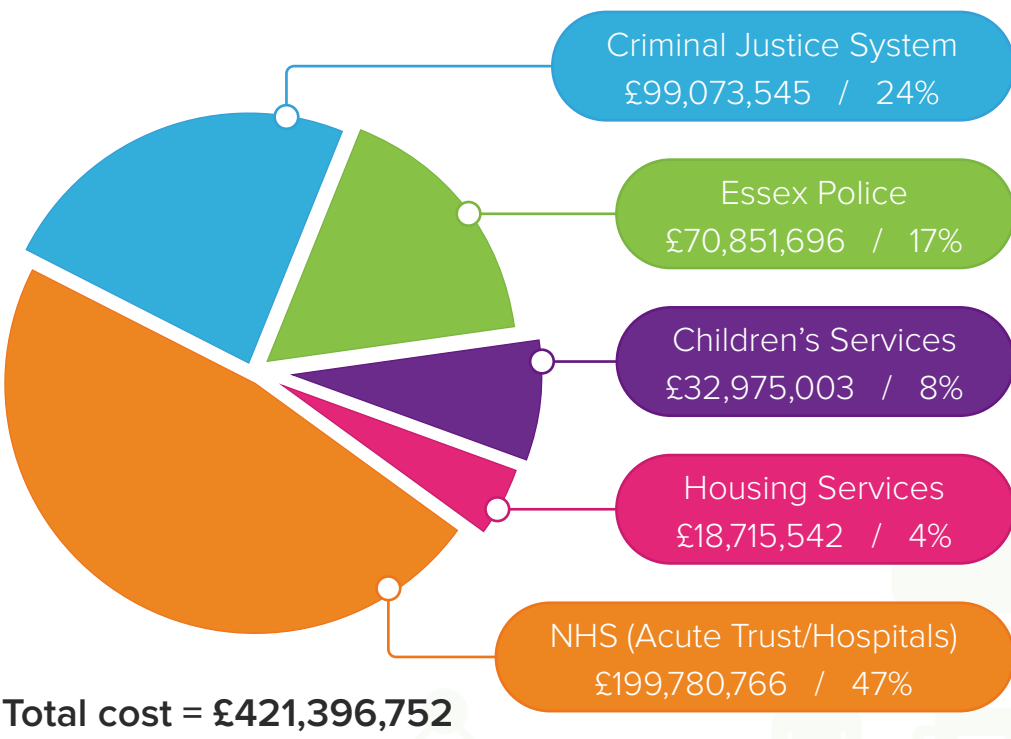
Nationally it is estimated that around two million adults experience domestic abuse each year, affecting almost 6% of all adults. Women are twice as likely to be victims than men.

(Office for National Statistics – Annual Data from the Crime Survey for England and Wales 2017/18)



High = current risk of serious harm/homicide
Medium = potential for serious harm if circumstances change
Standard = likelihood of serious harm minimal

Estimated Socio-Economic Cost of Domestic Abuse Across Southend, Essex & Thurrock, 2016-2017



A MARAC (Multi Agency Risk Assessment Conference) is a meeting where information is shared on high risk domestic abuse cases between representatives of local police, health, child protection, housing practitioners, Independent Domestic Violence Advisors (IDVAs), probation and other specialists from the statutory and voluntary sectors. Police referral numbers into MARAC have decreased over time whilst other agency referrals have increased. MARACs are in place across SET.

Home Office: The Economic and Social Cost of Domestic Abuse (January 2019)

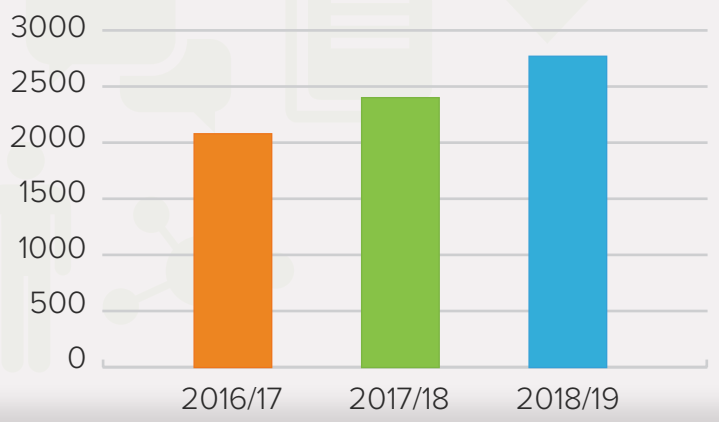
This report estimates the social and economic cost for victims of domestic abuse in year ending March 2017 in England and Wales to be approximately £66 billion.

The analysis follows the same approach as in other Home Office 'cost of crime' estimates to calculate:

- The cost in anticipation (covering preventative work),
- As a consequence (including physical and emotional harm, health services, lost output and victim services) and
- In response to domestic abuse (police and other justice costs).

The largest element of domestic abuse cost is the physical and emotional harm suffered by the victims themselves (£47 billion). The next highest cost is for lost output relating to time taken off work and reduced productivity afterwards (£14 billion).

Number of MARAC Referrals Across Southend, Essex & Thurrock, 2016-2019



What do our service users think?

The Research and Citizen Insight Team from Essex County Council undertook a variety of events, building on research and engagement that was carried out in 2018 to inform the commissioning of domestic abuse services, to help inform the new strategy and ensure the voices of service users and the public were included within this strategy.

The key themes that emerged included:

- Professionals need to receive domestic abuse training so that they treat families with more sensitivity and appropriately to cultural needs;
- Peer support networks were seen as very important as there is ‘power in talking’ but can be emotionally draining; there is an appetite to set up and run their own informal peer support networks at a local level on issues that affect them;
- Children need to be able to access counselling and links with schools need to be improved; there needs to be awareness raising to show what good and bad relationships look like to help prevent an ongoing cycle of abuse;
- Lack of a whole system approach to housing and a lack of suitable housing options to support families affected by domestic abuse;
- Family members often provide childcare which is seen as another reason why people wish to stay in their localities;
- Having to repeat your story to a number of services as they are not joined up; services need to support the whole family;
- Living with domestic abuse causes poor mental health and well-being;
- Advances in technology and social media is becoming a major issue, especially in stalking where perpetrators are able to monitor and track victims;
- Maintaining contact with children was a motivation for some abusive partners to seek support to address their behaviour.
- People didn’t know what support was available to help change their abusive behaviours, other services referred them to community support at first; valued the flexible tailored approach and would have liked to have worked longer with services.

The impact of trauma:
“It’s to do with the nervous system, it heightens the adrenaline.”

“I can only move (in town) I rely on his mum for childcare.”
Regarding reason why could not leave area.

“You need to have a good idea of what a good relationship is before you understand what an unhealthy relationship is... I now realise there is a fine line between being cared for and being controlled.”

“You repeat your story a lot... it’s awful, you can never get over it when you are talking about it all the time.”

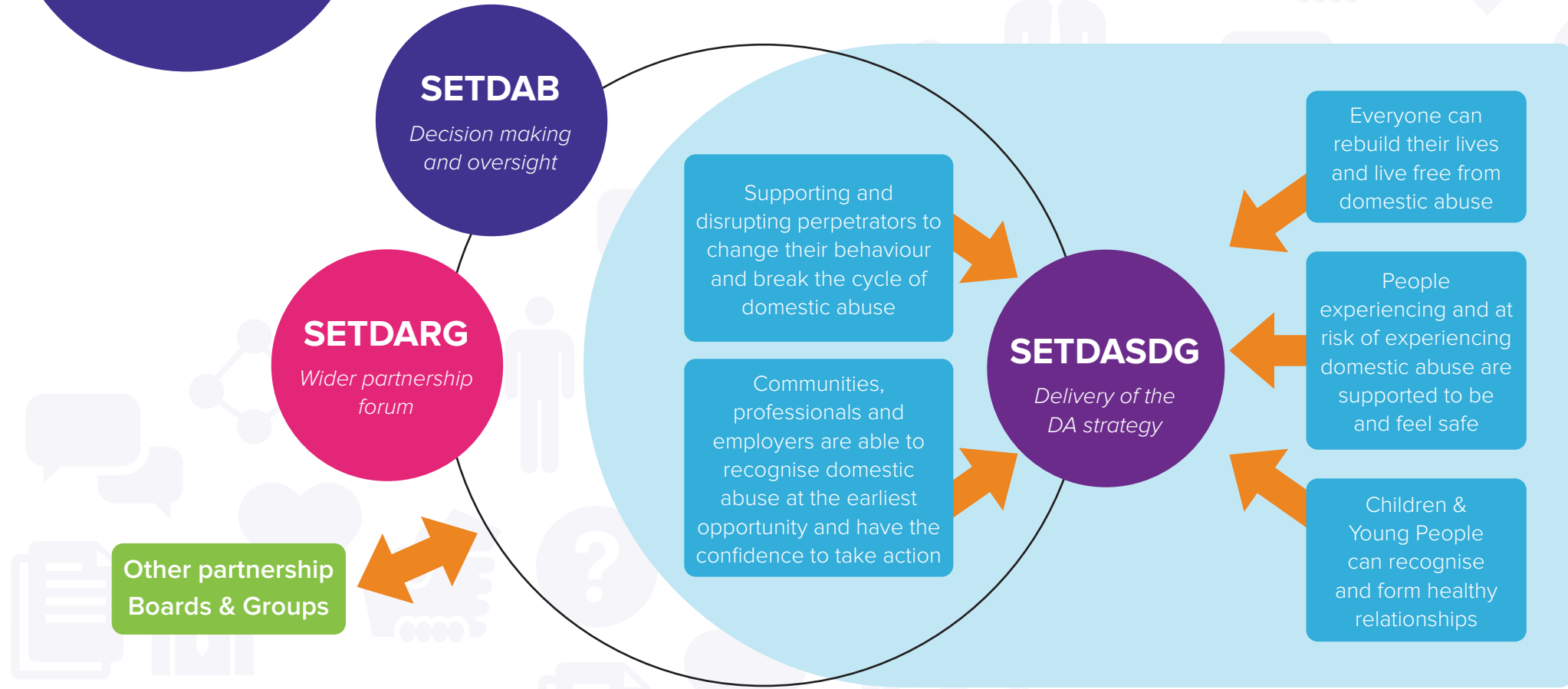
“I now stay out of trouble and walk away from arguments, I realise what is important to me... I know how to not make the same mistakes again.”
having completed an intervention to address their abusive behaviour.

Our Vision

“Working together to enable everyone to live a life free from all forms of domestic abuse.”

Who is SETDAB?

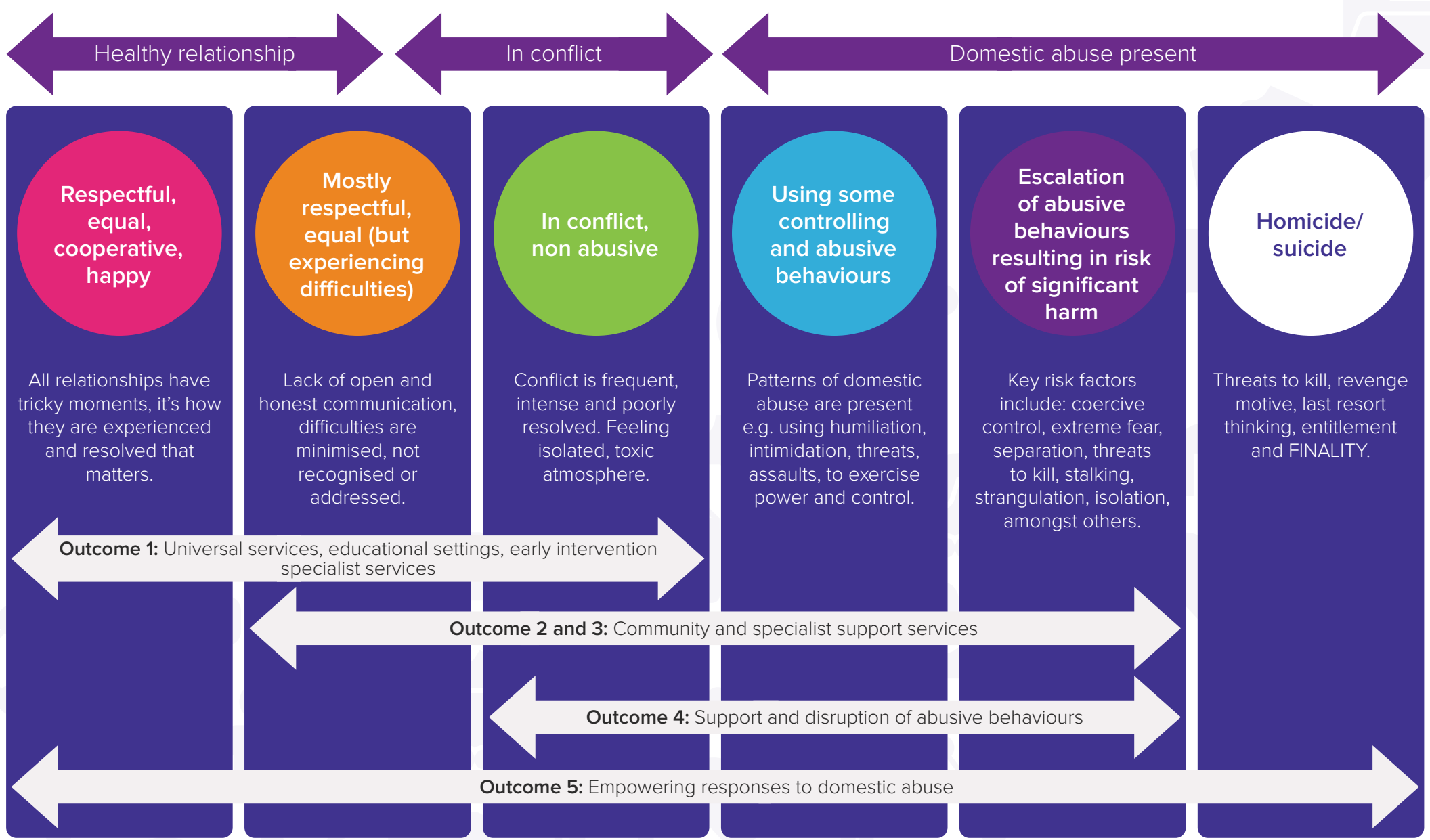
The Southend, Essex and Thurrock Domestic Abuse Board (SETDAB) is made up of representatives from agencies and organisations working to join up and better facilitate our vision. The Board is responsible for designing and implementing the Domestic Abuse Strategy for Greater Essex. SETDAB provides strategic leadership to address domestic abuse by providing a multi-agency framework, common ethos and co-ordinated approach to innovate, drive change and address domestic abuse across Essex, Southend and Thurrock.



SETDAB: Southend Essex and Thurrock Domestic Abuse Board **SETDARG:** Southend Essex and Thurrock Domestic Abuse Reference Group

SETDASDG: Southend Essex and Thurrock Domestic Abuse Strategic Development Group

Our approach to achieving our vision



(adapted from Parental Relationships Spectrum, developed by Stefanou Foundation from the model by Dr Mark Farrall, Ignition Creative Learning Limited)

Our 2020 - 2025 Priorities

- Outcome 1:** Children and young people can recognise and form healthy relationships.
- Outcome 2:** People experiencing and at risk of experiencing domestic abuse are supported to be and feel safe.
- Outcome 3:** Everyone can rebuild their lives and live free from domestic abuse.
- Outcome 4:** Supporting and disrupting perpetrators to change their behaviour and break the cycle of domestic abuse.
- Outcome 5:** Communities, professionals and employers are able to recognise domestic abuse at the earliest opportunity and have the confidence to take action.

All of our outcomes will have delivery plans in place which will be monitored by SETDAB and will also detail our response to emerging issues, such as the Covid-19 pandemic.

Outcome 1: Children and young people can recognise and form healthy relationships.



- Our key objectives:**
- Equip children and young people with the knowledge, skills and understanding to recognise and develop healthy relationships.
- What we will do:**
- Develop clear and consistent pathways for children and young people to report their concerns about domestic abuse.
 - Expand earlier intervention at primary school level/early years/other education settings and have specific interventions on healthy relationships available along with support service pathways.
 - Promote responsible use of social media and impact of abuse.
 - We will work closely with other partnerships including Violence and Vulnerability and Sexual Violence/ Consent to ensure workstreams are aligned whenever possible where people are working with children and young people.

Why is this important? We need to educate and support our children and young people to make informed choices.

Outcome 2: People experiencing and at risk of experiencing domestic abuse are supported to be and feel safe.



Our key objectives

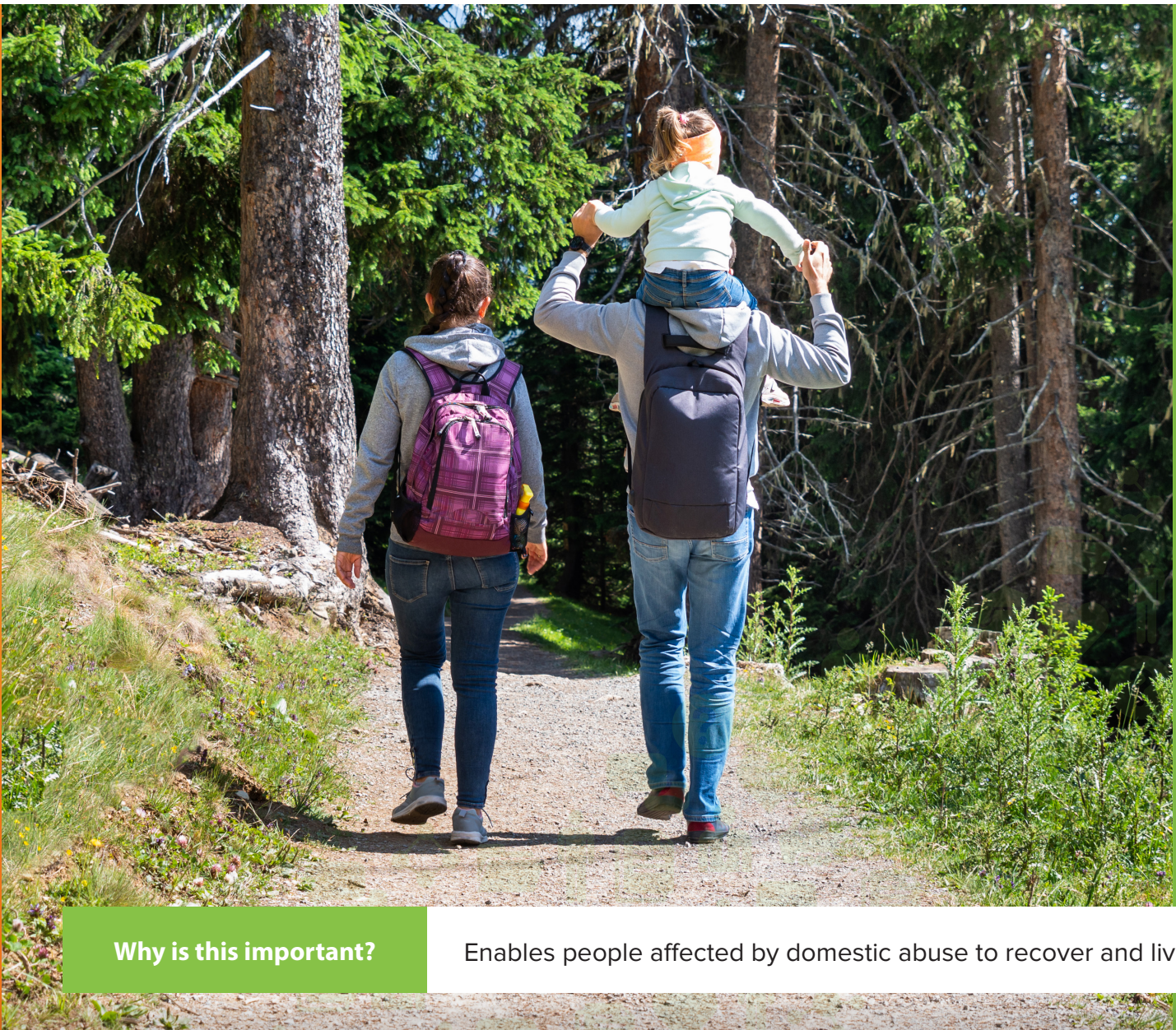
- Ensuring that all agencies work together to risk assess and safety plan at every opportunity as every contact counts.
- Ensure support services are tailored to meet the different needs of local communities.

What we will do:

- MARAC agencies work together to increase the safety of families, empowering people to make decisions regarding their own safety.
- All agencies work with domestic abuse support services to increase the safety and well-being of families affected by domestic abuse, empowering people to make decisions regarding their own safety.
- Ensure victims’ voices are heard and used to inform our service development; support the development of peer support networks.
- Promote pathways into specialist services.
- Develop community networks and tailor services to meet local needs and cultural diversity.
- Promote safe spaces where people can access information and support from services.

Why is this important? It is everyone’s responsibility to safeguard victims and children living with domestic abuse.

Outcome 3: Everyone can rebuild their lives and live free from domestic abuse.



Our key objectives:

- Ensure that there are safe housing options for those affected by domestic abuse.
- Ensure help and support is available to enable people to build resilience and live safely.

What we will do:

- Agencies to provide domestic abuse victims information and access to safe and supportive accommodation options that respond to family’s requirements.
- Develop a response to address the housing needs and issues faced by domestic abuse perpetrators to support work to keep families safe.
- Require agencies to provide trauma informed targeted interventions.

Why is this important? Enables people affected by domestic abuse to recover and live free from abuse.

Outcome 4: Supporting and disrupting perpetrators to change their behaviour and break the cycle of domestic abuse.



Our key objectives

- All partners work together to provide opportunities and support to enable perpetrators to change their behaviour.
- The Criminal Justice System (CJS) is effective in holding domestic abuse perpetrators to account and delivering positive outcomes for victims.

What we will do:

- Promote early identification of abusive patterns of behaviour and targeted interventions to address this.
- Establish a menu of interventions to address individual perpetrator behaviour to respond to levels of risk and individual needs.
- All partners work together to provide disruption opportunities targeted at perpetrators.
- Work with the CJS to monitor the use and effectiveness of the legislation and processes in managing domestic abuse offenders.

Why is this important?

Perpetrators need to be held to account for their behaviour and offered opportunities to change to prevent future harm.

Outcome 5: Communities, professionals and employers are able to recognise domestic abuse at the earliest opportunity and have the confidence to take action.



Our key objectives:

- Raise levels of domestic abuse awareness and confidence in all areas of the community to enable everyone to recognise and respond appropriately.
- Raise levels of domestic abuse awareness and confidence with all professionals and employers to enable them to identify and respond effectively to domestic abuse at the earliest opportunity.

What we will do:

- Develop and expand the J9 initiative in our local communities.
- Promote our commissioned domestic abuse services' single point of access.
- Deliver targeted domestic abuse campaigns on key topics.
- Promote and develop the resources available on our website.
- Provide regular newsletters, bulletins and service updates to highlight new developments and promote good practice.
- Deliver bespoke seminars and learning events to address emerging needs and the impact of trauma on people affected by domestic abuse.
- Work with all partner agencies to ensure they have the appropriate domestic abuse training/staff development opportunities in place for their workforce.
- Promote domestic abuse awareness within the Business Sector, encouraging healthy working environments.

Why is this important?

People affected by domestic abuse need to be able to access appropriate services to increase safety and reduce harm.

Outcome 1

Children and young people can recognise and form healthy relationships.

Aim

Equip children and young people with the knowledge, skills and understanding to recognise and develop healthy relationships.

Measure

Reduce the number of children and young people experiencing domestic abuse;

Improve the confidence of children and young people to communicate effectively around relationship issues.

Outcome 2

People experiencing and at risk of experiencing domestic abuse are supported to be and feel safe.

Aim

Ensuring that all agencies work together to risk assess and safety plan at every opportunity as every contact counts.

Ensure support services are tailored to meet the different needs of local communities.

Measure

Increase victim satisfaction with agency responses to domestic abuse;

To reduce repeat victimisation rates;

To increase minority communities' access into domestic abuse services.

Outcome 3

Everyone can rebuild their lives and live free from domestic abuse.

Aim

Ensure that there are safe housing options for those affected by domestic abuse.

Ensure help and support is available to enable people to build resilience and live safely.

Measure

Reduce the use of temporary accommodation for those affected by domestic abuse;

To increase the confidence and resilience of those affected by domestic abuse;

To reduce the number of repeat domestic abuse victims and incidents.

Outcome 4

Supporting and disrupting perpetrators to change their behaviour and break the cycle of domestic abuse.

Aim

All partners work together to provide opportunities and support to enable perpetrators to change their behaviour.

The Criminal Justice System (CJS) is effective in holding domestic abuse perpetrators to account and delivering positive outcomes for victims.

Measure

Increase the number of domestic abuse perpetrators engaged with, and completed, behaviour change interventions.

Reduction in repeat offending following intervention(s).

Increase % of arrests resulting in charge or successful prosecution.

Improve victim satisfaction with the CJS.

Outcome 5

Communities, professionals and employers are able to recognise domestic abuse at the earliest opportunity and have the confidence to take action.

Aim

Raise levels of domestic abuse awareness and confidence in all areas of the community to enable everyone to recognise and respond appropriately.

Raise levels of domestic abuse awareness and confidence with all professionals and employers to enable them to identify and respond effectively to domestic abuse at the earliest opportunity.

Measure

Increase the number of self-referrals into domestic abuse support services;

Increase traffic to the SETDAB website;

Increase the confidence of professionals to respond appropriately to domestic abuse;

Increase the number of subscribers to the SETDAB newsletter;

Increase the number of professionals completing the SETDAB domestic abuse e-learning package.

Our Board Members:



Logos correct according to agency websites as of 21.10.2019



SETDAB aims to work in partnership with all agencies across Southend, Essex and Thurrock

Useful Reference Documents

Domestic Abuse Bill 2020:
<https://publications.parliament.uk/pa/bills/cbill/58-01/0096/20096.pdf>

Domestic Abuse in Rural Areas:
www.ruralabuse.co.uk/wp-content/uploads/2019/07/Domestic-Abuse-in-Rural-Areas-National-Rural-Crime-Network.pdf

Domestic Homicide Review Guidance 2016:
www.gov.uk/government/publications/revised-statutory-guidance-for-the-conduct-of-domestic-homicide-reviews

Protection of Freedoms Act 2012:
www.legislation.gov.uk/ukpga/2012/9/contents

Serious Crime Act 2015:
www.legislation.gov.uk/ukpga/2015/9/contents/enacted

SET Safeguarding Adults Policy:
www.essexsab.org.uk/media/2244/set-safeguarding-adult-guidelines-final.pdf

SET Safeguarding Children Policy:
www.escb.co.uk/working-with-children/policies-and-guidance

Our consultation process

Stakeholder Agency Engagement

In September 2019 SETDAB held 3 workshops with our key partnership agencies to inform the development of our outcomes and key actions. The agencies that participated in these events included:

North East London NHS Foundation Trust, Emotional Wellbeing Mental Health Services, Changing Pathways, Next Chapter, Tendring District Council, Phoenix Futures, Colchester Borough Council, Essex Children’s Social Care, Essex Community Rehabilitation Company, Open Road, Essex Child and Family Wellbeing Service/Virgin Care, Southend, Essex and Thurrock MARACs, Uttlesford District Council, Essex Restorative Justice, Safer Places, Office of the Police, Fire and Crime Commissioner, Epping Forest District Council, SOS Domestic Abuse Project, Multi Agency Public Protection Arrangements (manager), Department of Work and Pensions, The Change Project, Southend Borough Council, Basildon & Brentwood Clinical Commissioning Group, Chelmer Housing Partnership, Family Solutions (Essex County Council), Basildon Borough Council, Thurrock Council, Basildon and Thurrock University Hospital.

Service User Engagement

During September to December 2019 the Research and Citizen Insight Team from Essex County Council conducted face to face meetings and focus groups with a range of individuals from hard to reach communities including individuals with learning disabilities, mental health issues, young adults aged 16+, victims of stalking and vulnerable domestic abuse victims identified as having high level needs. They added this feedback to that already obtained from service user engagement undertaken in February and March 2018 which informed the development of the commissioning of domestic abuse services. All this feedback has been considered in the development of this Strategy to ensure that service users views and experiences are represented within our outcomes, key objectives and the activities we will do to achieve these.

12 Week Consultation

A 12 week open consultation took place from January 2020; all feedback was reviewed to help inform the final Strategy.

Glossary

BAME	Black, Asian, Minority Ethnic
CJS	Criminal Justice System
DHR	Domestic Homicide Review
FGM	Female Genital Mutilation
FM	Forced Marriage
HBA	Honour Based Abuse
IDVA	Independent Domestic Violence Advisor
IPV	Intimate Partner Violence
LGBTQ+	Lesbian, Gay, Bi-Sexual, Transgender, Questioning and any other sexuality
MARAC	Multi Agency Risk Assessment Conference
PTSD	Post Traumatic Stress Disorder
SET	Southend Essex and Thurrock
SETDAB	Southend Essex And Thurrock Domestic Abuse Board