

## When to report

There are 27 main sessions to complete, plus pre-programme sessions. You must attend at least one session a week.

If you are working, looking for work or caring for someone, we will try to plan around these times. We may ask you to attend evenings or at weekends.

Your first appointment for the IDAP is:

**With:** .....

**On:** .....

**At:** .....  
(You must come on time)

**Address:** .....

.....

**Tel:** .....

## DO

- ✓ Keep out of trouble.
- ✓ Attend the programme.
- ✓ Co-operate with staff.

## DO NOT

- ✗ Drink or take drugs before or during the group.
- ✗ Be violent, aggressive or threatening to anyone.

## Your rights:

1. To be treated fairly, without discrimination. You must treat others in this way.
2. To attend review meetings and talk to the IDAP staff and your Case Manager. You can have a copy of the report written by the IDAP staff.
3. To make a complaint. Try to sort it out with the IDAP staff first, then with their Manager. If you are still not happy, you can complain to the Chief Officer of Probation at our Head Office in Witham.

# Integrated Domestic Abuse Programme

Information  
for people  
taking part

## **IDAP aims to help you:**

- Recognise your offence and its impact on victims.
- Take responsibility for your behaviour.
- Stop your violent behaviour.

If you use these skills you are less likely to use violence and more likely to stay out of trouble.



IDAP contains 27 groupwork sessions. Each session is 2 hours 30 minutes long.

## **What will IDAP involve?**

You will join a group of 4 to 12 men, all with a similar offending history. All group sessions are video recorded. Some of these will be used to help train staff and to make sure the programme is run well. We want to do a good job.

## **We expect you to:**

- Attend at least 1 group work session a week.
- Complete all 27 sessions.
- Join in with group discussions and practise the skills.
- Complete some tasks outside the group.
- Attend review meetings.

You will have to sign a contract and accept that we will contact the Police, Social Services, and your victim at stages, to ensure her safety and monitor your progress. You must also provide details of any new partners with whom you start a relationship. We will expect you to talk openly in the group about your violence. Your Case Manager will do some work with you beforehand. This will prepare you.

## **After the programme...**

The review meetings will help your Case Manager decide:

- ? What else you need to do.
- ? How often you need to attend appointments and where they will be.

## **Having problems?**

If your problems make it hard for you to attend an appointment, don't just miss it. Tell staff at once. They will try to help, or make you an appointment with someone else who can.

If you miss a session for a good reason you will be required to attend a catch-up session. If you miss too many, however good the reason, you may be returned to court.

## **Don't break the rules**

or you may have to go back to court if you:

- Miss a session or appointment (without a good reason).
- Don't tell staff of a new address.
- Behave badly in the group.
- Commit a further offence.

The court may:

- Sentence you for any breach.
- Require you to finish your Order.
- Cancel the Order and give a new sentence for the original offence.