

Behaviour Change workers

Behaviour Change workers assess an individual's capacity and motivation for change.

They provide direct support, working closely with other professionals and partner agencies to ensure a whole family approach, based on effective safeguarding and risk management.

Who we are

Since 1985, YOU provides people with the help they need to realise their dreams of independence, security, stability, happiness, and freedom.

We help people in our communities who need care, support, and advice due to poverty, homelessness, disability, age, ill health or abuse to have the life they want.

The YOU Trust is registered in England no 1898188 and is a registered charity no 291489. The YOU logo is a registered trade mark. Registered Address: South Wing, Admiral House, 43 High Street, Fareham, Hants PO16 7BQ.

Important contact details

For all enquiries or referrals, please contact Somerset Integrated Domestic Abuse Service:

 0800 69 49 999

 youfirstsidas@theyoutrust.org.uk

Other resources:

Respect Perpetrator Helpline

 0808 802 4040

Respect Men's Advice

 0808 801 0327

In an emergency,
phone



 helping to
keep you safe

Engage Programme

Supporting individuals who would like to make changes and address harmful behaviours within an intimate relationship



SOMERSET
County Council



What we provide

- 1:1 support to reduce risk and increase safety
- Support for complex needs which may contribute to the abusive behaviour, including substance misuse and poor mental health
- Tools to assess motivation for change and to address harmful behaviour
- Techniques and strategies to stop abuse escalating and change harmful behaviours
- Strengths and resilience focus group work programme

Programme includes:

- Communication and negotiation skills
- Using de-escalation strategies safely
- Dealing with other people's anger
- The impact of domestic violence on children
- Healthy sexual relationships
- Negative self talk
- Maintaining change

AIM:

Engage offers you the opportunity to reflect on your relationship and the impact of your behaviour on yourself and others. We offer a realistic opportunity to achieve sustainable change by:

- Encouraging accountability for your actions
- Help and support to stop being violent and abusive
- Analysing patterns of abuse and violence
- Identifying potential triggers and complex needs
- Learning how to relate to your partners in a respectful and equal way
- Supporting individuals to develop non-abusive ways of dealing with difficulties in their relationship
- Strategies to help you deal with difficult emotions
- Identifying and analysing core beliefs

Healthy relationships

Acknowledging your behaviour has been abusive is a very difficult thing to do. This is the first step in your journey to create a healthy, loving relationship.

The Engage Programme provides a whole family response to support. The primary aim is to increase the safety and wellbeing of adults and children where abuse is present within a current relationship.

Engage support helps to reduce the risk of situations escalating and provides families with the strategies to build more respectful relationships which is paramount to remaining together safely.

