



DOMESTIC ABUSE: START HERE

PACK OF RESOURCES FOR PRACTITIONERS

May 2021

Introduction:

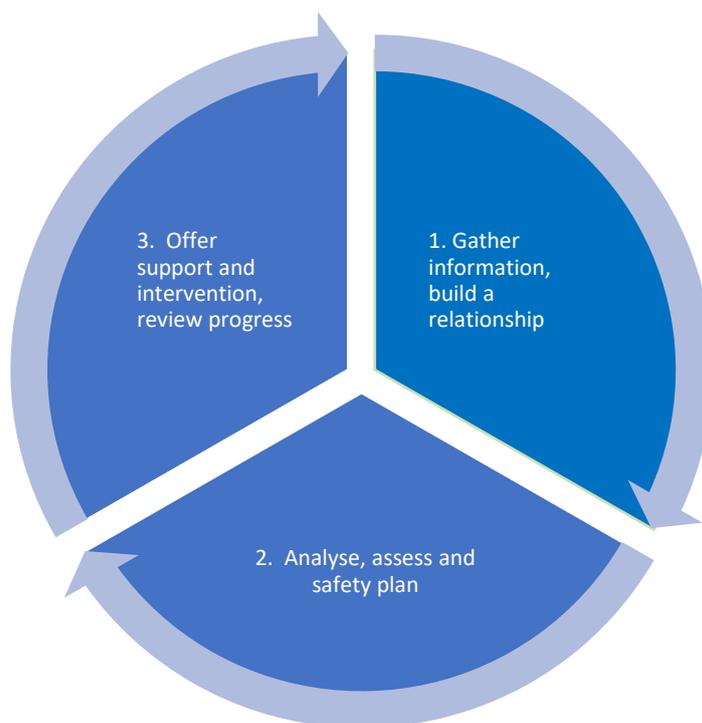
These are tools and resources for practitioners to use when they are assessing risk, safety planning and providing intervention to families where domestic abuse is a concern. The tools are split into 3 sections, see below. The tools are designed to be used in a cyclical way, going round, and coming back to the first section as needed so that appropriate tools are used at the right time with families. Some of the tools can be used for more than one purpose.

It may not be appropriate to use all the tools contained in this pack, however, the DASH Risk Assessment and the Child's Safety Plans are mandatory to use with all families where domestic abuse is a feature of the family dynamic. It is best practice to review these tools alongside the child's plan.

Please read the guidance before using the tools which are accessed [here](#).

Please make sure that you put a copy of completed tools and safety plans on children's and adult's files

Figure 1. How to use our domestic abuse tools.



Please open and save the Word documents to avoid information being lost or the documents being accidentally deleted.

What is it for?	The Tool	Hints and tips
SECTION 1: Information Gathering and Relationship Building <i>When undertaking any information gathering/assessment session we must do this in a place where the person is safe and comfortable and, away from their abuser. It is not enough that the abuser is in another room in the home.</i>		
Tool 1.1	1.1.DA TOOL Who is doing what to whom?	This tool can support you to 'take a step back' and consider the behaviours exhibited within the couple/family dynamic and identify who behaves in the more abusive manner and the impact of this. You could complete this document and review its content as your work progresses.
Tool 1.2 Questions for non-abusive parent	1.2.DA TOOL Questions for non-abusive parent	Can also be used to consider historical abuse. Not all questions be will relevant. Parents shouldn't feel like they are being bombarded with questions. This needs to be kept up to date.
Tool 1.3 Requesting background information on a new partner	1.3.DA TOOL Link to Clare's law application	Parents can complete this form online to gain background information as to whether their new partner has a domestic abuse history. (The link also gives information to applicants should they wish to attend a police station to request information). If you wish to seek further advice regarding Clare's law, please contact WORTH.
Tool 1.4 Questions for abusive parent	1.4.DA TOOL Questions for abusive parent	Think of everybody's safety including yours when working with abusive parents. Think about location and exit routes. Some questions might be emotive for the person you are assessing, it will help to also ask 'open ended' questions such as 'tell me about', 'how did you feel about....?', 'what was the purpose of doing that.....?', etc.
Tool 1.5 Guidance on working with abusive parents	1.5.DA TOOL Neutral Ground guidance for working with abusive parents	Could be helpful to access the Culture of Engagement training to support.
Tool 1.6 Questions for children	1.6.DA TOOL Questions for children	Can be asked in any order. Not all questions will be relevant.
SECTION 2A: Analysis & Risk Assessment <i>Please 'plan out' your session(s) to ensure that the abused person, the abuser, and their children are not only safe during the session but, also, afterwards. Consideration should be given to referring to MARAC:</i>		
Tool: 2A.1	2A.1.DA TOOL West Sussex MARAC referral form	Please send completed MARAC Referral forms or if you have any questions please contact: MARAC@westsussex.gov.uk.

What is it for?	The Tool	Hints and tips
Tool: 2A.2 Assessing risk for abused person	2A.1.DA TOOL DASH	NB: if WORTH/police have recently completed a DASH then it is not necessary for the social worker to do this again. Safety planning needs to be done at the beginning, middle and end of your work, and regularly reviewed. Read the guidance before undertaking the DASH. (Also called ACPO_DASHH1)
	2A.2.DA TOOL DASH Risk indicator guidance	The DASH guidance is attached. This is used by the Police and most partners. Please consider if a MARAC referral is required after completing the DASH.
Tool: 2A.3 For abused person to assess extent of coercive control	2A.3.DA TOOL for assessing coercive control	These are a helpful examples however other, more subtle ways of control maybe used. You can develop the conversation from responses by asking questions like: 'tell me about that.....', 'when did/how often did this happen', 'what was the impact on you/children?'
Tool: 2A.4 Promotes discussion regarding what behaviours we see when relationships 'shift' from being healthy to unhealthy to abusive	2A.4.DA TOOL Parental relationships spectrum	It can be completed with both the abused person and the abuser
Tool: 2A.5: Assessing risk to children	2A.5.DA TOOL Assessing risk to children (Barnardos)	This is long but underpinned by a strong evidence base. It is helpful to print this document off and tick off all the statements which apply to each family member
Tool: 2A.6 This can be used as a 'template' for risk assessments	2A.6.DA TOOL Risk Assessment Tool	Please consider if a MARAC referral is required once completed
Tool: 2A.7 Assessing safety of contact. (Good for both CLA and CIN)	2A.7.DA TOOL Safe contact for children	Useful to use in assessments for court and in deciding whether contact is safe and what supervision is needed.
<p>SECTION 2B: Safety Planning</p> <p><i>When undertaking any safety planning session, it must be in a place where the person is safe and comfortable and, away from their abuser. It is not enough that the abuser is in another room in the home. DO NOT SHARE THE CONTENT OF SAFETY PLANS WITH OTHER PARTIES WITHOUT CONSENT.</i></p>		
Tool: 2B.1	2B.1.DA TOOL Guidance on safety planning with abusive people	

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Tool: 2B.2 When you are completing safety plans with parents/carers please consider the person's thoughts and feelings at this time. Allow them time to take responsibility for their safety plan – consider what is feasible/appropriate for them to do.	2B. 2.1 DA TOOL for people living with their partner	Please make clear that the non-abusive parent isn't responsible for the abuser's behaviour – this is to support in keeping them and their children safe. Please consider if a MARAC referral would support with multi agency risk assessment plan.
	2B.2.2 DA TOOL Safety Plan for People Separated from Their Partners	
	2B 2.3 DA TOOL Safety Plan for people who are abusive to others	Support the person to consider their feelings in relation to their behaviours. Help them to think about the impact of their behaviours on others: partners/children.
Tool: 2B.3	2B.3 DA TOOL Safety Plan for Teenagers	Children may wish to have copies of their safety plans to refer to as necessary. Again, consideration needs to be given as to how this can be done safely. It may be that you hold the safety plan.
Tool: 2B.4	2B.4 DA TOOL Safety Plan for Younger Child	
SECTION 3: Intervention & Support		
Tool: 3.1 For those who are being/have been abused	3.1 DA TOOL Power and Control Wheel by Duluth	This tool supports the person to consider the abusive behaviours they are experiencing/have experienced and to reflect on the impact of these behaviours. The DA awareness training explains in more detail.
Tool: 3.2	3.2 DA TOOL Cycle of Abuse	Supports the person to think about how abusive behaviours change throughout the abuse process.
Tool: 3.3	3.3 DA TOOL Bancroft's change checklist	This is gender specific; the content can be adapted. Helps the person identify and reflect upon whether behaviours have changed/are changing. Are those behaviour changes genuine?
Tool: 3.4 <i>For those who are being/have been abused/are or have been abusive</i>	3.4 DA TOOL Effects of Feelings on the Body	Helps the person consider what happens to them when they become angry: introduces the Time Out strategy of avoiding conflict.
Tool: 3.5	3.5 DA TOOL For abusive parent or partner	This can also be used as an intervention.
Tool: 3.6	3.6 DA TOOL Effects of DA on Children	Both tools support the person to put themselves in their children's shoes. These tools can be quite emotive for parents and so addressing parental feelings following completion of these may be necessary.
Tool: 3.7	3.7 DA TOOL Roles children adopt when DA occurs	

What is it for?	The Tool	Hints and tips
<p>Tool: 3.8.1 Tools to use with teenagers who are experiencing/have experienced domestic abuse.</p> <p>Tool 3.8.2</p>	<p>3.8.1 DA TOOL Teenage Power & Control Wheel by Duluth</p> <p>3.8.2 DA TOOL Spiralling Video</p>	<p>These tools can help teenagers/young people to identify and reflect upon their partner's abusive behaviours/their experiences of this.</p>
<p>Tool: 3.9 Our local offer on DA April 2021</p>	<p>3.9 DA TOOL Provision of Domestic Abuse Services in West Sussex: May 2021</p>	<p>Information on this resource was initially provided for Social Workers but the information on many of the support services contained on this resource will be useful to give to parents.</p>
<p>Tool: 3.10</p>	<p>3.10 DA TOOL Link to Research in Practice</p>	<p>Link for Research in Practice: lots of tools, guidance and research regarding domestic abuse.</p>

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Document title:	DOMESTIC ABUSE: PACKAGE OF RESOURCES FOR SOCIAL WORKERS
Date approved:	
Approving body:	
Last review date:	
Revision history:	
Next review date:	31/12/21 (and every 12 months following this date)
Document owner:	Jenny Boyd
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