

Men's Referral Service (MRS)

Community Education Slides

Acknowledgement

No to Violence acknowledges First Nations Peoples across these lands; the Traditional Custodians of the lands and waters. We pay respect to all Elders, past, present and emerging. We acknowledge a deep connection with country which has existed over 60,000 years. We acknowledge that sovereignty was never ceded, and this was and always will be First Nation's land.



Self Care

It is important to recognise that family violence negatively impacts many in the community. If you feel that any of the information presented today has or may impact you please reach out for support.

Support Services

National	
Men's Referral Service	1300 766 491
1800 RESPECT	1800 737 732
Switchboard/QLife	1800 804 527
Men's Line	1300 789 978
Lifeline	13 11 14
Suicide Call-back Service	1300 659 467
Kids Helpline	1800 551 800
<small>Working together to end men's family violence</small> SANE Australia	1800 187 263

Session Aims

- Drivers and dynamics of family violence
- Forms of family violence
- Working with men who use family violence
- Recognising and responding to FV narratives
- Appropriate referrals
- Q and A



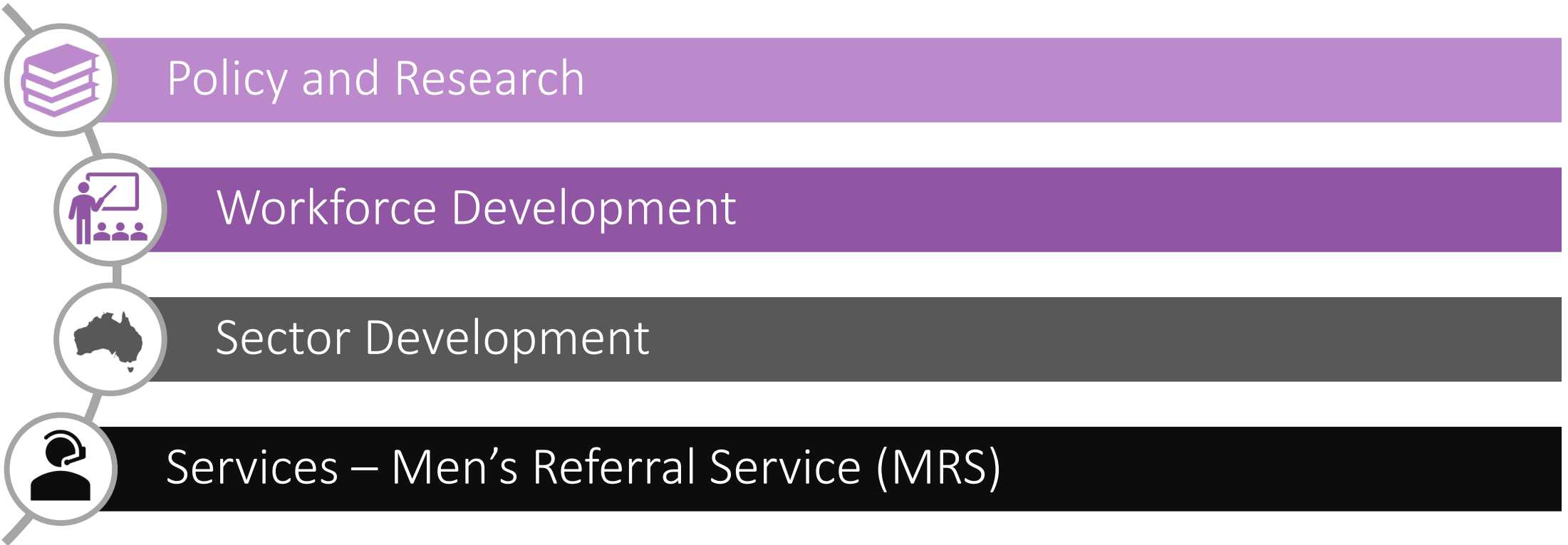
No to Violence (NTV)

Vision, values and principles

- Vision – working together to end men's family violence
- Values – gender equity, leadership, change and accountability
- NTV Principles



NTV – The work we do



Men's Referral Service (MRS)

Who do we support?

- Men using family violence
- Family members impacted by family violence
- Friends, family or colleagues of people using family violence
- Professionals wishing to support a client



Drivers of men's family violence

Open Question

What do you think may be the drivers for men's use of family violence?

Drivers of men's family violence

Overview

- CONDONING of violence against women.
- STEREOTYPES & rigid gender roles and identities.
- CONTROL of decision making and limits to women's independence.
- DISRESPECT in male peer relationships that emphasise aggression and disrespect toward women

- Video: Let's change the story: Violence against women in Australia
<https://www.youtube.com/watch?v=fLUVWZvVZXw>

CHANGE THE STORY

TEN ACTIONS TO PREVENT VIOLENCE AGAINST WOMEN



Violence against women
is serious, prevalent and driven by
GENDER INEQUALITY

GENDERED DRIVERS
of violence against women:

CONDONING of violence against women	MEN'S CONTROL of decision-making and limits to women's independence	STEREOTYPED constructions of masculinity and femininity	DISRESPECT towards women and male peer relations that emphasise aggression
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Gender inequality sets the **NECESSARY SOCIAL CONTEXT**



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DOMESTIC VIOLENCE MATTERS ARE DEALT WITH EVERY DAY BY AUSTRALIAN POLICE



Every week one **WOMAN IS MURDERED** by her current or former partner



Violence against women IS PREVENTABLE
if we all work together

ACTIONS
that will prevent violence against women:

CHALLENGE condoning of violence against women	PROMOTE women's independence & decision-making	CHALLENGE gender stereotypes and roles	STRENGTHEN positive, equal and respectful relationships
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Promote and normalise **GENDER EQUALITY** in public and private life

MUTUALLY REINFORCING ACTIONS ARE NEEDED THROUGH LEGISLATION, INSTITUTIONAL, POLICY AND PROGRAM RESPONSES:

- by governments, organisations and individuals
- in settings where people live, work, learn and socialise
- tailored to the context and needs of different groups.



Drivers of men's family violence

Reinforcing factors

- Condoning of violence in society in general
- Experience of and exposure to violence
- Weakening of pro-social behaviour
 - especially harmful use of alcohol and other drugs
- Socio-economic inequality and discrimination
- Backlash factors
 - (when male dominance, power or status is challenged)

Drivers of men's family violence

Lack of accountability for people causing harm

- In the person's social world – family, friends, community, and legally
- There may be more benefits for people to continue to use violence
- Consequences are different depending on the position of the person
- To victim-survivors
- Do people who cause harm walk around your community with impunity? If yes, why? If no, how did you make that happen

Drivers of men's family violence

Other factors

- Family of origin
- Cultural or religious background
- Mental health issues / Chronic health issues
- Financial difficulty / Loss of employment
- History of trauma / PTSD
- These can adversely impact the use of family violence but are not the primary drivers - they are also often used as justification for violence.

Dynamics of men's family violence

Types of family violence

- Physical abuse
- Emotional abuse
- Economic abuse
- Spiritual abuse
- Sexualised violence
- Stalking
- Intimidation / threats
- Harassment
- Coercive control
- Isolation
- Male privilege
- Use of children

Power and Control wheel



Equality Wheel



Dynamics of men's family violence

Women's experience

- constant monitoring and regulation of everyday activities
- constant put downs by her partner about anything and everything she does
- having no control or say over the household finances
- criticism of the way she parents her children
- threats and actual physical violence against her, their children and pets
- being blamed for the violence
- surveillance using smartphones and other technology.
- every move measured against an unpredictable, ever-changing 'rule book'

Dynamics of men's family violence

Impacts of women and children

- Quick facts
- Impacts of FDV on women
- Impacts of FV on children and young people

Working with men who use family violence

Open Question

What do you think may be some of the challenges when working with men who use family violence?

Working with men who use violence

Barriers to responsibility

- Denial – “I’m a great father, the kids love me”
- Minimisation – “I never used physical violence”
- Justification – “She pushes my buttons”
- Blame – “I have a very stressful job”
- Mutualising – “She gives as good as she gets”
- Victimhood – “The System is against me”
- Others – AOD, mental health, culture, religion, family of origin

Working with men who use violence

Smokescreens

- ✓ Are violence-promoting and violence avoiding attitudes that move men further away from taking responsibility for their use of violence.
- ✓ They create a barrier between men and their ability to be fully accountable for their behaviours and choices.
- ✓ Are often used to manage difficult or strong emotions and avoid owning or talking honestly about the use of violence

Working with men who use violence

Violence supporting narratives

Shifts responsibility to others

Reinforces his use of violence

Has intrinsic and extrinsic benefits

Must be addressed for change to occur

Working with men who use violence

Collusion

Collusion describes the actions and beliefs associated with successful grooming that leads to an alignment with abuse supportive attitudes, beliefs and actions.

This can then lead to compromised professional decision making:

- Referrals that do not address family violence or the risk to victim survivors
- Practitioners begin to advocate for the client based on the client narrative
- Interventions become less focussed on challenging the beliefs and attitudes that underpin family violence

Working with men who use violence

Offers to collude

When a client's violence supporting narrative is reinforced

- spoken or unspoken
- conscious or unconscious
- reinforces the violence supportive narrative
- maintains the drivers of men's family violence
- COMPLIANT collusion and OPPOSITIONAL collusion

Working with men who use violence

Holding the space

The challenges we face in working with men who use violence are:

- balancing rapport building without colluding with him
- balancing engagement with the need to challenge his use of violence
- balancing challenging him without becoming oppositional

- remaining empathetic while applying some scepticism to the narrative

Working with men who use violence

Holding the space

- Maintaining empathy
- Awareness of experiences of shame
- Highlighting the gap between values and behaviours
- Raising empathy for others
- Listening for change talk
- Empowering a change journey

Working with men who use violence

Non-specialist checklist

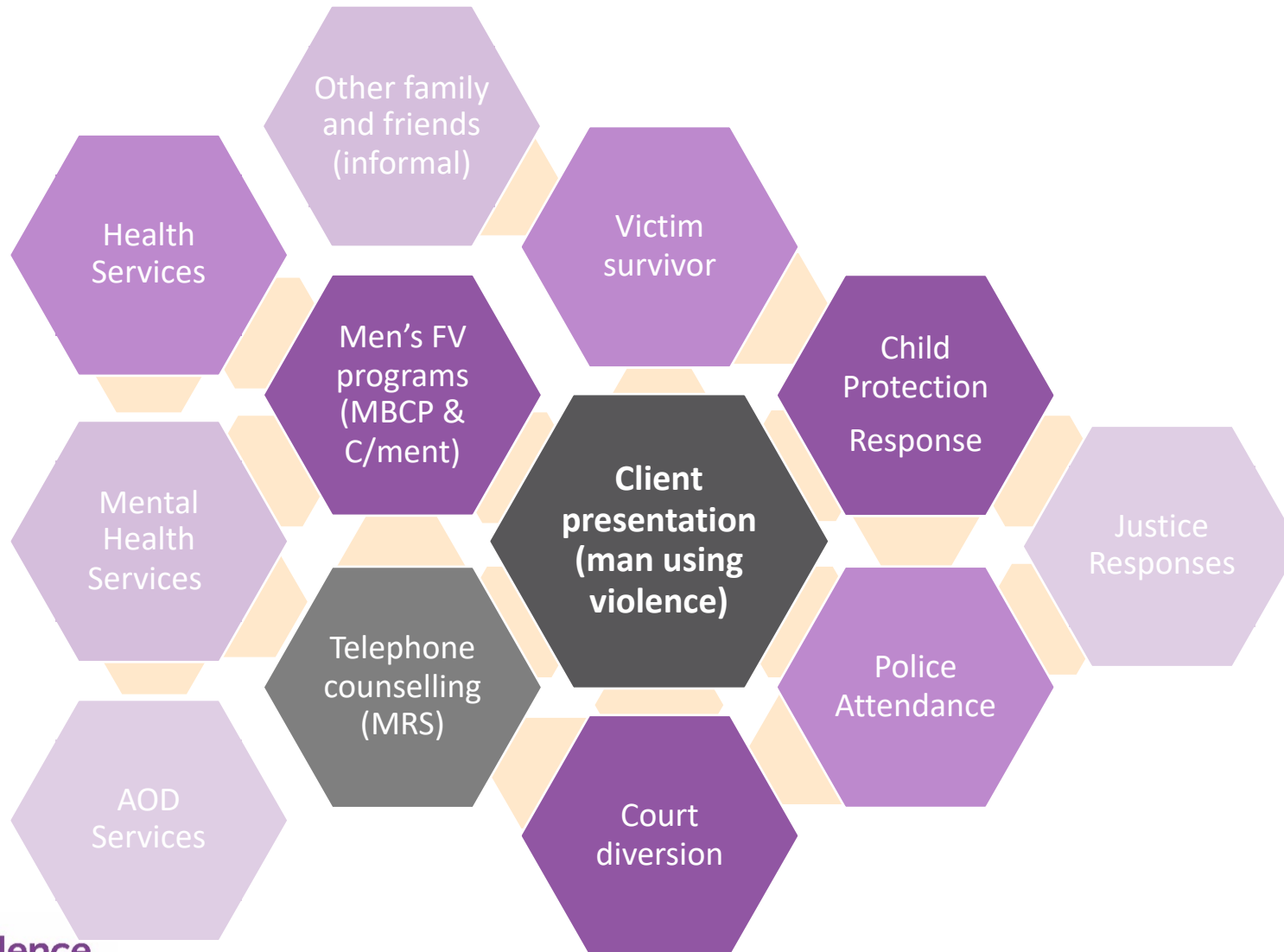
- Recognising different types of violence
- Responding appropriately to family violence cues
 - open up the conversation, name violence, consider safety
- Avoid collusion with violence supporting narratives
- Non-judgemental approach
- Providing appropriate referrals / safe plan
- Seeking secondary consultation / reporting concerns

MRS – Services and programs

- Inbound national telephone and online FV counselling services
- Outbound police referrals in VIC, NSW and TAS
- Brief Intervention Service (BIS)
- Men's Accommodation and Counselling Service (MACS)
- Family Advocacy and Support Service (FASS)
- Neighborhood Justice Centre (NJC)



MRS and the FV Sector



MRS counselling principles

- Respectful, non-judgmental engagement
- Curious and invitational approach
- Working with a gendered lens
- Non-collusionary and non-confrontational
- Create space for critical reflection
- Meeting a man “where they are at”



MRS counselling model

- Engage, contract, clarify
- Rapidly establish rapport
- Explore client narrative
- Conduct risk assessment
- Expand client outlook
- Safety planning and accountability
- Provide appropriate referrals



Exploring motivation to change

External

- Police / Courts
- Child Protection
- Criminal charges
- Mandates
- Other

Internal

- Improved Relationship
- Wellbeing of children
- Better sense of self
- Sense of happiness
- Family sense of safety



Strategies for non-violence

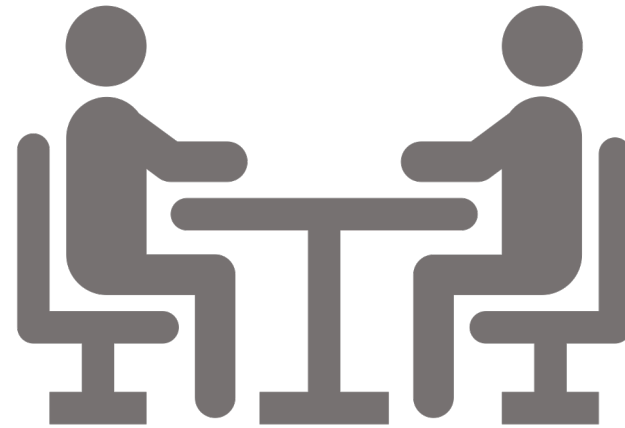
Non-violence strategies

- Emotional awareness
- Emotional regulation
- Anger iceberg
- Body signs tool
- Thought stacking tool
- Dangerous thinking tool
- Traffic light tool
- Safety and accountability tool



Common referral pathways

- Men's Behaviour Change Programs
 - (Including First nations, CALD and programs)
- Legal Aid & Mediation
- General Counselling
- Suicide Services
- Alcohol and Other Drugs
- Fathering/Parenting
- Housing (crisis)
- Financial Counselling



Referring to MRS

- National Openline 1300 766 491
- NTV website webchat sessions
- NTV website MBCP program lists
- MRS program referral forms online
- Secondary consultation



Questions

Support for men who use violence and abuse

Call: 1300 766 491

Men's Referral Service (MRS)

Who can contact the Men's Referral Service?

- **Men** who have used or continue to use abusive behaviours.
- **Family** members who are impacted by a man's use of abusive behaviours.
- **Friends**, family or colleagues of people who may be using or experiencing family violence.
- **Professionals** who support men in the Men's Family Violence Sector.

Brief Intervention Service (BIS)

BIS is a flexible, short term multi-session service for men who use family violence, which is designed to intervene at a point in time to address risk, provide referral options to assist men to get further support, and to be resourced as they begin the behaviour change journey.

Men's Accommodation and Counselling Service (MACS)

MACS is operated in partnership by No to Violence and The Salvation Army. It is for people who have used family or domestic violence and:

- need crisis accommodation.
- are interested in engaging in counselling support to address their behaviour.
- have been excluded from the home due to use of family and domestic violence.
- require specialist support during the COVID-19 pandemic and accompanying restrictions.

