



ADAPT

ACCREDITED DOMESTIC ABUSE PREVENTION TRAINING



DOMESTIC
ABUSE
PREVENTION
PARTNERSHIP

A partnership between



baseline

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Accredited Domestic Abuse Prevention Training

What is ADAPT?

Domestic Abuse Perpetrator Programmes have traditionally adopted a 'one size fits all' approach and have only been able to work with individuals who demonstrate sufficient levels of accountability and motivation to engage with, and benefit from, the process.

ADAPT offers a needs led intervention to perpetrators wishing to seek support within these areas or those who have been referred into ADAPT services from other agencies. It is a Rolling Programme (allowing clients to begin intervention at the start of any module, with the exception of Sexual Respect).

ADAPT is foremost a change programme and is founded on the following approaches and techniques:

- ❖ Cognitive Behaviour Therapy
- ❖ Strengths Based and Goal Focused
- ❖ Motivational Interviewing

ADAPT is **not an anger management programme**. The issue of domestic abuse and the use of power and control are referred to throughout the programme.

The ADAPT Process:



Dual Service:

Domestic Abuse Services Practitioners

Domestic Abuse Services Practitioners or key workers will be allocated to clients referred into ADAPT services. This key worker will be on hand to support clients through the process and offer support and advice as the individual progresses through intervention.

Clients are usually assessed and then complete interventions with their allocated key worker from the referral stage.

Mentors

Throughout the intervention process clients are able to access dedicated mentors who can support them through their time with The Hampton Trust.

Our mentoring service provides regular calls to all clients and can be accessed even after groups have completed and are contactable all year round.

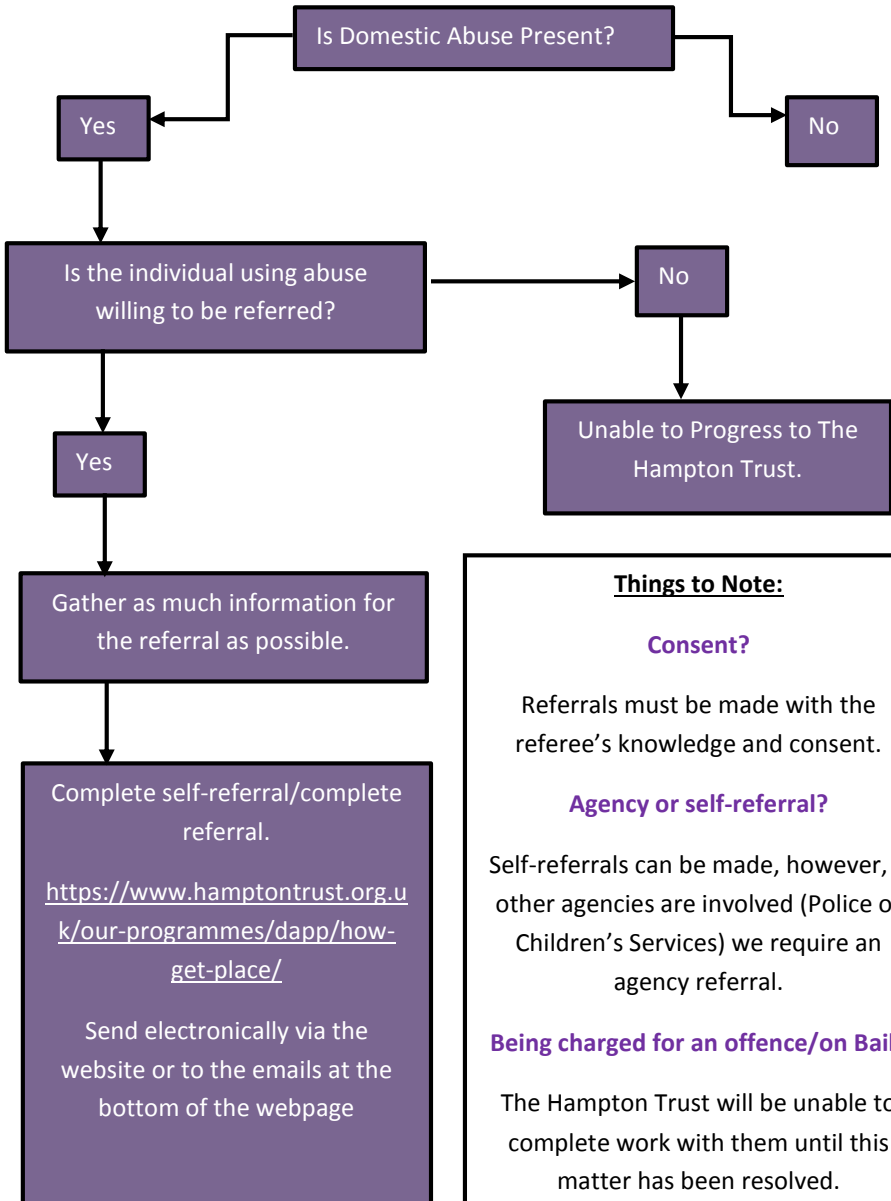
The Integrated victim/survivor safety service (DASA)

Running alongside the ADAPT intervention sits a confidential integrated victim/survivors safety service. Pro-active engagement is made with current and previous partners of all perpetrators accessing ADAPT. This enables all (ex) partners of clients attending ADAPT to explore signposting options, safety advice and gain emotional and practical support specific to their circumstances.

The Hampton Trust is Respect Accredited which ensures a holistic approach where the victim/survivor services are at the heart of practice and priority is given to risk management which compliments robust safeguarding measures that are outward facing, and sit within a wider community response.

Having a clear understanding of the dynamics of the relationship and the perpetrator's behaviours allows for more informed and accurate decision making. Engagement also allows for additional needs and resources to be identified for all clients undertaking ADAPT or victim/survivor safety work.

Referral process:



Testimonials:

“I hadn’t realised how out of order my behaviour was”

*“I was referred to the Hampton Trust and
they have been my saving grace”*

“It has changed my life”

“I hadn’t realised until I went through the modules, looked at my behaviours and considered the impacts of them – I was ruining my relationship”.

“I wish I had accessed this sooner; it has changed my life”.

“The facilitators were understanding and I didn’t feel judged at all, they listened. I could contact my key worker whenever I needed and they would always take the time”.



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For More Information:

Visit:

www.hamptontrust.org.uk

Make a Referral:

www.hamptontrust.org.uk/our-programmes/dapp/how-get-place/

Want to Chat? Call Programmes:

02380 009898

General Enquiries:

www.hamptontrust.org.uk/the-trust/contact-us/

