



Make a Change:

Centrecare's holistic approach
to engaging men in behaviour
change

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ACKNOWLEDGEMENT OF COUNTRY






ACKNOWLEDGEMENT OF LIVED EXPERIENCE



BACKGROUND

- Over 20 years facilitating traditional 24-week MBC program
 - Covid – 19 grant funding to fill a gap in services
 - 1st reiteration – case management and 1:1 prior to group
 - Currently running 2nd reiteration - new group and program structure
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MAKE A CHANGE – WHO & WHY

Client Cohort:

- Men 17 and over who choose to use family and domestic violence
- Men not suitable for participation in a standard 24-week group service
- Voluntary participation (no mandated or prison-based clients).

Program objectives:

- To stop the occurrence of family violence and the associated harm that it causes, by changing the attitudes and beliefs of men who use violence against women and children
- To provide a trauma informed service that recognises the intersectionality of gender, race, and disadvantage
- To provide a service that is flexible and able to meet the needs of those not able to engage in traditional weekly MBCP groups.
- Maintain program integrity that does not collude with perpetrators, reinforce gender stereotypes, or further traumatise victim-survivors

MAC PROGRAM STRUCTURE

Program spans six months of engagement and includes a mix of intervention, tailored to the individual

Assessment

Counselling

Case management

Group workshops

Individual education sessions

Partner Contact



GROUP FORMAT

- A total of 12 group workshops broken into three parts;
- Two-week gap between each part for individual counselling and consolidation;
- Ongoing case management


Part one: The Foundations

- *Session 1 – Emotions*
- *Session 2 – Thinking Patterns*
- *Session 3 – Respectful Communication*
- *Session 4 – Abuse Related Beliefs*


Part two: What is Family Domestic Violence and Abuse (FDVA)

- *Session 1 – Domestic Violence: What is it?*
- *Session 2 – Impact of FDVA*
- *Session 3 – Power and Control*
- *Session 4 – The Cycle of Violence*

Part three: Committing to make a change

- *Session 1 – Accepting responsibility and being accountable*
 - *Session 2 – Partner and Children Perspective (empathy)*
 - *Session 3 – Making a Commitment to Stop Violence*
 - *Session 4 – Reflections /Safety Planning/ Evaluation*
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LEARNINGS

- One size does not fit all
 - Stages of change - an individualised approach
 - Therapeutic relationships are key to long-term and meaningful engagement
 - Mid-group individual sessions - invaluable for accountability, consolidation, and assessment of need in ongoing intervention
 - Collaboration and information sharing is critical
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POSITIVE FEEDBACK

- Clients
- Referrers and stakeholders
- Staff
- Victim Survivors



WHAT'S NEXT?

- Evaluation report
- Continuous Improvement
- Future funding



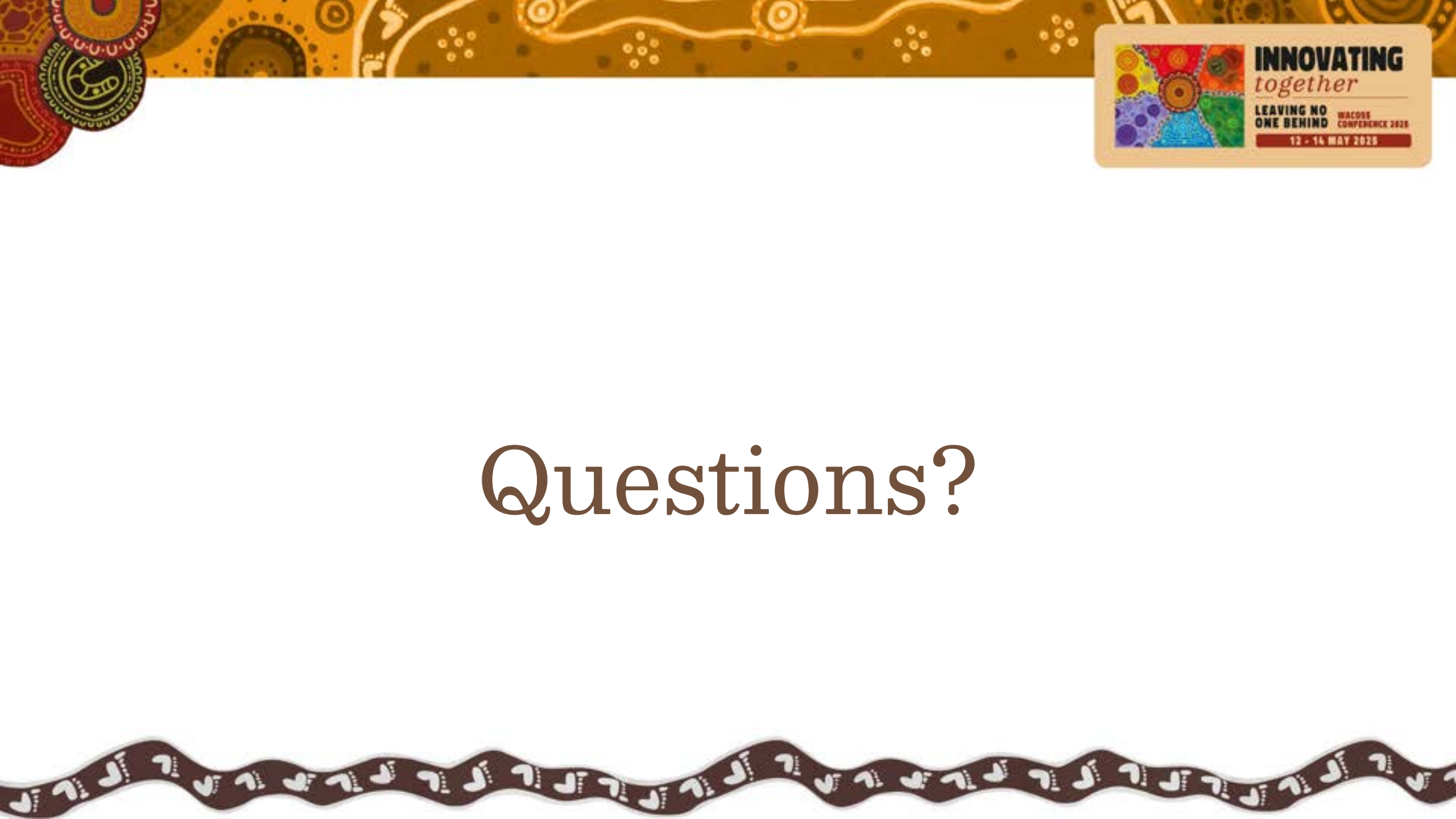
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Questions?