

WHAT IS A MEN'S BEHAVIOUR CHANGE PROGRAM?

CatholicCare NT provides support for men who use violence in their relationships because we believe that everybody should have the opportunity to change their behaviour.

By working with men who have used violence in their relationships, in a non-judgemental environment, the safety of women and children is increased, communities become safer and opportunities for better relationships are created.

"The Men's Behaviour Change Program is for men who have used violence in their intimate relationships who now wish to change that behavior"

We deliver in Darwin and provide modified services in Wadeye and the Tiwi Islands.

The MBCP engages a Women's Safety Worker who provides services to women and children who may be current or previous partners of the program participant.

Information shared between the Women's Safety Worker and MBCP facilitators is "one way" to ensure confidentiality and protect the safety of everyone involved, particularly women and children.

The safety of women and children is the focus and the primary goal of the program.



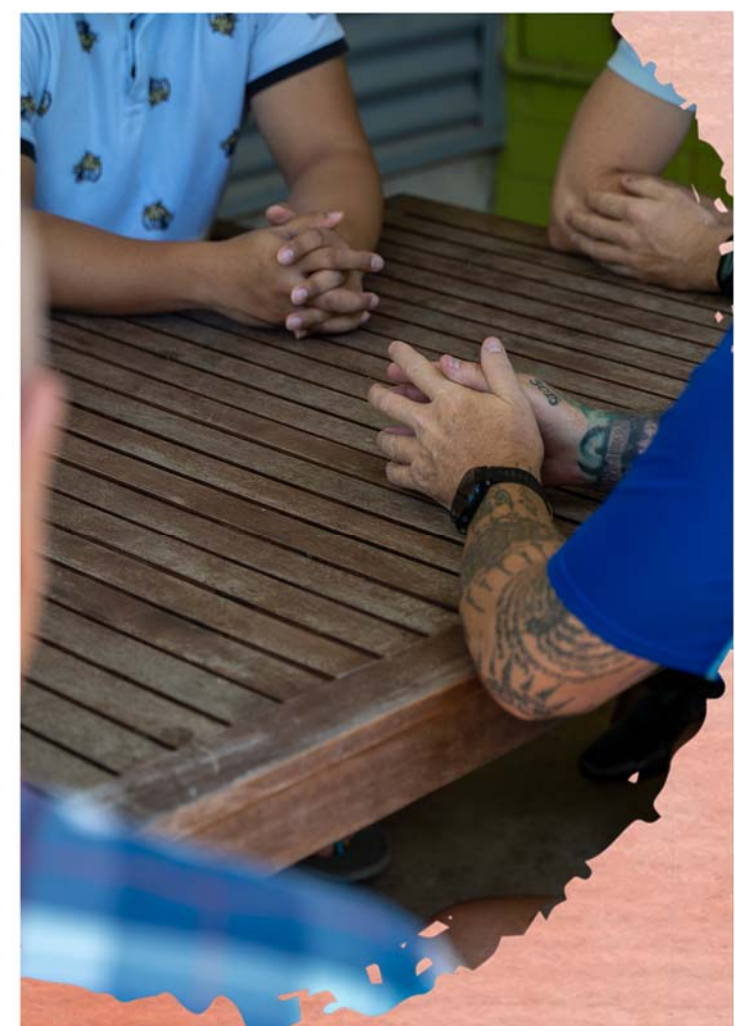
ASK YOURSELF ...

- ARE YOU angry and exploding at the people you care about the most?
- HAVE YOU put your partner down or called them names?
- HAS YOUR PARTNER ever said they feel controlled, threatened, or scared of you?
- ARE YOU concerned with how your behaviour may be impacting your kids?

If your answer is "Yes" to any of these questions, you might want to give us a call.

We can help you determine whether your behaviour is damaging your relationship and explore options for change.

"When we refer to violence this includes not only physical violence at all levels, but also conduct causing harm, damaging property, injuring pets, intimidating a partner, children or family and stalking. This may include similar abuse against older relatives and in some cases the wider family."



Men's Behaviour Change Program (MBCP)



CatholicCare NT

WHY SHOULD I REFER MYSELF OR SOMEONE I KNOW?

When men begin to acknowledge their violent behaviour and seek to change, the lives of others also change.

Our program guides men who use violence in their relationships to put their lives and relationships on a different track by equipping them to make different choices than they have in the past.

WHAT OUR PROGRAM DOES

- Helps men understand their destructive patterns
- Works with men to increase their awareness of the factors that influence their behavior.
- Helps men develop new behaviours to assist them to live a non-abusive and non-violent life.
- Provides case management to assist with day to day and long-term issues.
- Identifies barriers that might prevent men from seeking assistance such as drug use, dependence on medication or alcohol addiction
- Refers to other services.

HOW DO I REFER SOMEONE?

Simply call or email us on the contacts below.

Darwin
17 Hidden Valley Road, Berrimah NT 0820
PO Box 132, Berrimah NT 0820
t 8944 2000 | e mbcp@catholicarent.org.au

www.catholicarent.org.au



HOW THE PROGRAM WORKS

The MBCP is a 24 week groupwork program. Participants may be mandated by the courts, referred from another program or can contact us directly.

Input from MBCP facilitators is consistent, non-judgmental and the men are supported continuously throughout the program.

Potential participants have an initial assessment for suitability and then provided group work, case management, individual counselling and referrals to other services.

The Women's Safety Worker provides case management, support, information, referrals, safety planning for women and children connected with the participant.

The MBCP closely monitors the changes made by the men.

Our program is flexible and practical which ensures that each unique situation is dealt with appropriately to get the best outcomes for all involved.

GROUPWORK

Our MBCP is conducted through groupwork with up to 12 men and two facilitators.

There are 24, 90 minute modules delivered weekly, with entry points every two or three weeks, so participants can join virtually any time.

The group work helps participants understand barriers to change including substances misuse, anxiety, stress and mood. We teach them about:

- Emotion regulation skills
- Cognitive skills
- Behavioural skills
- Parenting in relation to family and domestic violence

Groups are held at our Berrimah office both during working hours and after hours to cater for individual needs.

Our Wadeye and Tiwi programs are modified to suit the community setting.

Men are supported to maximise attendance, but if they have to leave for genuine reasons they are able to return to the program later.

All levels of literacy are catered for and the program is structured so that elements of the content can be repeated if required.

Every man is treated with consideration and valued for their participation in a positive, empowering environment.



MEN'S BEHAVIOUR CHANGE PROGRAM OUR COVID-19 RESPONSE

We continue to provide our Men's Behaviour Change Program and take referrals using a variety of non-contact technologies.

Our groups are meeting using telephone conference facilities and closed facebook groups.

Assessment for new referrals are being done via telephone or Zoom

Participants are supported with increased Case Management to assist in addressing the unique issues arising at this time.

Our Women's Support Worker continues to provide invaluable services to the women and children associated with the participants.

During this period of limited face to face contact, her services are limited to telephone contact and making referrals.

Contact us on 1800 899 855 or email mbcp@catholiccarent.org.au to refer yourself or others, or get further information.