



THE STEFANOUC FOUNDATION

The Stefanou Foundation

Healthy Relationships: Healthy Baby Programme

Bringing an end to domestic abuse, overcoming trauma and giving babies the best start in life

Judith Rees, Director HRHB programme



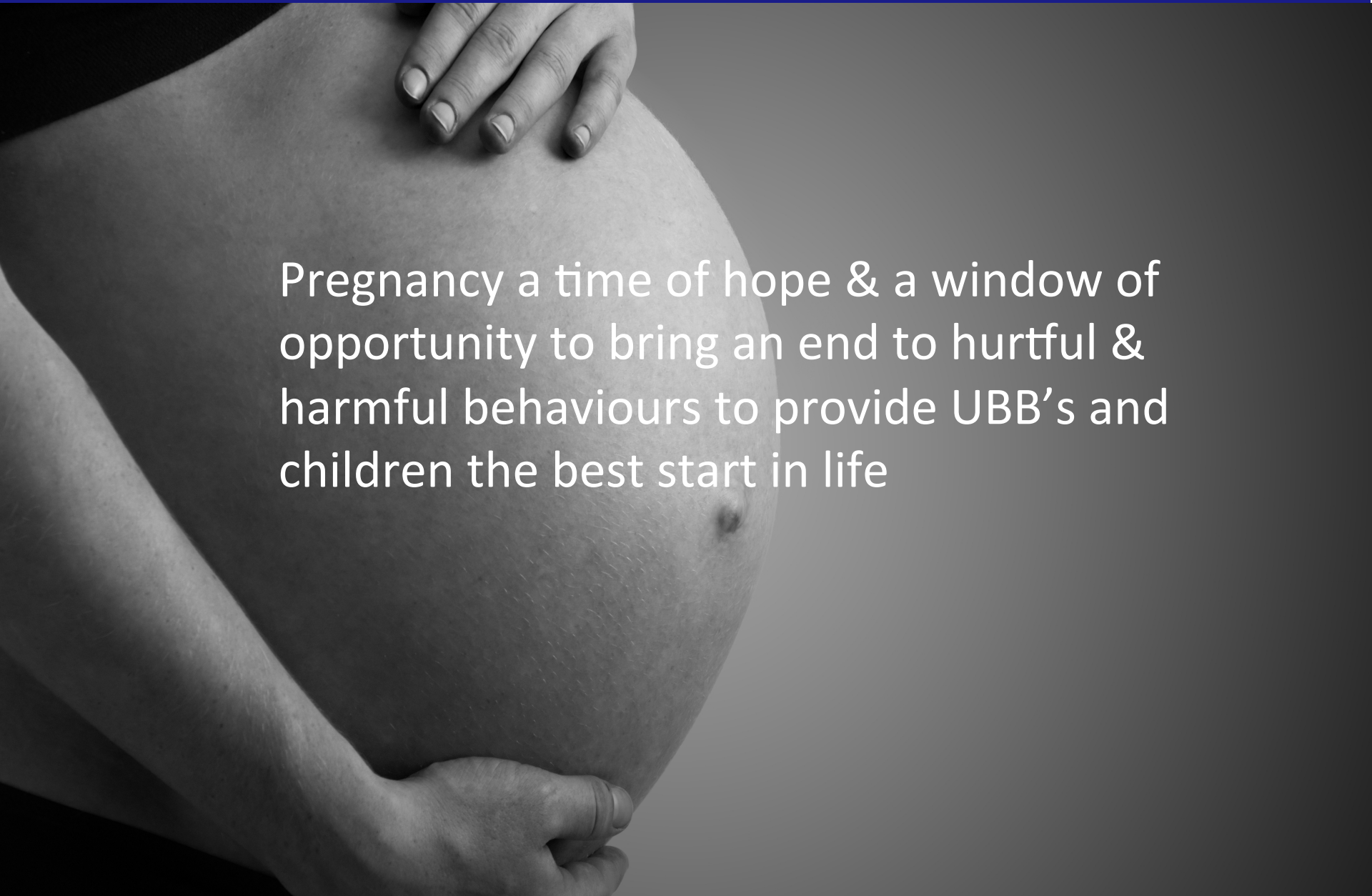
The Stefanou Foundation

- Philanthropically established by Stelio Stefanou
- Priority to promote wellbeing of very young and the very old, suffering or at risk, unable to tell
- Catalytic philanthropy – work with partners to address the root cause of complex challenges and disrupt cycles of disadvantage, trauma and poor outcomes – for individuals and across generations

Breaking the cycle

- Domestic Abuse Jeopardises the Health of our Nations Children and Blights 1000 of lives
- HRHB gives a long term sustainable change programme for all family members which is
- Attachment & Relationship based
- Trauma Informed

Why do we need to find families earlier?

A black and white photograph of a pregnant woman's belly. Her hands are resting on her abdomen, one near the top and one near the bottom. The background is a dark gradient.

Pregnancy a time of hope & a window of opportunity to bring an end to hurtful & harmful behaviours to provide UBB's and children the best start in life

The Stefanou Foundation

- Around one in five children in the UK experiences domestic abuse during their childhood and this can have a profound impact on the rest of their lives.
- Research has shown that exposure to domestic abuse in the critical first 1001 days of life, from conception to the age of two, is especially damaging for babies as they develop.
- Scientists have identified early attachment, starting when babies are in the womb, as the foundation upon which future childhood, adolescent and adult relationships are formed.
- Domestic abuse can undermine parents' ability to provide the consistent, sensitive and responsive caregiving that babies and young children need, especially where the parents did not receive it themselves when they were children.

Radford et al (2011) Child abuse and neglect in the UK today. London: NSPCC.

Guy, Feinstein and Griffiths (2014) Early intervention in domestic violence and abuse. London: Early Intervention Foundation.

Why trauma-informed?

- Women's experiences of trauma: childhood trauma, primary experience of domestic abuse and secondary victimisation all impact on mental health

Dr Roxane Agnew-Davies

- Those with 4 or more Adverse Childhood Experiences (ACEs) are 8 times more likely to have been a victim of violence in past yr, or incarcerated, or 10 times more likely to have been a perpetrator of violence in past yr

Prof Mark Bellis

Adverse Childhood Experiences in co-parents' childhoods – active cases

For the purposes of this we have used the below as Adverse Childhood

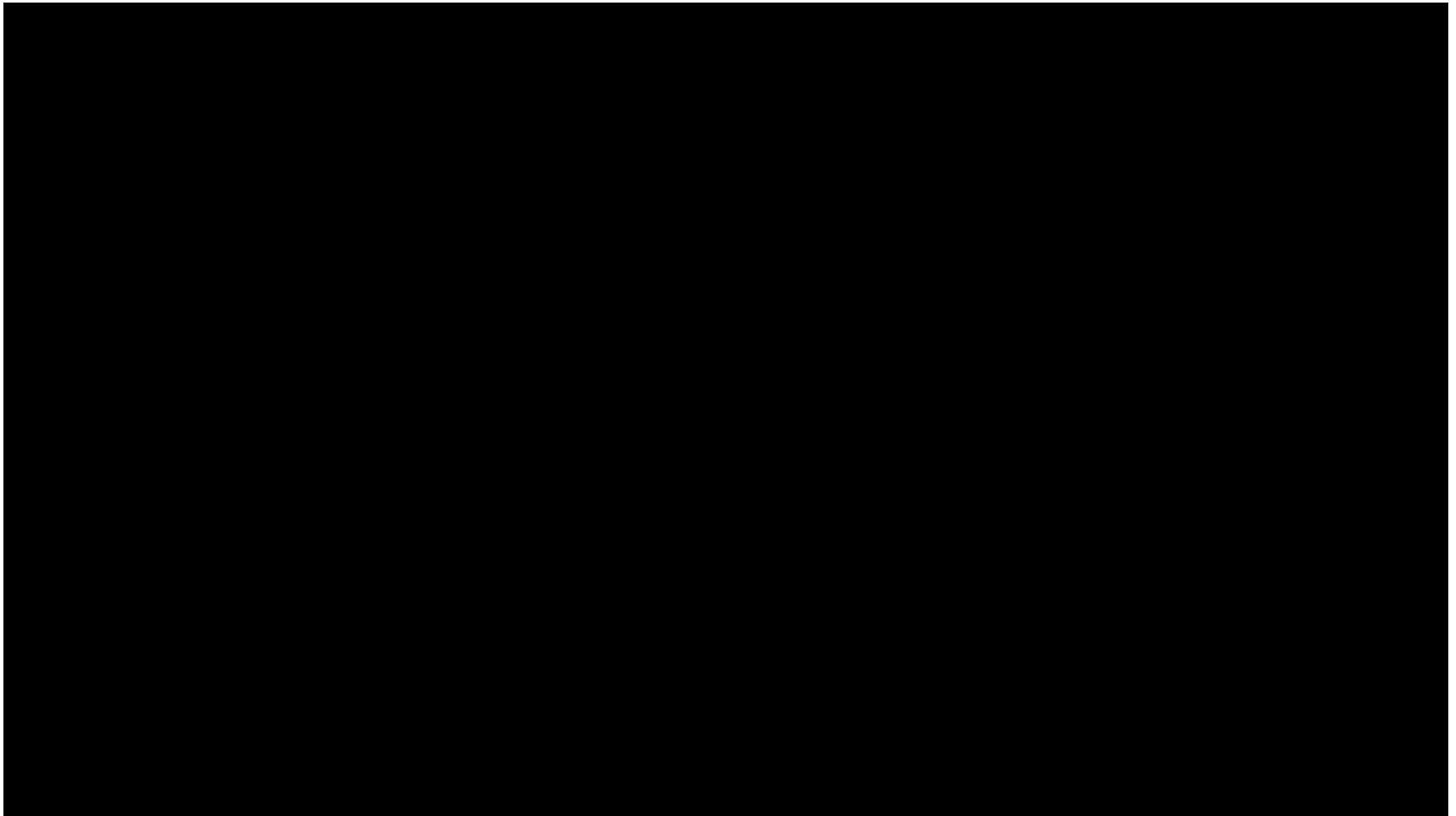
Experiences:

Verbal Abuse	Physical Abuse	Sexual Abuse	Parental Separation	Domestic Violence	Mental Illness	Alcohol Abuse	Drug Abuse	Incarceration	Childhood Bereavement	Chronic/serious illness of close relative	Foster Care/ Social Services involvement
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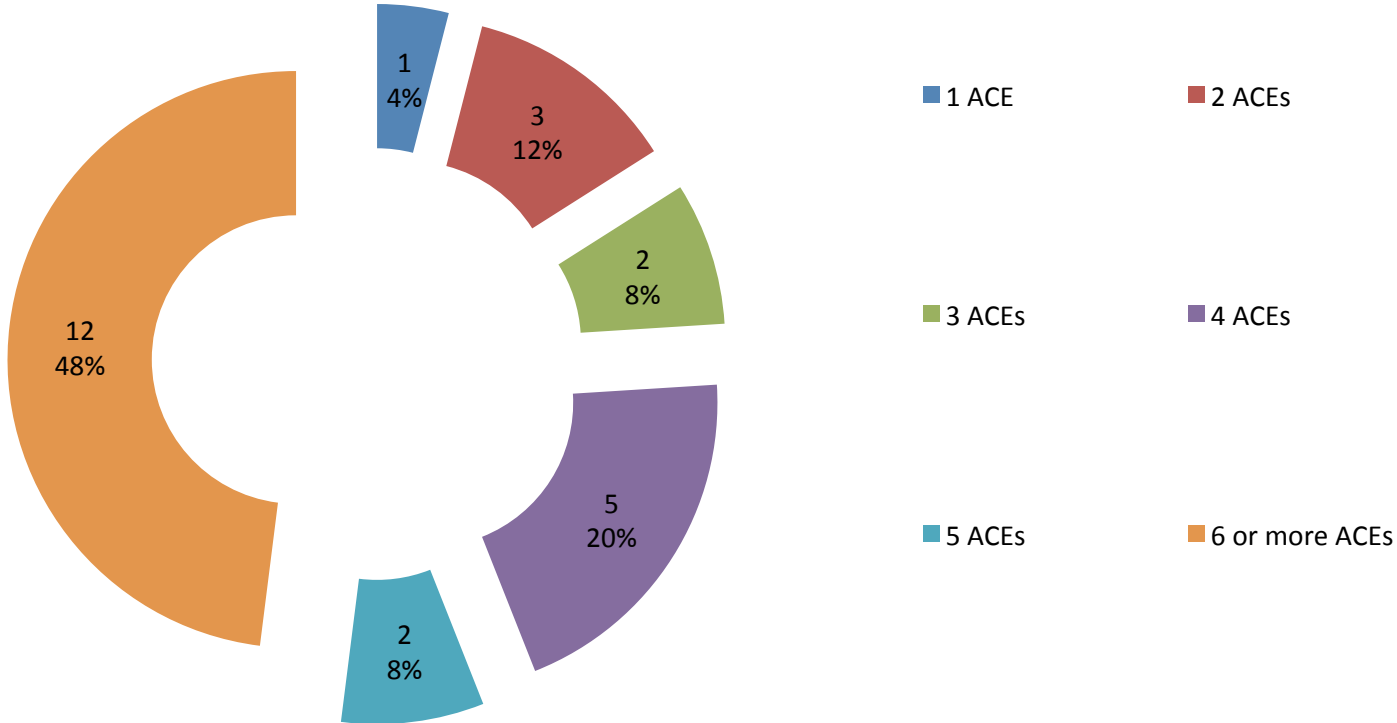


Stevenage: 17/28 active co-parents experienced Domestic Violence in their childhood households
Westminster: 12/20 active co-parents experienced Domestic Violence in their childhood households.

ACEs - <http://www.aces.me.uk/in-england/>



HRHB male co-parents



Improving outcomes for children

- strengthen the mother/ father-child relationship
- increase the self-esteem of the mothers/fathers and children
- help the mothers/fathers and children to deal with their emotions
- increase the mothers'/fathers confidence in their parenting abilities.

Why (and how to) work with perpetrators?

Prof. Johnson's Typology of domestic violence

- Intimate Partner Terrorism (Violent Coercive Control) vs Violent Resistance vs Situational Couple Violence
- Positive that emotionally dependent perpetrators of Intimate Partner Terrorism can change, with the right support
- Need help to overcome their emotional dependency, often stemming from insecure / disorganised attachment and traumatic early childhood


Treat a man as he appears to be, and you make him worse. But treat a man as if he were what he potentially could be, and you make him what he should be.

(Goethe)

It is easier to build strong children
than to repair broken men.

Frederick Douglass



Photo by Manfred Antranias Zimmer
 Symphony of Love

When I grow up...



Who is HRHB for?

- Expectant parents, ideally before week 28 of pregnancy
- Dad is primary perpetrator of domestic abuse against mum
- Both parents committed to 'co-parenting' whether or not they stay together as a couple
- Both parents need to join HRHB
- We can work with families who already have children
- Both parents will be aged 17 or older when baby is born

Who is HRHB for?

- Mothers: Are you feeling frightened, depressed or anxious because of aspects of your relationship with your co-parent?
- Fathers: Are you worried that your behaviour is scaring or harming your family? Do you scare yourself sometimes?
- Both: Did you have a difficult childhood that you want help to overcome?
- Both: Do you want help to be the best parent that you can be?

What we don't do

Judge



Shame

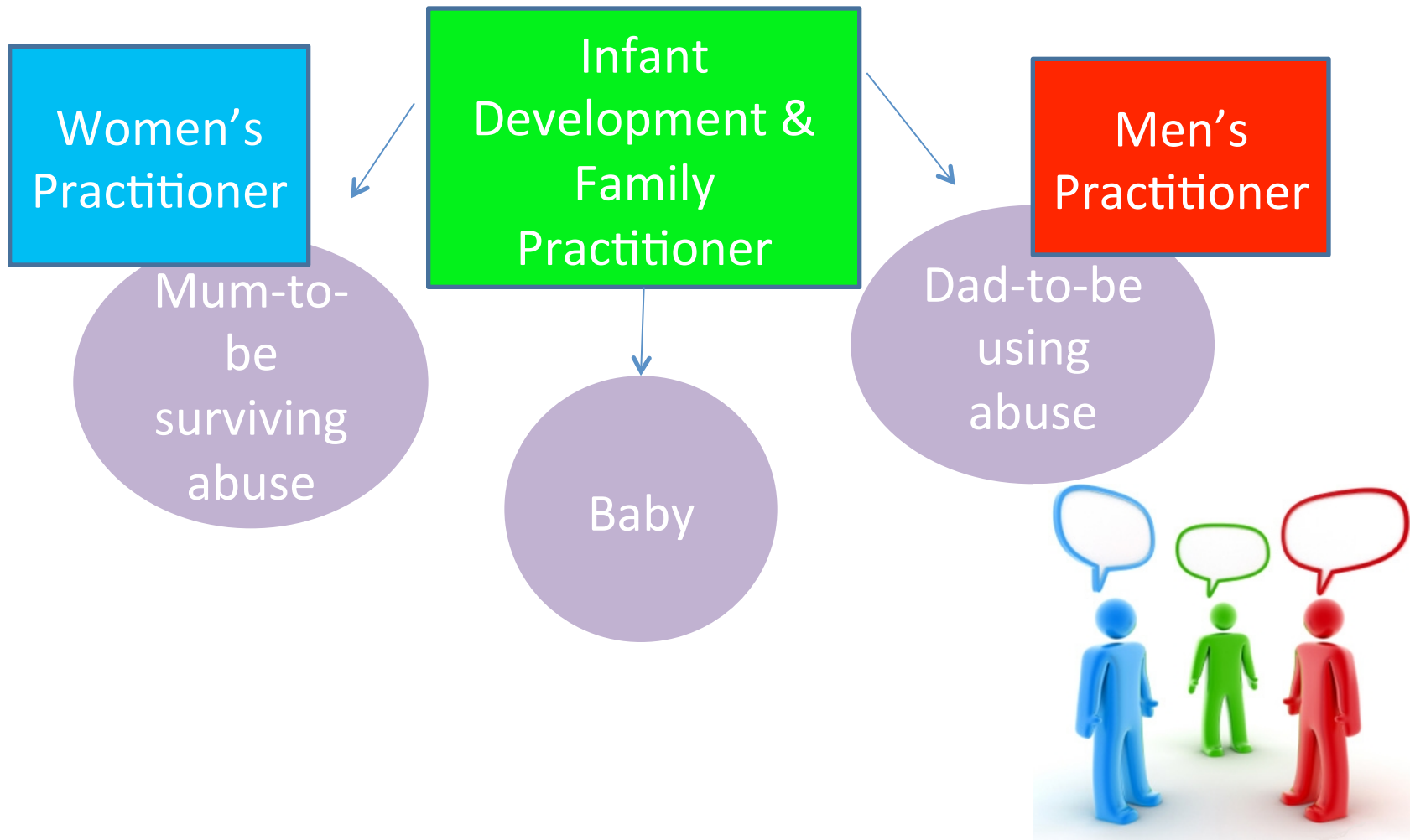
Collude

Working safely with families

- Trauma-informed, with the highest standards of adult and child safeguarding
- Robust restorative, safeguarding and clinical supervision for staff
- Assessing static and dynamic risks and needs
- Contributing to and never bypassing statutory procedures



Information sharing and Risk management within the Team



How HRHB looks in practice

Multi-agency information sharing and risk management

 IDVA and MARAC

 Children's Services

 Health

 Police &

 Probation



Where's the Baby?

1. Introductions & Babies

Remember

2. Baby Brain Development

3. How Babies Communicate

4. Attachment

5. Getting it all Together



Working with the women-Opening Doors

- Continue to promote safety
- Reduce stress during pregnancy
- Give her choices and be client-led
- Pace work in manageable chunks



Building blocks

- Safety planning
- Container visualisation
- Progressive muscle relaxation
- Planning relaxing activities
- Listening to body signals
- Mindfulness
- Challenging stressful thoughts
- Positive self-talk
- Processing emotions



How HRHB works with father's

- Work motivationally to increase initial perpetrator engagement
- Holding perpetrators accountable for their behaviour
- Analysing violent incidents
- Sexual respect
- Safeguarding

Basic Tools

One to One work - Topics Include:

- Gender and masculinity
- Physical and cognitive anger signals
- Coping with negative thinking
- Owning vulnerable feelings
- Consequential thinking
- Domestic abuse as a parenting choice
- Mindfulness



Basic Tools

SESSION 1 – BOY CODE CHECK-IN:

- HOW DOES IT FEEL TO BE HERE?
- ANY CONCERNS or RECENT INCIDENTS?
- INTRO TO MASCULINITY AND ITS' INFLUENCES

FLIPCHART:

- WHAT MESSAGES ABOUT BEING MALE DO WE GET WHEN WE ARE PRIMARY SCHOOL AGE BOYS?
- WHAT MESSAGES DO WE GET WHEN WE ARE YOUTHS?
- A MAN SLEEPS WITH LOTS OF WOMEN AND HE IS.....
- A WOMAN SLEEPS WITH LOTS OF MEN AND SHE IS.....
- WHERE DO THESE BELIEFS COME FROM?
- TONY PORTER – A CALL TO MEN VIGNETTE:

GIG:

- DISCUSS TODAY'S SESSION WITH ANOTHER MAN. TRY TO BE AWARE OF HOW IT FEELS – MAYBE TRY IT WITH A MALE FRIEND/COLLEAGUE/RELATIVE?

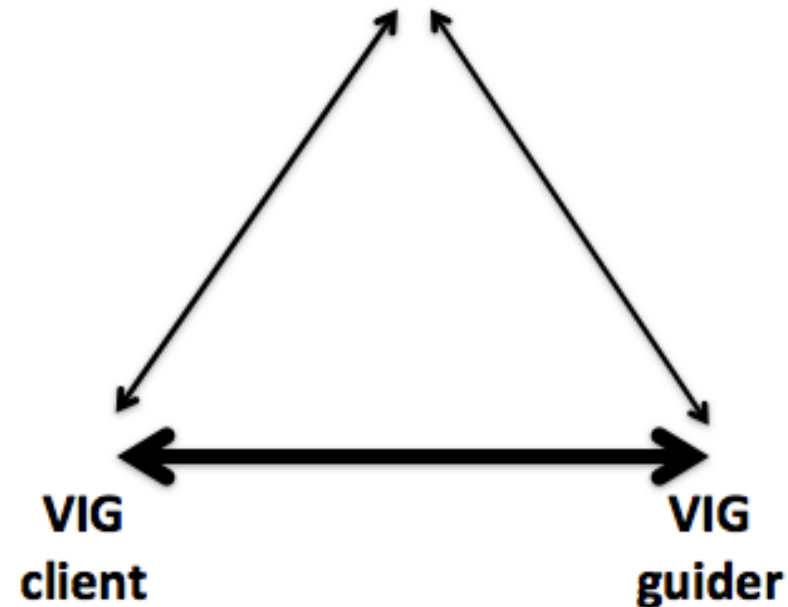
Using VIG in HRHB

Why does VIG work?

Sharing moments of attunement
while experiencing attuned dialogue
Encourages sensitivity to child
And opens the client to start thinking
about themselves, their child,
Their relationship and the possibilities
for change
(enhances Reflective function
and mind-mindedness)



VIG video



HEALTHY RELATIONSHIPS: HEALTHY BABY

Breaking the cycle of domestic abuse; giving babies the best start in life

VIG INTERVENTION IN HR:HB

Judith Rees; Becca Butterworth; Sally Teasdale



Who we are

The Stefanou Foundation was established by Stelio Stefanou in 2007. The Foundation is using its own model of catalytic philanthropy, working in partnership with existing agencies to address the root causes of complex challenges. The work aims to disrupt cycles of disadvantage, trauma and poor outcomes for individuals and families and across generations.

What is HR:HB

The Healthy Relationships: Healthy Baby programme works in a synchronised way with the expectant mother and father as co-parents, whether or not they are a couple, from pregnancy until their baby is two. The programme aims to break the cycle of domestic abuse and create the conditions for change & resilience, in order to give babies the best start in life, by providing the stability, support and nurturing conditions to allow the baby to flourish.

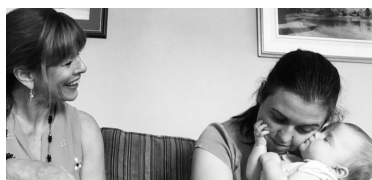
The strengths-based programme uses a unique, three-way approach, delivered by practitioners working closely together to manage risks within each family member's journey. HR:HB helps both parents to make lasting changes in their behaviours and overcome the impact of trauma, shame and painful experiences in their own childhood. It also equips both parents to support the mental health and emotional development of their baby.

How we deliver VIG in HR:HB

- Delivered by HR:HB Infant Development & Family Practitioners
- Working with both co-parent's - consistent approach
- Three cycles carried out with most parents
- Starting early in post-natal period, and where possible in the ante-natal period
- Follows New Born Baby Observation (NBO)
- Followed by the HR:HB Inner Child module

The Impact Of VIG in HR:HB

- Builds confidence
- Improves self-esteem
- Promotes bonding and sensitive parenting
- Reduces anxiety
- Helps to create cognitive dissonance
- Confronts fear of nurturing baby especially with fathers
- Reveals and explores Angels and Ghosts in the nursery



Data

- Over 50% of HR:HB parents have 4 or more Adverse Childhood Experiences (ACEs)
- 69% of HR:HB babies are known to social care at referral
- Over 50% of HR:HB parents report anxiety or depression at the start of the programme

Parents' Feedback

- "I felt like I was babysitting my baby but now I feel like a mum"
- "My baby's not scared of me!"
- "My baby trusts me, she smiles at me now even when she's with her mum"
- "I have really slowed down and am now enjoying and noticing my baby's development"
- "It's amazing, I never knew my baby could copy me!"

Evaluation

HR:HB is currently being evaluated by independent research commissioned from King's College London.

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Inner Child Module



Early signs of impact

- Feedback received from HRHB service users so far, and from those working in local services, gives us promising signs of the changes taking place for the men and women engaged in the programme:
- Mothers being supported to bond and form a secure attachment with their baby *'I felt like I was babysitting my baby – now I feel like a mum'*
- Men making changes in long-established behaviour patterns *'I'm happy and proud – I can't believe I reacted that way [to being disrespected by another man], I've never stopped myself before from following through with a punch'*

Early signs of impact

- Better outcomes for a mother and her baby ... *'My baby and I are drug-free and I'm keeping my baby. I could never have done this without HRHB'*
- The benefit of building a positive and long-term relationship between HRHB and service users *'HRHB is so different to any other service. I know they are not going to disappear when they think I'm 'fixed'. I have just felt abandoned too soon in the past and the changes I made did not last'*

Evaluation of HRHB

- Key research questions:
 - Does the programme operate as expected?
 - Nature of the families and individuals engaged
 - HRHB staff capacity and skills
 - Balance and content of programme
 - Integration of the teams
- A rare chance to learn about:
 - all family members - and family dynamics
 - Which parts of the programme are most effective for which individuals and families

HRHB- breaking the cycle for UBB

A better chance of being

- Born without their body flooded with stress hormones
- A mind that can sleep
- A mind that can develop and grow - free to explore & learn
- Parents that are attuned to their needs
- A toddlerhood being confident and empathic
- A teenager free from crime and substance misuse with good mental health
- An adulthood in employment and an ability to be connected to their community