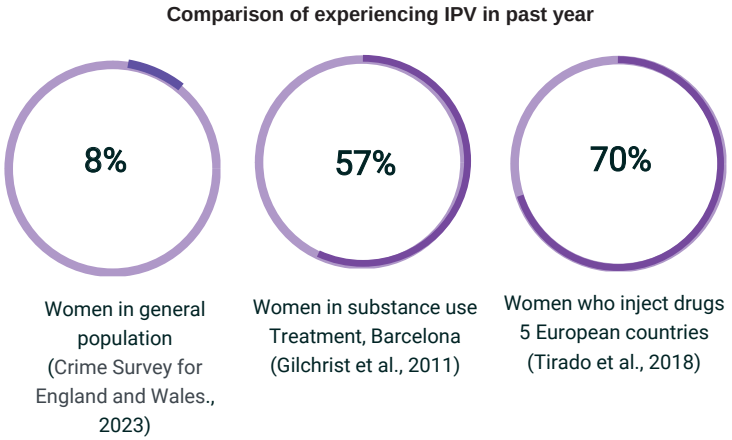
Reduce Intimate Partner Violence (IPV) Using The ADVANCE-D Programme

Gail Gilchrist
Professor in Addictions Healthcare Research
King's College London
Gail.Gilchrist@kcl.ac.uk

Liz Gilchrist
Professor in Psychological Therapies
University of Edinburgh
Liz.Gilchrist@ed.ac.uk

The need for targeted interventions to reduce intimate partner abuse perpetration among men who use alcohol and/or drugs

Prevalence and impact of experiencing IPV



Women in general population (Crime Survey for England and Wales., 2023)

Women in substance use Treatment, Barcelona (Gilchrist et al., 2011)

Women who inject drugs 5 European countries (Tirado et al., 2018)

Substance use, especially abuse and dependence strongly associated with IPV perpetration

4 in 10 men in substance use treatment had perpetrated IPV in past year

Men with substance use disorders 8 times more likely to be arrested for IPV

Men who use substances are most likely to drop out of perpetrator programmes and to reoffend

Lack of appropriate referral pathways

Delivering tailored perpetrator interventions to meet the needs of perpetrators with substance use problems could improve outcomes and reduce reoffending

Models explaining the relationship between IPV perpetration and substance use

Proximal effects model Substance use is directly linked to IPV due to its psychopharmacological effects, alcohol-related expectancies, impaired information processing and poorer interpretation of social cues

Indirect effects model Substance use has an indirect role in IPV as it may cause conflict and dissatisfaction in a relationship leading to events (e.g. arguments and fights) that precipitate IPV

Spurious model Substance use and IPV occur together but are related via a third variable that influences both IPV and alcohol use (e.g. younger age, deprivation, maltreatment in childhood)

Multiple thresholds model Role of substance use in IPV differs according to the balance of instigating/impelling factors (e.g. high anger arousal and antisocial traits) and inhibiting factors (e.g. empathy and self-regulation)

Substance use rarely the only explanation for abuse

'things started getting physical… he just started getting really controlling… if he didn't like what I did, he would hit me [resulting in] black eyes, bruises and stuff… I think **he had been drinking the night before because he'd been on cocaine and so he got paranoid, saying that I'd been seeing people** and he just started hitting me'

'she has constant contact with one of her ex-boyfriends… **If I have had a drink and he texts her, I fly off the handle and I start punching doors**

'when she goes out to the pub and that and she says she's going with her family, **I used to go there, see if there's family there. When I see it's not family, I'd go in the pub and drag her out of the pub, give her a smack, throw her in the f**king car and take her home**, you know what I mean'

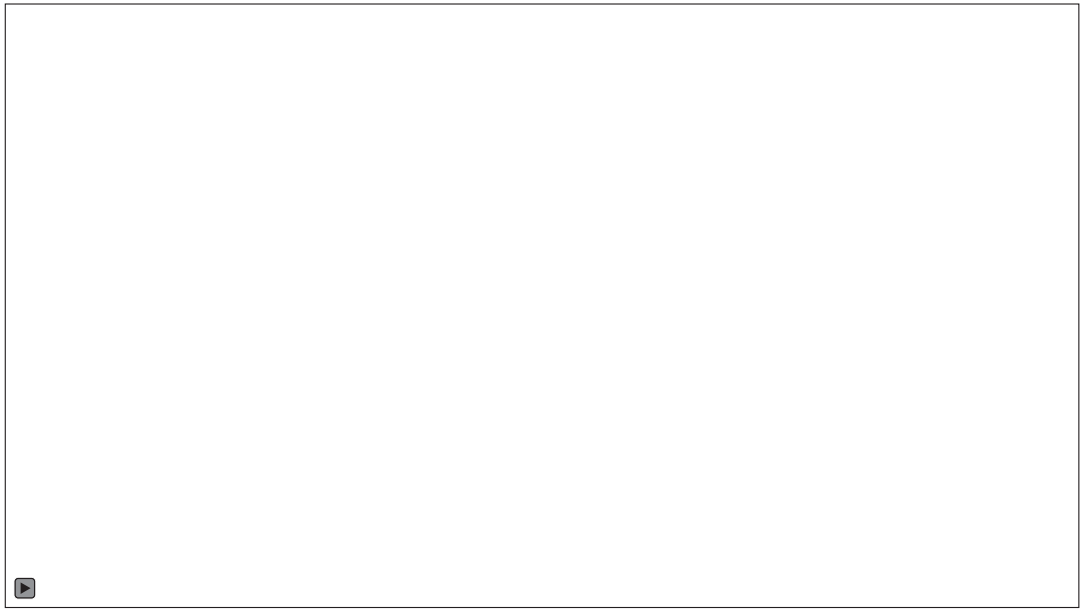
Difficult to separate the effects of intoxication from controlling behaviour where perceived improprieties on the part of the female partner justified physical violence

My wife was out with the four kids, from ten to eleven at night, **and I'd had a drink, not a lot but I'd had a drink**, and I was laid on the settee. They came in and my eldest son says to me, **"We've been to a pub . . ." and I just (signalling that he flipped with his hands) .** . . We had an argument, I didn't slap her slap her, I just went (actions brushing her away), "Fuck off," . . . and pushed her away . . . I'm going to bed." So, I went in to get my baccy (tobacco) tin out, walked through—the rug was there**. I tripped over the rug and fell on her, and I headbutted her.** Then she told me to leave. So I left, but I was the one who phoned the police (Lucas, tx for alcohol)

. . . you could tell he was intoxicated. He went to bed, he came back down 10 minutes later, **started shouting again**, came and said, "Please go to bed, leave it and we'll talk about it tomorrow." **He headbutted me and slapped me across the face.** (Bianca, no drug use)

We would be grateful if you do not record these copyrighted ADVANCE-D videos

Warning these videos include acts of intimate partner violence which some people may find distressing



The ADVANCE-D Programme

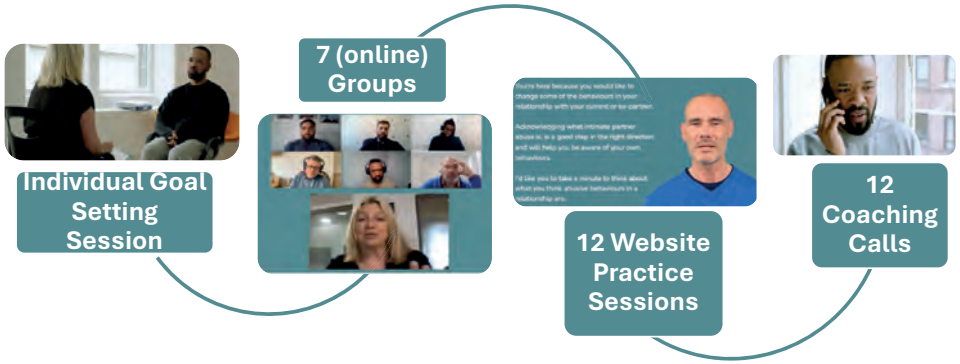
The ADVANCE Programme©™ (Gilchrist et al., 2021)

PERSONAL GOAL PLANNING (what I want?)			
SELF REGULATION (how do I achieve this?)			
Understanding my thinking		Changing my behaviour	Managing distress better
THINKING		**BEHAVIOURS**	**FEELINGS**
CAPABILITY (skills/understanding)		OPPORTUNITY (try it out)	MOTIVATION (why should I?)
HOW DOES SUBSTANCE USE AFFECT ME?			
INTOXICATION	CRAVING/ WITHDRAWAL	ACQUIRING SUBSTANCES	LIFESTYLE
INTEGRATED SUPPORT FOR (EX)-PARTNER			

Flexible delivery model

ADVANCE is a **targeted** perpetrator programme for men with substance use problems, **usually excluded from domestic abuse perpetrator programmes** due to their substance use

ADVANCE-Digital (ADVANCE-D) Programme©™ (Gilchrist et al., 2024)



Integrated support for (ex)-partner

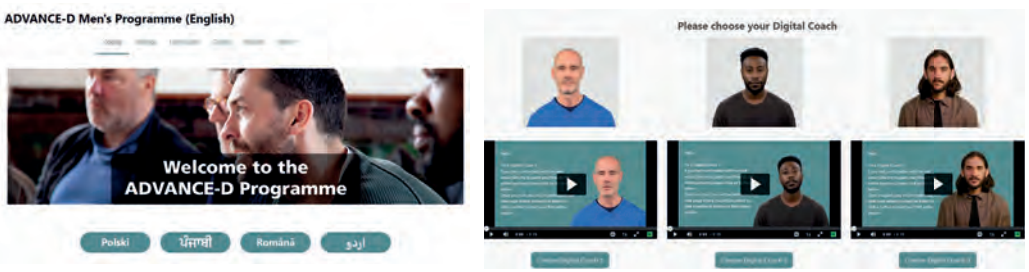
33 sessions over 16 weeks + booster at 20 weeks

PROGRAMME ADVANCE

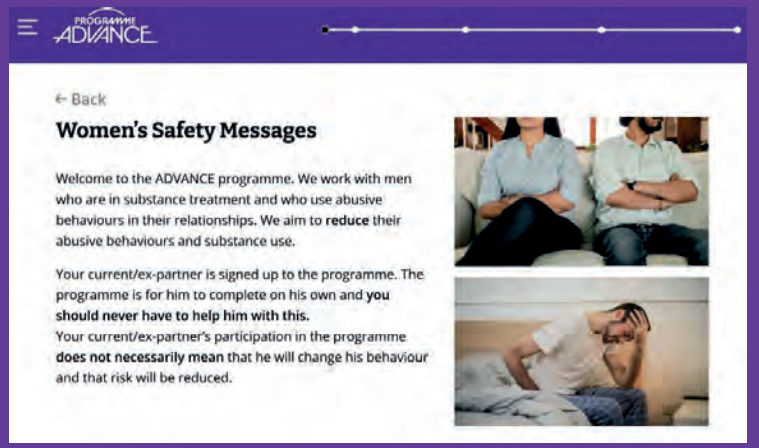
Overview of Sessions

(Video) Group session title	Website Session Title
Welcome to ADVANCE-D	
1. Understanding abuse	1. Introduction
	2. Understanding my substance use and my behaviour
2. Handling difficult situations	3. Being a man
	4. Impact of intimate partner abuse
3. Difficulties in families	5. Children and parenting
	6. Relating well
4. Times of distress	7. Improving communication
	8. Dealing with distress
5. Relating well	9. Planning to be better
	10. Positive relationships
6. Doing it differently	11. New future, people's plans, positive activities
	12. What I have learned
Booster Session	

ADVANCE-Digital (ADVANCE-D) Programme (Gilchrist et al., 2024)



Supporting men's current or ex-partners



Enhanced risk assessment/ Case management

Process of risk assessment & management

IPV risk assessment

- Process of characterizing the risk for IPV posed by a person

Identify and target relevant risk factors

- Nature of risk, perpetrator characteristics & Victim Vulnerabilities

IPV risk management

- Process of mitigating the risk for IPV posed by a person

Specify management strategies and tactics

- Monitor, Supervision, Treatment, Safety Planning

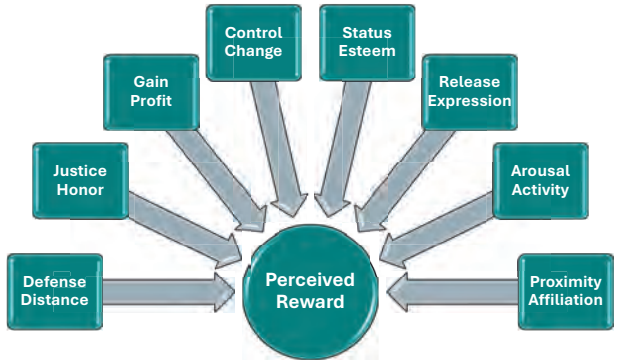
Motivators

Which factors organized or distorted the person's thought processes in a way that made violence seem like an appropriate response?

Which factors put thoughts of violence into the person's head?

Which factors increased the person's perceived gains or benefits of violence?

What was the person be trying to accomplish by acting violently?



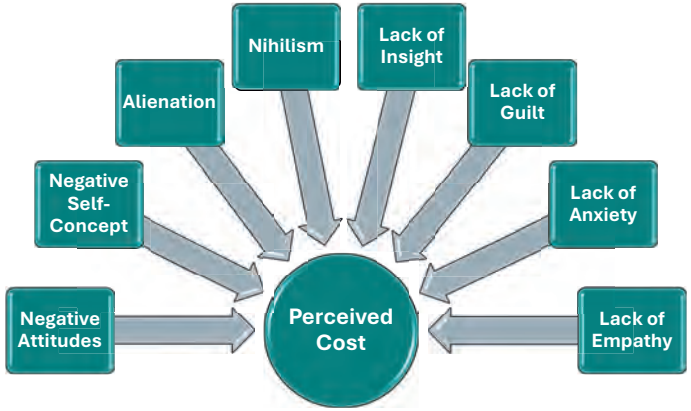
Disinhibitors

Which factors organized or distorted the person's thought processes in a way that overcame normal inhibitions against violence?

Which factors made it difficult for the person to self-censor thoughts of violence?

Which factors decreased the person's perceived costs or negative consequences of violence?

Which factors led the person to justify or excuse violence?

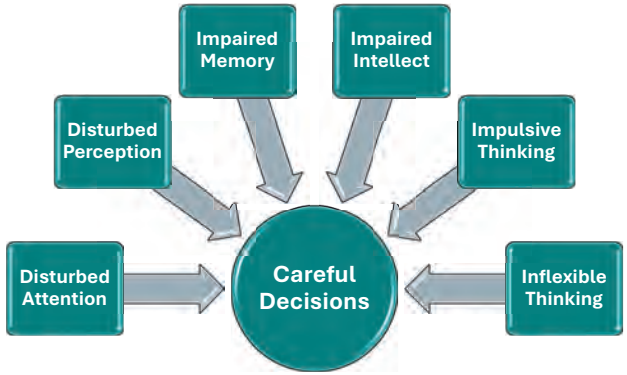


Destabilizers

Which factors disorganized or impaired the person's general thought processes in a way that made it difficult to think logically or systematically about violence?

Which factors disturbed or disrupted the person's basic cognitive functions?

Which factors prevented the person from properly considering alternatives to violence or the consequences of violence?



Evaluation of ADVANCE-Digital Programme

Feasibility study of ADVANCE-D

40 men in substance use treatment → 25 followed-up at end of programme (16 weeks)

21 current or ex-female partners → 11 followed-up at end of programme (16 weeks)

Abusive Behaviour Inventory

Process evaluation

Qualitative interviews

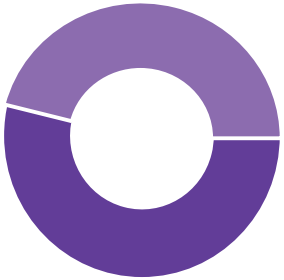
ADVANCE-D Engagement and Outcomes: Women

62% of current or ex-partners of men in ADVANCE-D received support

experienced abusive behaviours

Reduced 73%

experienced controlling behaviours

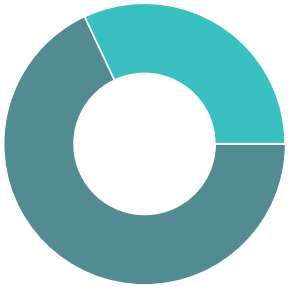


Reduced 54%

ADVANCE-D Engagement and Outcomes: Men

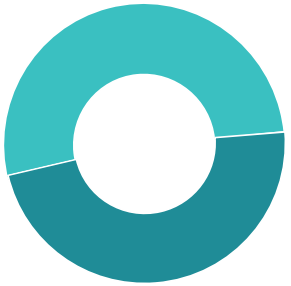
48% of ADVANCE-D sessions offered were completed

use of abusive behaviours



Reduced 68%

use of controlling behaviours



Reduced 40%

Advancing theory and treatment approaches for men in substance use treatment who perpetrate IPV: Programme ADVANCE

ADVANCE-D Online Training – Theory, Practice and Certification

"I think this training is so powerful and helpful for my role"
(ADVANCE-D Facilitator)

www.reduceipv.co.uk