



POSITIVE PROGRAM OUTCOMES

CHAIR: VIC MANNING, TURNING POINT

1. SMART Inside Out Program: Innovating a SMART approach to justice health continuation of care
2. Utilising social media to expand the reach of harm reduction messaging amongst peer networks
2. The U-Turn Program

Platinum Sponsors



The U-Turn Program

Tony Johannsen, TaskForce

Platinum Sponsors

VAADA acknowledges the traditional owners of the land on which the conference is gathered, the Wurundjeri People of the Kulin Nation and pay their respects to Aboriginal culture and Elders past and present.



ODYSSEY HOUSE
VICTORIA

TaskForce
Where hope finds help.



U-TURN

BEHAVIOUR CHANGE PROGRAM

TaskForce **50** YEARS
Life changing services.

**Tony
Johannsen**

Family Violence Program Manager



BEFORE I START

I'd like to begin this presentation by acknowledging the Traditional Custodians of the land on which we meet today, the Peoples of the Kulin Nation. I also pay my respects to their Elders past, present and future.

I acknowledge the ongoing systemic trauma that colonisation continues to have on Aboriginal and Torres Strait Islander Peoples, and that Sovereignty was never ceded.





I ALSO WANT TO ACKNOWLEDGE

- Victim/survivors of family violence, including those that may be present with us today.
- Anybody whose life has been impacted by substance misuse.
- I would like to pay respects to the women, children and men who have lost their lives as a result of family violence and substance misuse.
- I also acknowledge our collective BIG & little t Traumas.





TONY JOHANNSEN

- Family Violence Program Manager – TaskForce Community Agency
- Forensic Drug & Alcohol Counsellor
- Men's Behaviour Change Facilitator
- Clinical Supervisor
- Trainer

*“I specialise in working at the intersection of AOD and Male Family Violence. I collaborate closely with DH and the Magistrate's Courts, designing and facilitating innovative interventions for men whose **offending behaviour** sits at the intersection of AOD and FV”.*

“I facilitate behaviour change”



Dark Humour is the antidote to Vicarious Trauma





THE U-TURN “STORY” - MBCPS

- Facilitating MBCPs and seeing high levels of AOD use, missed opportunities & glaring gaps in content.
- The need for “targeted interventions” – higher functioning men – no generalised violence.
- A more holistic view of men who have used FV.
- A need for evidenced-based behaviour change interventions and strategies.
- Royal Commission FV recommendations 87, 92 & 93 acknowledged the need for programs addressing the AOD – FV intersection.

THE U-TURN “STORY” - STAKEHOLDERS



- Strong, shared desire to engage men using FV where AOD is a contributing factor “up stream”.
- Regular meetings & conversations with Magistrate Goldsbrough – Regional Coordinating Magistrate @ Moorabbin Courts.
- Meetings with VicPol, Monash University, Corrections & Department of Health (AOD) representatives.
- Department of Health funded a 12 month pilot – (2 x programs) with eval included.
- Pilot & evaluation were extend (24 months 4 x programs).



ASSESSMENT CRITERIA - COHORT

APPROPRIATE	NOT APPROPRIATE
Employed/employable	Unemployed/Unemployable
Reasonably stable accommodation	Long term homeless
Little/no criminal history	High levels of recidivism/extensive criminal record
Perceived capacity for change	Limited capacity for change
Desire to address substance use	Chronic substance dependence
Desire to avoid prison	Not concerned with “doing time”
Strong English-speaking capabilities	Low command of English & literacy
Reasonable levels of insight	Low levels of insight
No detectable ABI/cognitive impairment	Diagnosed (or suspected) ABI/cognitive impairment
No detectable complex Mental Health issues	Complex Mental Health issues



THE U-TURN PROGRAM OVERVIEW

- An early intervention program for men (18+ years).
- Men's Behaviour Change Program style program (MBCP) for male respondents on interim and final IVO's where AOD have been present, either historically or currently. Applicant/AFM can be anyone in the "family" – all referrals received from Moorabbin Courts.
- Delivered across 15 weeks, in closed group sessions (3 x 1-hour orientation sessions and 12 x 2-hours intensive sessions = 27-hour dosage)
- Targeting higher functioning men who have had little to no prior involvement with the justice/criminal justice system (low to medium risk FV).
- U-Turn adheres to all MBCP minimum standards – except for program duration (MBCPs go for 20 weeks).
- Involves regular family safety contact.



THE U-TURN EVALUATION



MONASH
GENDER AND
FAMILY VIOLENCE
PREVENTION CENTRE

Evaluation of the Taskforce Early Intervention for Family Violence Program (U-Turn)

Final Report

8 October 2021

Associate Professor Silke Meyer
Dr Jasmine McGowan
Dr Nicola Helps
Dr Harley Williamson

- Headed by Associate Professor Silke Meyer
- 24 months: 2019-2021 (4 x programs)
- Qualitative & Quantitative data
- Self-reports from participants & AFMs, court data
- Interviews with stakeholders
- Reductions in verbal, physical & sexual FV
- Improved parenting, emotional regulation & empathy
- Reductions in AOD misuse
- No reported IVO breaches, 12 month follow up



SO WHAT DO WE ACTUALLY DO IN
THE U-TURN PROGRAM



FEMINIST SOCIOLOGICAL FRAMEWORK



- U-Turn acknowledges all behaviour exists within a sociological context.
- U-Turn utilises a feminist framework – to explain the division of power through gender roles & social inequity.
- A sociological framework is not a clinical intervention.
- U-Turn employs evidenced-based behaviour change interventions – informed by a feminist framework.



U-TURN PROGRAM CONTENT

- Explores the impacts of male family violence on women and children.
- Offers a comprehensive overview of the Family Law act, definitions & categories of FV and gendered nature of FV.
- Addresses AOD mis/use through a harm minimisation framework.
- Explicitly teaches emotional regulation and emotional literacy (utilising a CBT framework).
- Has a strong philosophical focus on personal responsibility (employs an Existential lens).



U-TURN PROGRAM CONTENT

- Examines disparity between Intent Vs Impact.
- Explores trauma & attachment across the lifespan including the impacts of violence on children.
- Analyses the family of origin – including gender roles & masculinity.
- Explicitly teaches empathy, communication skills, radical acceptance & the importance of gratitude.
- Psycho-educational approach to mental health & the C.N.S



THE U-TURN STORY SO FAR...

- 24 month evaluation.
- 10 x programs delivered: **59 of 74 men completed – 80% completion (forensic AOD program).**
- Currently delivering U-Turn 11 – intake open for U-Turn 12.
- Funded until June 2023.
- Plans for expansion.



ROCK ON!

Tony Johannsen Family Violence Program
Manager

taskforce.org.au

tonyj@taskforce.org.au