

## **West Mercia Probation Trust**

### **Building Better Relationships (BBR) Programme**

#### **What is BBR?**

BBR is a nationally accredited groupwork programme designed to reduce reoffending by adult male offenders convicted of violence against an intimate partner. The programme has a strong theoretical base, taking into account recent developments in thinking and research in relation to aggression within relationships.

BBR requires co-operation between the agencies concerned with domestic violence and prioritises the safety of women and children. It is delivered within the Multi-Agency Public Protection Arrangements (MAPPA).

BBR has been designed to replace existing community-based domestic violence programmes, such as the Integrated Domestic Abuse Programme (IDAP). Like its predecessors, BBR can be a Requirement of a Community Order or Suspended Sentence Order. It must be accompanied by a Supervision Requirement. This is a lengthy programme and a two-year order is strongly recommended.

#### **BBR is suitable for male offenders who:**

- Have been violent in heterosexual relationships.
- Have been assessed by Probation, using the Spousal Assault Risk Assessment, as presenting a medium to high risk of relationship violence.
- Are able to discuss at least one act of violence against an intimate partner.
- Men who deny their current offence can participate in BBR if they have a history of unconvicted or convicted violence against an intimate partner, which is similar to their current offence, and provided they are willing to acknowledge this and to work on the issues involved.
- Men must consent to participate by signing the “statement of understanding” which will include the sharing of information with their partner, including any new partner.

### **BBR is not suitable for:**

- Female offenders.
- Cases where violence has only taken place in same-sex relationships.
- Men with serious mental health problems.
- Men judged unlikely to achieve the learning outcomes because of, for example, drug or alcohol problems.
- Men who refuse to sign the “statement of understanding”.

### **What does the programme involve?**

The core programme consists of **24 weekly group sessions** plus **up to six one-to-one sessions** (two pre-programme and one after each module).

The four BBR modules and the risk factors they target are as follows:

<b><u>Module:</u></b>	<b><u>Risk Factors Targeted:</u></b>
Foundation	Motivation, Insight and Cultural Messages about IPV
My Thinking	Biases, Rumination and Attitudes
My Emotions	Stress, Emotion Management, Hostility & Anger and Jealousy
My Relationships	Social Skills, Attachment and Relationship Stability

### **How is attendance enforced?**

Offenders must attend all sessions. Unacceptable absences are dealt with according to National Standards and may result in the offender being returned to court or prison.