

Threshold

CHOICES

PROGRAMME

The **CHOICES Programme** aims to challenge the beliefs, attitudes and behaviour of men over the age of 18 who engage in acts of domestic abuse of any kind. It operates within the area serviced by the Dyfed-Powys Police.

It is not an anger management programme or a counselling service. The programme is designed to reduce the impact of domestic abuse through positive engagement and innovative one to one and group sessions.

During sessions, clients are expected to consider the outcomes and consequences of their behaviour and its impact on those around them. In addition, clients take personal responsibility for their actions, and, with the support of facilitators, motivate themselves to make lasting and positive changes in their behaviours. Our Woman's Support Workers will offer partners/ex-partners support during the programme and participants children will have the opportunity to access services from our Children's Workers.

Families who have accessed our support through the Choices Programme have reported:

- A significant improvement in their relationships, which is underpinned by respect and effective communication.
- A significant reduction in violence.
- Improved parenting.
- Enhanced awareness of the effects that domestic violence has on their partners and children.
- Children reported feeling safer.
- Health and well-being of the whole family had increased.
- A reduction in police involvement.

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This programme will support changes and the men's understanding of their abuse in relationships, teaching ways of being non-abusive, taking the men through a highly structured program step by step, supporting positive change over time.

Threshold DAS

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Fe fydd y rhaglen hon yn cefnogi newidiadau a dealltwriaeth dynion o'u trais mewn perthnasoedd, trwy ddysgu ffyrdd o fod yn wrth-dreisiol ynghyd â rhaglen strwythuredig un cam ar y tro, yn cynnal newis positif dros amser.

Bwriad y **Rhaglen CHOICES** yw i herio credoau, agweddau ac ymddygiad dynion dros 18 oed sy'n gwneud unrhyw fath o gamdriniaeth ddomestig. Mae'n gweithredu o fewr yr ardal a gweinir gan Heddlu Dyfed-Powys.

Nid ydyw'n rhaglen rheolaeth dicter na'n gwasanaeth cynghori. Dylinir y rhaglen i leihau effaith camdriniaeth ddomestig trwy ymgysylltiad positif a sesiynau unigol arloesol.

Yn ystod sesiynau, disgwylir i gyfranogwyr ystyried canlyniadau eu hymddygiad a'i effaith ar rheini o'u hamgylch. Yn ychwanegol, bydd cyfranogwyr yn cymryd cyfrifoldeb o'u gweithredoedd, a, gyda chymorth hwyluswyr, cymell eu hunain i wneud newidiadau positif a hir dymor i'w hymddygiad. Bydd Cymorth Weithwyr i Fenywod ar gael i gefnogi partneriaid a chyn bartneriaid trwy gydol y rhaglen, a bydd gan plant cyfle i gael fynediad at gwasanaethau o'n Gweithwyr i Blant.

Mae teuluoedd sydd wedi cael mynediad at ein Rhaglen CHOICES wedi adrodd:

- Gwelliant yn eu perthnasoedd, wedi'i tanategu gan barch a chyfathrebiad effeithlon.
- Gostyngiad arwyddocaol yn nhras.
- Rhianta gwell.
- Ymwybyddiaeth gwell o'r effeithiau gall camdriniaeth ddomestig cael ar bartneriaid a phlant.
- Plant yn teimlo'n fwy diogel.
- Iechyd a lles yr holl teulu wedi gwella.
- Lleihad mewn ymglymiad â'r heddlu.

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