

# 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.

CHOICES is a programme for men aged 18 and over who live in the area serviced by the Dyfed-Powys Police. Specifically, the programme:-

- supports change and men's understanding of being abusive in relationships
- teaches and encourages ways of being non-abusive in relationships
- is highly structured and supports positive change
- holds men 100% accountable for their behaviour
- consists of an assessment, pre-, mid- and post-group 1:1 sessions and weekly group sessions accredited by RESPECT

Whilst the men attend the CHOICES Programme, we offer a suite of support for the rest of the family including:

- Integrated Support Services (ISS) which supports current and ex-partners of those on the programme specifically focussing on safety.
- Children & Young People Services including a fully qualified children's counsellor and our domestic Abuse Stops Here (DASH) Child Worker.
- We also have further work through Project Y around healthy relationships and positive behaviour change.



In order to attend CHOICES all referrals must complete a 1:1 assessment with our facilitators during which they will be asked to sign a consent form and a participation sheet in which they admit to their abusive behaviours. Failure to sign these will mean the individual will not be permitted to join the group.

For referral forms or to self-refer please contact on:-

**Telephone** | 01554 752422

**Email** | [enquiries@threshold-das.org.uk](mailto:enquiries@threshold-das.org.uk)

**Address** | 32 Station Road, Llanelli, Carmarthenshire, SA15 1AN

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Bwriad y Rhaglen CHOICES yw i herio credoau, agweddau ac ymddygiad dynion dros 18 oed sy'n gwneud unrhyw fath o gamdriniaeth ddomestig.

Mae CHOICES yn rhaglen ar gyfer dynion dros 18 oed sy'n byw o fewn yr ardal y mae Heddlu Dyfed-Powys yn gweithredu o'i fewn. Mae'r rhaglen yn:

- Cynnal newid mewn dealltwriaeth dynion o drais mewn perthnasoedd
- Dysgu ffyrdd o bod yn wrth-dreisiol mewn perthnasoedd
- Yn rhoi atebolrwydd 100% ar ddynion am eu hymddygiad
- Strwythuredig iawn ac yn cefnogi newid positif
- Cynnwys asesiad cyn, yng nghanol, ac ar ddiwedd sesiynau grwp ac wythnosol, wedi'u hachredu gan RESPECT

Wrth i ddynion cymryd rhan yn y Rhaglen CHOICES, mae amrywiaeth o gefnogaeth ar gyfer gweddill y teulu gan gynnwys.

- Gwasanaethau Cymorth Integredig (ISS) sy'n cynorthwyo cyn bartneriaid a phartneriaid presennol, sy'n ffocysu yn bennaf ar ddiogelwch.

- Gwasanaethau i Blant a Phobl Ifainc gan gynnwys cwnselydd cymwys a'n gweithwr plant DASH.
- Mae gwaith ychwanegol ar Brosiect Y yn edrych ar berthnasau iachus a newid positif mewn ymddygiad.

Er mwyn cymryd rhan mewn CHOICES, rhaid i bob atgyfeiriad gwblhau asesiad 1:1 gyda'n hwyluswyr a gofynnir iddynt lofnodi ffurflen gydsynio a thaflen gyfranogi lle maent yn cyfaddef eu hymddygiad ymosodol. Bydd methiant i lofnodi'r rhain yn golygu na chaniateir i'r unigolyn ymuno â'r grwp.

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