



# Internal Security Program /Best Practice /NO PUNISH

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March 31, 2017





## Title: Internal Security Program (Sisemise kindluse programm)

**COUNTRY/REGION:** ESTONIA

**ENTITY:** Estonia

### **LINK/CONTACT FOR MORE INFORMATION:**

<http://perekeskus.eu/>

### **DESCRIPTION OF THE GOOD PRACTICE:**

**Target group:** Men who have used violence in family and intimate partner relationships

**Objectives:**

To provide men who have used violence in their intimate partner relationship the chance to reduce violent behaviour in family and intimate partner relationships;

To make men see the elements of violence or their violent behaviour and take responsibility of their violent behaviour;

To help raise the self-esteem and belief in making changes;

To help prevent of violence happening again within the family and intimate partner relationships;

To teach different ways to behave in a crisis situation and the consequences of the behaviours;

To improve the wellbeing of the target group and their loved ones and the society wider. <sup>1</sup>

**Intervention structure:** The program is aimed for men who have used violence in family (against children) or in intimate partner relationship. Men can be referred to this program by offices that work with prevention and mediation against violence (court, probation officer, police, mediators, local governments, NGO's) but they can also join voluntarily. The program, consist of 4 stages:

**Individual pre-interview**, after which participants are chosen;

**14 group sessions**, once per week, 3 hours a session during 14 weeks;

**Individual summary session**, to each participant of the group at the end of the program;

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<sup>1</sup> Veia, V.; Anuma, A.; Beilmann, M.; Nahkur, O. (2014). "Internal Security Program. Guide material produced for the project: rehabilitation program for men who have been convicted for intimate partner or family violence." 8-9.



**Research of the effectiveness of the program**, which will take place 6-12 months after the end of group therapy and where the participants are informed during the pre-interview.<sup>2</sup>

Altogether, there are 14 group meetings during 14 weeks once per week 4x45 minutes. The group will lead by a man and a woman who has previous experience in group therapy and has received training about the intervention program. The individual who is running the group therapy will be guaranteed during the program supervision and methodical counselling. Before a man is accepted to the group, they have to have one pre interview, which will last take maximum 1, 5 hours. During the interview there will be an assessment made to see how motivated the participant is to join and to understand better the type of violence the man is using. The group will consist of 10-12 men.<sup>3</sup>

**Methodology:** The methodology used for the program is a feminist approach combined with cognitive and behavioural approach.

**Costs related:** The current service provider has estimated the cost for one group to be 2000 euros. This includes the salaries for 2 trainers and catering (room rent is not included). The price of the training will mostly depend on the fees of expert.

**Further information:** The pilot group was tested in Tallinn, Tartu and Jõhvi. If the project would be funded again then the aim is to expand the service all over Estonia and open more groups for Russian speaking people.

**Resources available:**

<https://www.youtube.com/watch?v=NlqlWLFByRA&feature=youtu.be>

Veia, V.; Anuma, A.; Beilmann, M.; Nahkur, O. (2014). *Internal Security Program. Guide material produced for the project: rehabilitation program for men who have been convicted for intimate partner or family violence*. Tartu: Tartu University

Beilmann, M.; Soo, K.; Nahkur, O. (2015). "Assessment of the effects of group therapy with the project: Rehabilitation program for men who have been convicted for intimate partner or family violence." RAKE: Tartu University

Burton, S., Regan, L., Kelly, L. (1998). *Supporting Women and Challenging Men Lessons from the Domestic Violence Intervention Project*. Bristol: Policy Press.

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<sup>2</sup> Veia, V.; Anuma, A.; Beilmann, M.; Nahkur, O. (2014). "Internal Security Program. Guide material produced for the project: rehabilitation program for men who have been convicted for intimate partner or family violence." 25.

<sup>3</sup> Veia, V.; Anuma, A.; Beilmann, M.; Nahkur, O. (2014). "Internal Security Program. Guide material produced for the project: rehabilitation program for men who have been convicted for intimate partner or family violence." 8-9.



Debonnaire, T. (2004). *Evaluation of work with domestic abusers in Ireland*. Dublin, Ireland: Department of Justice Equality and Law Reform.

Dobash, R.E., Dobash, R.P., Cavanagh, K., & Lewis, R. (2000). *Changing Violent Men*. London: Sage.

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Minnesota: Minnesota Center Against Violence and Abuse.

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Rothman, E.F., Butchart, A., Cerda, M. (2003). *Intervening with perpetrators of intimate partner violence: a global perspective*. Geneva: World Health Organisation.

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## **DIMENSIONS:**

**Please make the cross if the good practice meets the proposed items. Also, try to expand the information in each section.**



# 1. EVIDENCE OF POSITIVE AND/OR PROMISING RESULTS IN ORDER TO ELIMINATE CORPORAL PUNISHMENT

## Training/Education

The program increases the use of positive disciplinary methods for parents and educators/teachers:

- Promoting the positive parenting (promoting positive relationships, care and development the child's capacities, offering recognition and guidance to the child, establishing limits that allow the full development of the child).
- Offering alternative educational strategies to corporal punishment, that promotes democratic family educational model.
- The program promotes to caregivers, the knowledge and skills for protect the children.
- The program promotes a positive dynamic and healthy family relationships.

## Promotes protection

- The program will focus attention on children to understand their worries and circumstances.
- The program works on emotional education as a protective factor for violent behavior.

## Empowerment

- The practice provides skills for children, promote their resilience and resources to deal with situations of violence.
- The practice promotes and improves parental skills such as: behavior of control and emotional self-regulation.

## Living environment approach

- The program has references to the real living environment of parents and children (social environment, living environment, etc.).
- The program takes into account, cultural differences in the intervention.

## Formal networking

- The program implies networking and cooperation with other Institutions: with comprehensive services for care, recovering, children reintegration, teens at risk or victims of corporal punishment.
- There is a networking/cooperation with other stakeholders in the local and professional environments.



The program is included in the structure of the national/regional system and it depends on several people.

**Please, detail the elements/components that provide a full explanation about evidence of positive results and/or promising results in each section (Training education, promotes protection...etc.)**

**Training/Education:** Internal Security Program aims to create and promote an environment where you can change the attitude and behaviour. When the group comes together, an environment is created where the participants are given the opportunity to change the behaviour meaning they are given the chance to give up their violent behaviour. As a result of the program, some of the men taking part of the group will give up of using violence in family and intimate partner relationships.<sup>4</sup>

The aim of the program is for each man attending the group to set realistic goals to move forward to a less violent life and to work towards the set goals. While setting the goals the men attending the program have to visualize their and their loved ones in a situation where everyone is guaranteed security and well-being.<sup>5</sup>

**Promotes protection:** the topics covered in the program can be divided to 4 topics which also work on emotional education as a protective factor for violent behaviour:

1. setting goals to eliminate violent behaviour and assessing them;
2. investigation of the effects of violent behaviour and trauma;
3. relationships and communication;
4. feelings and emotions.

**Empowerment:** The specific goals coming from the rehabilitation program main goals are:

- giving men who have used violence in their partner or family relationships a chance to reduce their violent behaviour;
- make men who attend the program see their violent behaviour or the elements of violent behaviour and take responsibility for it;
- build self-esteem and belief in changes;
- help the target group to prevent repeating violent behaviour in family and intimate relationships;
- to teach various ways how to behave during a crisis situation and the consequences of

<sup>4</sup> Veia, V.; Anuma, A.; Beilmann, M.; Nahkur, O. (2014). "Internal Security Program. Guide material produced for the project: rehabilitation program for men who have been convicted for intimate partner or family violence.", 15-16.

<sup>5</sup> Veia, V.; Anuma, A.; Beilmann, M.; Nahkur, O. (2014). "Internal Security Program. Guide material produced for the project: rehabilitation program for men who have been convicted for intimate partner or family violence.", 15-16.



different behaviours;

- to improve the quality of life for the men attending the group and their loved ones and the security of the wider society.<sup>6</sup>

**Living environment approach:** before entering the program, a pre-interview is made to make sure that the intervention will take into account the cultural differences at home. In the pre-interview, the participant is asked to give information about the current relationship status, number of children, main use of violence, in what cases the violence is used, their attitude against violence and etc.

**Formal networking:** There is formal networking behind this program, which may consist of specialist such as local government child protector, court or the police in case the participant is referred to the program. However, the participants may join the program voluntarily.

## 2. DATA ON IMPACT OF THE PRACTICE

### Effectiveness of the elimination of corporal punishment

The practice has demonstrated a good impact on:

- The decreases of corporal punishment.
- The increase in positive interactions parents / mother / infant caregivers.
- The increase in timeshare.
- The improvement of communication and resolution of conflicts without using corporal punishment.
- A significant increase in knowledge, skills and confidence of parents or caregivers.
- An improvement of the welfare of the participants.

### Sustainability of the impact

- The effects on the target group are sustainable.

**Please, detail the evidence on data or research about the impact of the practice**

For internal assessment of the project the summary of the pre-interview and interview after the program ended was used. In addition, the written notes made by the trainers during group sessions were used to give the assessment of the program. At the end of the program a there was a final group meeting to discuss and analyse the results of the program but do to the sensitive content the results were not made public to protect the privacy of participants.<sup>7</sup>

After the program, two questionnaires were made to assess the groups and a third one was planned 6 months up to one year after the participation of the program. Unfortunately, the

<sup>6</sup> Veia, V.; Anuma, A.; Beilmann, M.; Nahkur, O. (2014). "Internal Security Program. Guide material produced for the project: rehabilitation program for men who have been convicted for intimate partner or family violence.", 15-16.

<sup>7</sup> Beilmann, M.; Soo, K.; Nahkur, O. (2015). Assessment of the groups for the project: rehabilitation program for men who have been convicted for intimate partner or family violence, 3. Tartu: Tartu Ülikool



attendance of men in the rehabilitation program was lower than originally planned and already during the second questionnaire, some of the men refused to fill in the questionnaire, which is why already during the first 2 questionnaires the number of respondents was too small to make any long-term conclusions. This is why the 3 questionnaire was cancelled.<sup>8</sup> Out of the 34 men who started, the program 24 finished. The things analysed were: the use of psychological violence, the use of physical violence, attitudes towards violence used against women, self-esteem and the links between that and violent behaviour against their partner. There were small change in the behaviour and attitudes of men who participated and finished the rehabilitation program but it has been quite marginal. Comparing the answers given before the program and after the program there is a small decrease of violent behaviour and change of attitudes towards violent behaviour. On the other hand, there were a few men who's violent behaviour increased after the program. This can perhaps be explained by the greater awareness of their own behaviour and the effect it has on their loved ones. Assumption can be made that the length of the whole program was too short to have bigger effects on the participants' behaviours and attitudes. Also, the time left for evaluating the results of the project was quite short which makes it impossible to assess if some small changes in men's behaviour or attitude have a long-term effect or are temporary.<sup>9</sup>

### 3. COMPREHENSIVE NATURE

Please, tick the items the practice address to:

#### **Dimension 1: Social and cultural context towards corporal punishment and alternative methods (including MEDIA analysis)**

- The program promotes support and guidance to parents in developing a responsible parenthood that will reduce corporal punishment.
- The program supports teachers and school support staff in improving their skills and management skills of non-violent learning methods.
- It involves parents and tutors through established participatory Organizations (AMPA and others), prevention and elimination of corporal punishment.
- The practice promotes the child-youth movement through the creation and / or consolidation of representative organizations in communities.

#### **Dimension 2: Legal framework conditions and other procedural, judicial frameworks related with the implementation of the law**

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<sup>8</sup> Beilmann, M.; Soo, K.; Nahkur, O. (2015). Assessment of the groups for the project: rehabilitation program for men who have been convicted for intimate partner or family violence, 3. Tartu: Tartu Ülikool

<sup>9</sup> Beilmann, M.; Soo, K.; Nahkur, O. (2015). Assessment of the groups for the project: rehabilitation program for men who have been convicted for intimate partner or family violence, 20. Tartu University: Tartu





The practice responds to the objectives of education and social reintegration provided by law.

It is consistent with the existing legal framework for protection of violence against children and teenagers, to ban explicitly corporal punishment.

**Dimension 3: Awareness and training efforts concerning corporal punishment and alternative methods:**

The program raises awareness about the importance in eliminating corporal punishment.

The practice provides training about corporal punishment elimination methods.

**Dimension 4: Resources available on positive parenting techniques and complementary knowledge**

The practice provides resources available on positive parenting techniques and complementary knowledge.

**Please, detail the elements/components that provide a full explanation about the dimension addressed**

In the Estonian Violence Prevention Strategy 2015-2020, the aims are to raise the society awareness of violence, how to avoid it and how to interfere in case there is violence; offer better protection and support for victims; management of violence cases are more victim friendly and ways to work with perpetrators of violence are more effective and their recidivism has decreased. The Internal Security Program can support to achieve the last point. Point 74 in the Estonian Violence Prevention Strategy 2015-2020 states that for systematic perpetrators of violence in the family and intimate relationships an evidence based program must be used in order to prevent new acts of violence. There is a need for counselling opportunities for those who are motivated to work on their violent behaviour.<sup>10</sup>

In the program, participants are thought to see the elements of violence and through that teach them different ways to behave in a crisis. During the trainings, they will be shown and trained different methods and ways to control their violent behaviour against their partner and/or children.

## 4. INNOVATION

The program has an innovative character, or implies innovative aspects (e. g. actual knowledge, new ideas or methodology, etc.).

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<sup>10</sup> Ministry of Justice 2015, 20. *Violence Prevention Strategy 2015-2020*. Downloaded 10 of March 2017, [https://valitsus.ee/sites/default/files/content-editors/arengukavad/vagivalla\\_ennetamise\\_strateegia\\_2015-2020\\_kodulehele.pdf](https://valitsus.ee/sites/default/files/content-editors/arengukavad/vagivalla_ennetamise_strateegia_2015-2020_kodulehele.pdf)



**Please, detail the elements/components that provide a full explanation about the innovation of the program**

In Estonia, social programs for convicts who have committed domestic violence are not used often in the judicial practice. In a research made in 2011 it showed that out of 200 domestic violence convicts only 20 (10%) were sent by the court to a social program.<sup>11</sup> However, the government in Estonia sees the need to implement more of such program within convicts who have committed crime against family violence. Keeping people in an isolated institution and not working with them psychologically does not help to prevent the violent behaviour from happening again.

Programs to prevent violent behaviour started to be implemented already in the 1980 in the US and now are used in many other countries all around the world (Australia, Canada and around Europe). Dobash and colleagues (2000) have made an evaluation for the most strict design program and the results show that there are 4 types of participants in such social programs:

1. some who stop violent behaviour;
2. some stop using violent behaviour but continue to use other control methods;
3. some change for some period of time but then return to their violent behaviour;
4. and some that do not change at all.<sup>12</sup>

This confirms the basic premise that a person is capable to change in a supportive environment. There is no social program that would fit everyone and this is why the Internal Security Program is unique and innovative in that way. There is no handbook for the trainers to use while they are working with the group. Each group will develop from the members (including the trainers) and is unique. Each members of the group will have an effect on what the program group will look like and how effective the group is. Due to the fact that there is no training book for the trainers means that the trainer has to be able to manage and guide the development of the group which can't be seen ahead.

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<sup>11</sup> Kesküla, T. (2012). Implementing Social Programs Aimed to Reduce Family Violence. Master's Thesis. Instructor Jüri Saar, Tartu University: Tallinn.

<sup>12</sup> Dobash, R.E., Dobash, R.P., Cavanagh, K., & Lewis, R. (2000). *Changing Violent Men*. London: Sage.



## 5. COST-EFFICIENCY

- The cost-efficiency is adequate.
- There are no lower cost alternatives to achieve the same impact.

**Please, detail the elements/components that justify the cost-efficiency of the program/practice**

In Estonia there hasn't been a research about whether this program is more cost-efficient compared to other programs. For Estonia, it is cheaper to implement the program here in the same country because the program had been developed also in Estonia. For Estonia buying in a new similar program from other countries and implementing the program would not be as cost efficient as using this program.

## 6. TRANSFERABILITY POTENTIAL

- There is access to the methodology and how the program has been implemented (e. g. process description, manual etc.).
  - The program has already been successfully transferred to another region.
- The program can be transferred to other frame conditions in international contexts:
- The program does not rely too much on specific aspects of the national/regional system.
  - The program does not depend too much on one/few specific professional qualifications and/ or profiles.
  - The program can be transferred if the material, program or license are paid.

**Please, detail the elements/components that justify the transferability of the program/practice**

Researches to assess the impact of the program for the pilot program in 2013-2014 have been done by Tartu University. They are not public but can be asked from the EELK family centre: <http://perekeskus.eu/#>.

The program has not yet been implemented in any other countries but does not require too many specific aspects. Important is to have trainers with this type of social program training background (preferably a man and a woman) and a group of men (refereed or voluntarily) who will participate in the group meetings.

