

Will I be breaching my Probation Order or Community Payback Order by not attending the Programme?

Yes – If the Court has made it a condition of your Probation Order or a requirement of a Community Payback Order that you attend the programme. It is the duty of your Case Manager to inform the Sheriff if you do not keep to all of the requirements.

What will I achieve on the Caledonian Men's Programme?

We believe that men can change their abusive behaviour and this programme is an opportunity for you to make positive changes to the way you lead your life.

Men who have successfully completed these types of programmes report that they have a better understanding of their thoughts, feelings and behaviours and as a result lead healthier and less abusive relationships.

Facilitators and Case Managers are there to assist you to make these changes and are aware that change is not always easy. They will support you in this process but ultimately your level of commitment to the programme and to stopping your abusive behaviour, will determine how successful you will be.

Further information on the programme will be provided when you meet with the worker who will be assessing you for the programme.

If you require further information regarding this process please contact your local Criminal Justice office

Dundee Community Justice Service

Friarfield House
Barrack Street
Dundee, DD1 1PQ

Tel: 01382 435000

Perth Criminal Justice Services

St Martins House
King Edward Street
Perth, PH1 2SR

Tel: 01738 444244

Action for Children Dundee

40c Arthurstone Terrace
Dundee, DD4 6QT

Tel: 01382 450052

Perthshire Women's Aid

Merlin House, Necessity Brae
Perth, PH2 0PE

Tel: 01738 635404



The Caledonian System

Information about the Men's Programme



About the Caledonian System

The Caledonian System works with:

- Men who are convicted of domestic abuse related offences
- Their female partners or ex-partners
- Children

Working with men who offend while also supporting women and children at the same time is more effective and safer for everyone.

The Caledonian System works to help you stop yourself offending again.

The Court may order you to take part in the programme once a social worker assesses you fully.

It is a requirement of a Community Payback or Probation Order – normally for a period of 2 years.

About the men's programme

The men's programme will help you to:

- Understand the effect your behaviour has had on your partner.
- Take responsibility for your behaviour and attitudes
- Take responsibility for your relationship with your partner or ex-partner and children
- Make positive changes in your life.

How does it work?

- It treats you as an individual
- It uses recognised assessment techniques
- You will complete around fourteen individual preparation sessions before joining the group work part of the programme. These will allow us to get to know you – and vice versa. These sessions will also help ensure that you are ready for the group and will get as much as possible from it.
- You will be shown how to make links between your thoughts, your feelings and your behaviour – the first step in making positive change.
- You will then work in a group with other men where you will learn more about how to change your damaging behaviour. You will be expected to respect your fellow group members.
- You will also be expected to take responsibility for your abusive behaviour and not blame your partner or ex-partner.
- Attend appointments with your Supervising Officer after the group work is completed to maintain the changes you have made.

Support for your partner or ex-partner

If you take part in the Caledonian Men's Programme, we will offer your partner/ex-partner and children support. We will not discuss this support with you. Our work with your partner/ex-partner is voluntary.

Your partner/ex-partner will be given the opportunity to meet with your case manager and men's programme facilitators at set points throughout the programme to inform her about the content of the programme and in order for us to understand how you are making changes.

Support for Children

Workers from our Children's Service work with other agencies such as Children and Families Social Work, Education Services and NHS Tayside. They make sure that there is a plan for each child. This plan will look at their needs and reduce the impact that your behaviour is having on them.

If I enter the programme will it keep my relationship together?

- The programme cannot guarantee to keep your relationship together or that your partner will return if she has left you.
- Your partner is entitled to leave you even if you are working hard on the programme.

I am only ever violent when I have been drinking alcohol?

- If you feel you have a problem with drink or drugs, you can be referred for specialised help.
- Drink is not a reason or an excuse to be violent or abusive, although it is likely that you will be more violent if you are drunk.