



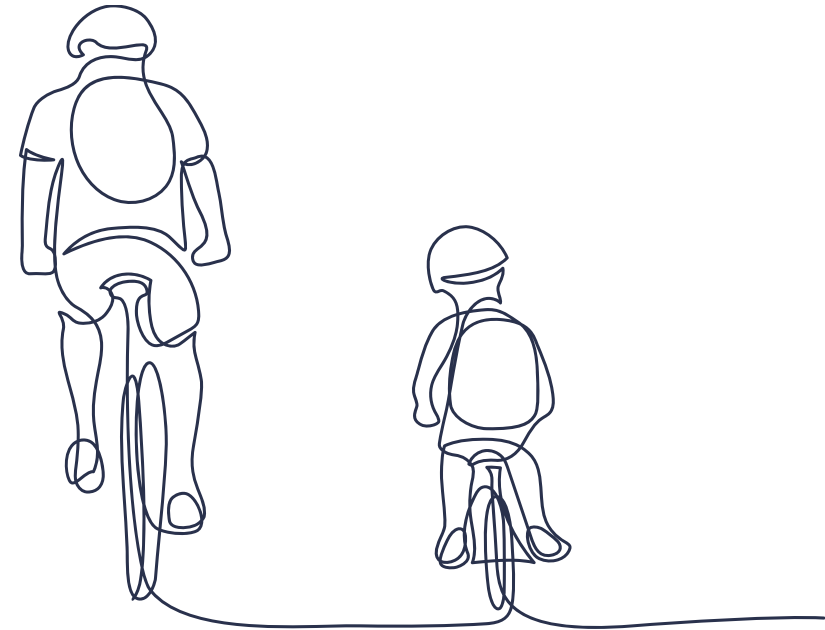
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# **Supporting Survivor Resilience: The Role of DASH in Empowering Domestic Abuse Narratives**



# Aim of presentation

To demonstrate how, as practitioners in Family Help, we can use the DASH risk assessment to support survivors of domestic abuse, through the telling of their own story, towards recovery and future resilience.



# Domestic Abuse - Help, Care and Protection

## Strategic Lead Domestic abuse

Team Manager  
West x 3

Team Manager  
Breckland x 3

Team Manager  
Norwich x 3

Team Manager  
South x 3

Team Manager  
N and B x 2

Team Manager  
East x 3

3 x FTE DA workers

3 x FTE DA workers

3 x FTE DA workers

3 x FTE DA workers

3 x FTE DA workers

3 x FTE DA workers

Therapeutic Manager x 1  
matrix management of DA  
West and Breckland

Therapeutic Manager x 1  
matrix management of DA  
Norwich and South

Therapeutic Manager x 1  
matrix management of DA  
North, East and Broadland

# What is domestic abuse?

Domestic Abuse consists of any of the following:

- Physical abuse
- Sexual abuse
- Violent or threatening behaviour
- Controlling or coercive behaviour
- Economic abuse
- Psychological, emotional or other abuse

Where the victim and perpetrator(s) are aged 16 or over and are “personally connected” to each other. It does not matter whether the behaviour consists of a single incident or a course of conduct.

[\(Domestic Abuse Act 2021\)](#)



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## **Who is impacted by domestic abuse ?**

1 in 5 adults

1 in 4 Women

1 in 6 – 7 men

(ONS England and Wales 2024)

1 in 4 people across LGBT+ communities

(The Drive Partnership 2023)

1 in 5 children

(Victims In Their Own Right 2025)

187,750 babies aged 0-2 each year

(For Baby's Sake Aug 2024)



# What is a DASH?

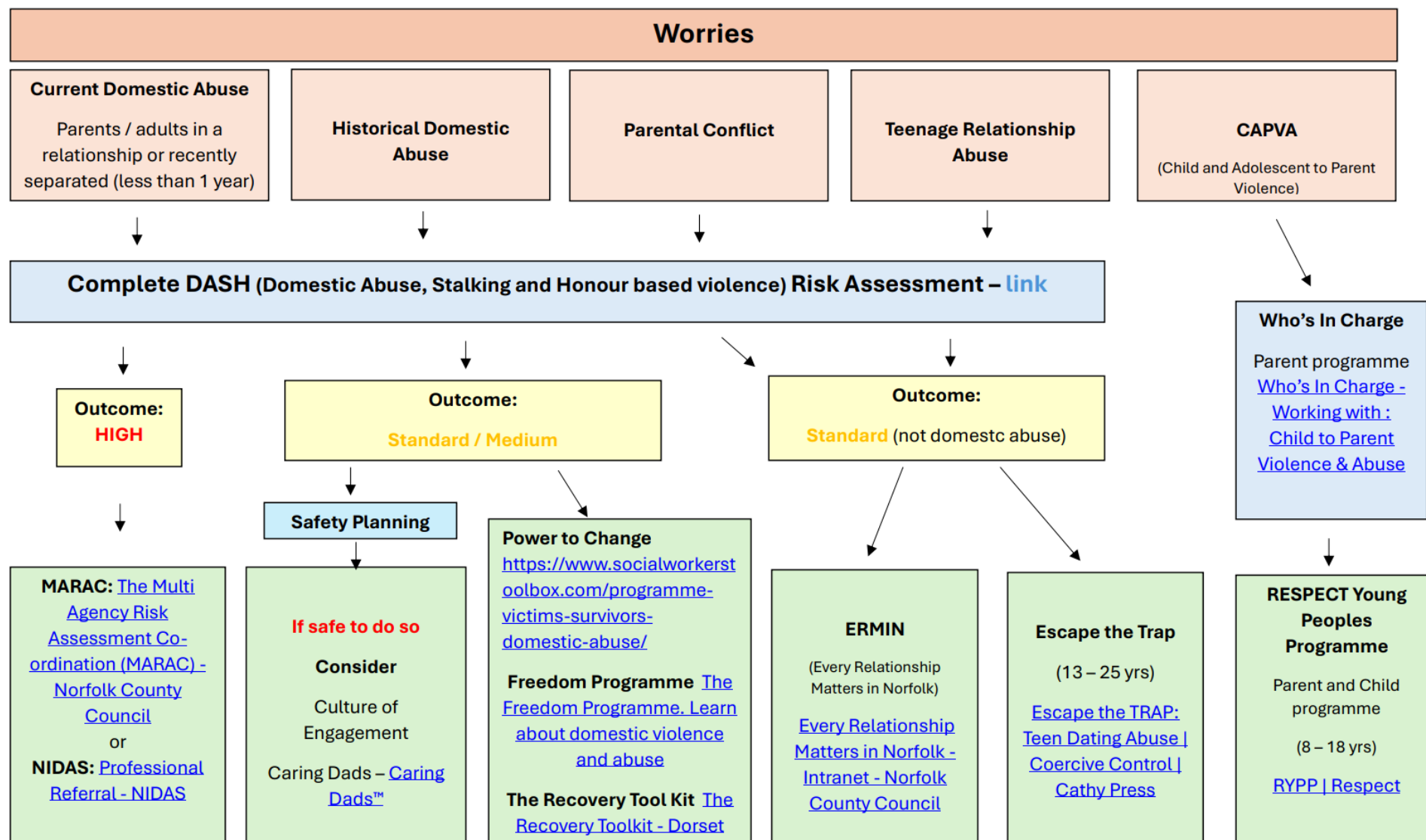
**DASH** stands for  
**D**omestic **A**buse, **S**talking and '**H**onour'- based abuse.

The Dash risk checklist helps practitioners identify and understand the risk that victims of domestic abuse are facing.  
(Safe Lives)

# Why is assessing risk vital?

- To help front line practitioners **identify high risk cases** of domestic abuse, stalking and 'honour'-based violence.
- To decide **which cases should be referred to Marac** and what other support might be required. A completed form becomes an active record that can be referred to in future for case management.
- To offer a **common tool** to agencies that are part of the Marac process and provide a shared understanding of risk in relation to domestic abuse, stalking and 'honour'-based violence.
- To enable agencies to make **defensible decisions** based on the evidence from extensive research of cases, including domestic abuse related death reviews (DARDA) and 'near misses', which underpins most recognised models of risk assessment.

## Domestic Abuse - Menu of Interventions







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## Is the DASH fit for purpose?

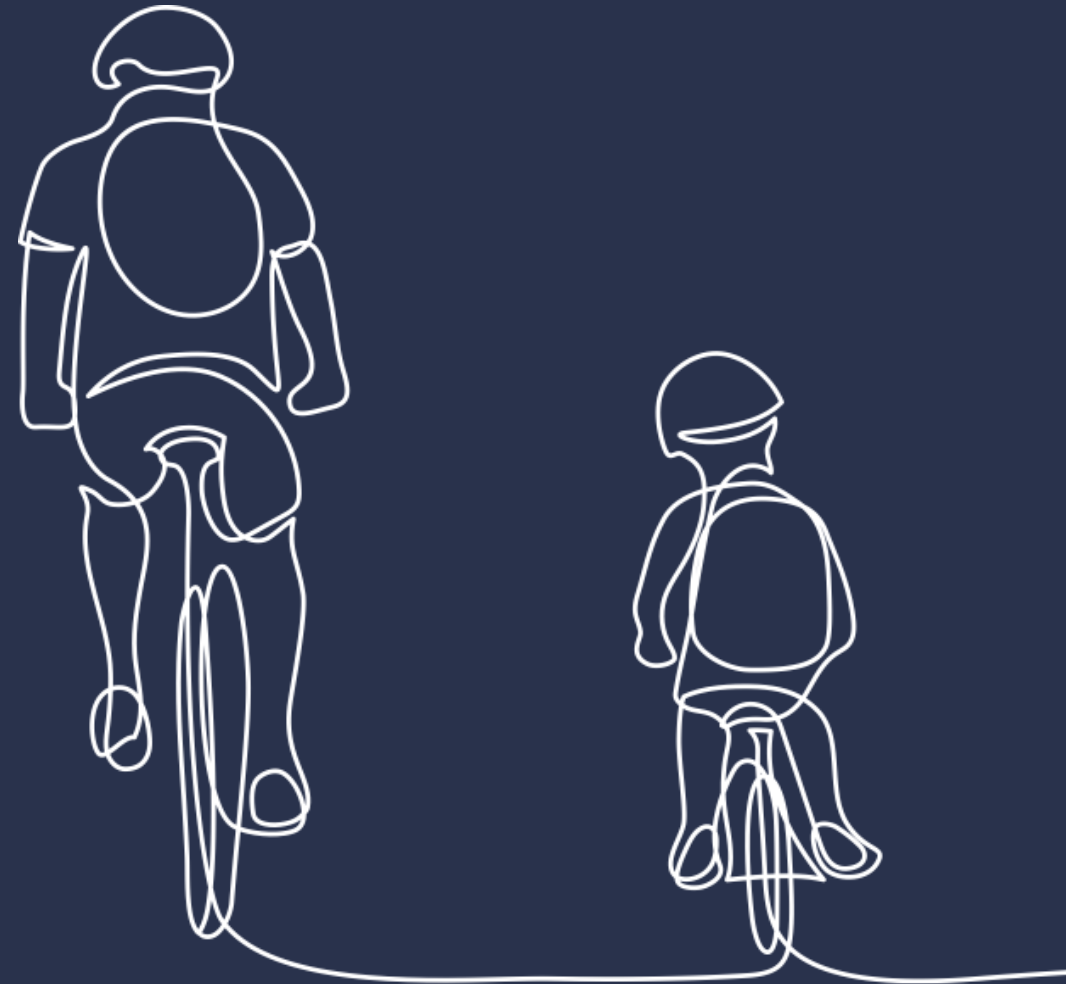
The main screening tool used to determine which domestic violence victims need support has “obvious problems” and should be replaced, the UK safeguarding minister Jess Phillips





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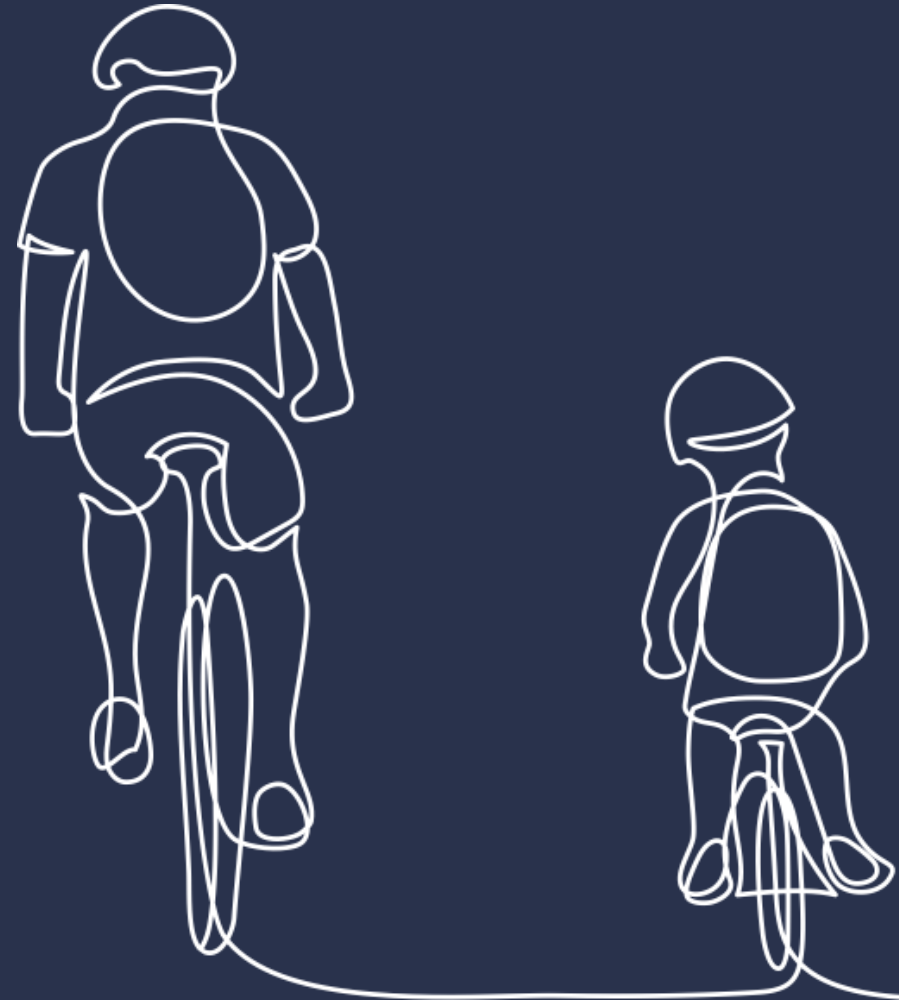
# What do we mean by resilience?



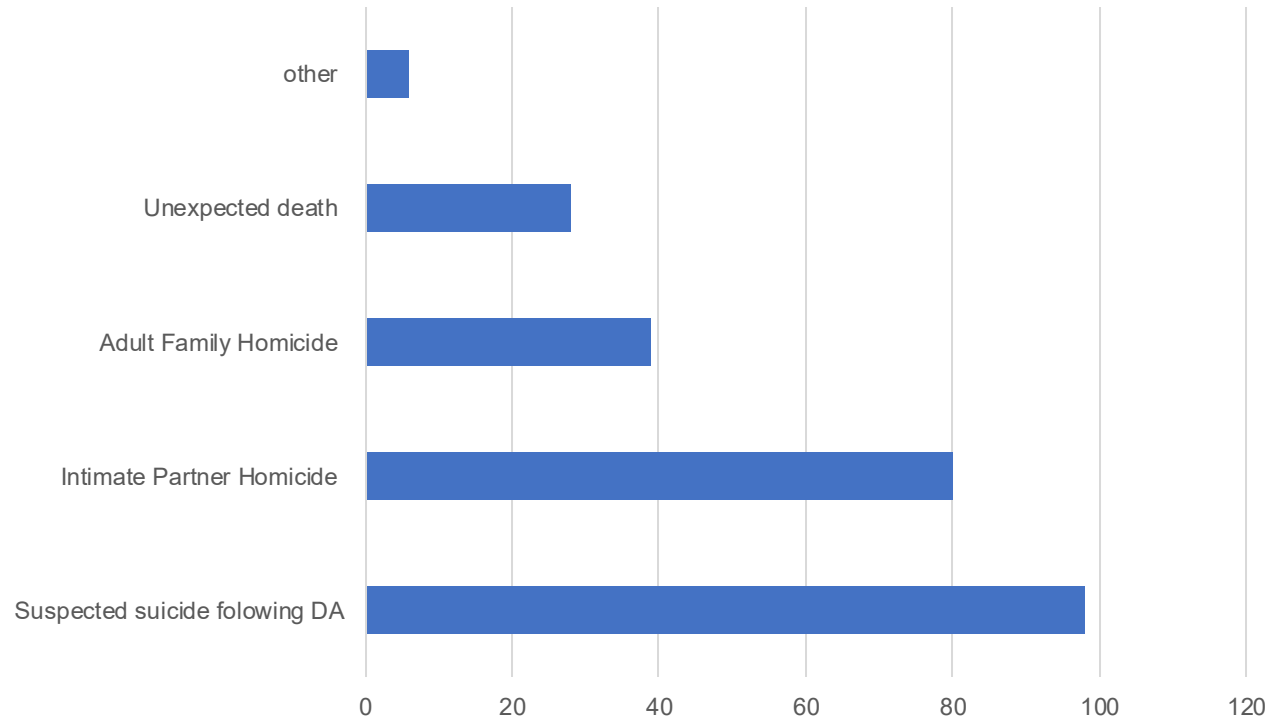


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Why is this relevant to survivors of domestic abuse as they tell their story ?



# The link between domestic abuse and suicide



**Domestic Homicides and Suspected Victim Suicides 2020-2024 Report**

# Gender and resilience

Gender plays a significant part in the way we talk about and address domestic abuse.

This can create barriers to both men and women in their journey to recovery





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## Starting the journey to recovery

Physical Abuse

Coercion, threats and intimidation

Sexual abuse

Emotional abuse and isolation

Children and Pregnancy

Economic abuse





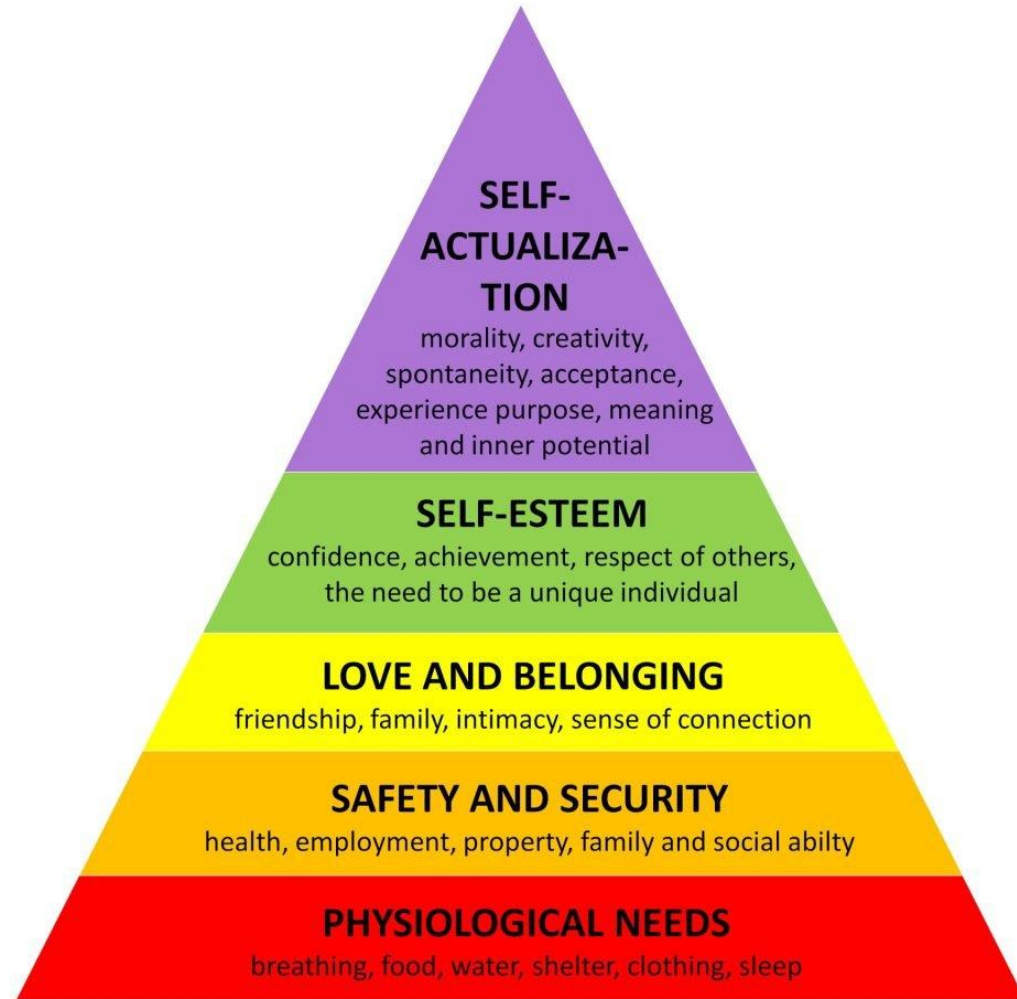
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## Physical Abuse

Questions 1,10,11,13,15,18,19 and 23 relate to physical abuse



# How does physical safety impact resilience ?







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## Coercion, threats and intimidation

Victims usually know the abuser's behaviour better than anyone else which is why this question is significant.

In cases of 'honour' based violence there may be more than one abuser living in the home or belonging to the wider family and community.

Questions 2,3,6,8,14,17,18,19,23,24 relate to coercion, threats and intimidation







## Sexual abuse

Sexual abuse can include the use of threats, force or intimidation to obtain sex, deliberately inflicting pain during sex, or combining sex and violence and using weapons.

### Question 16





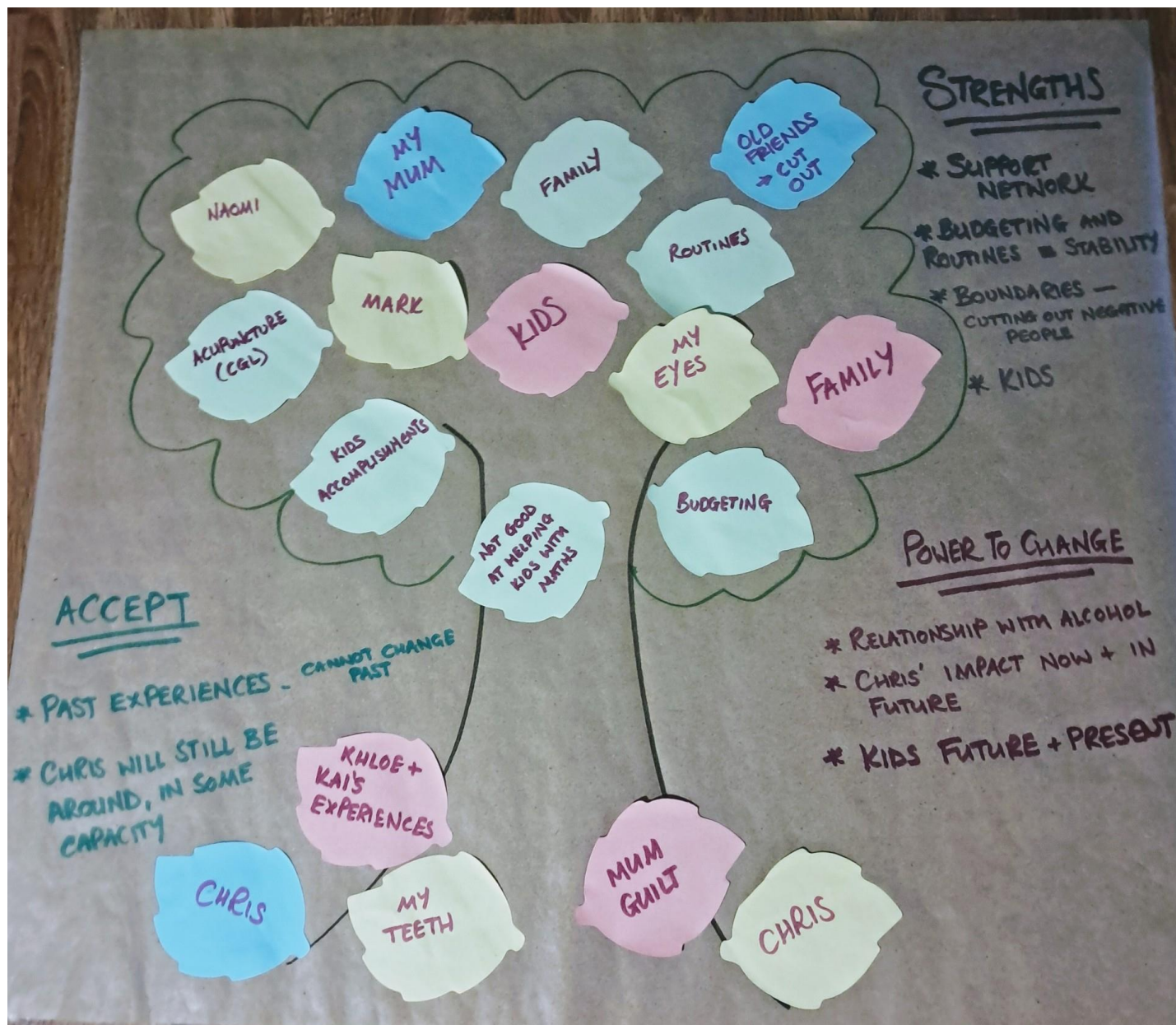
## Emotional abuse and isolation

This can be experienced at the same time as the other types of abuse. It may be present on its own or it may have started long before any physical violence began.

Question 4, 5 and 12







## Survivor story 2

### Tree of Me





## Children and Pregnancy

The presence of children including stepchildren can increase the risk of domestic abuse for the mother. They too can get caught up in the violence and suffer directly.

Question 7, 9 and 18 relate to pregnancy, children and child contact





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## Economic abuse

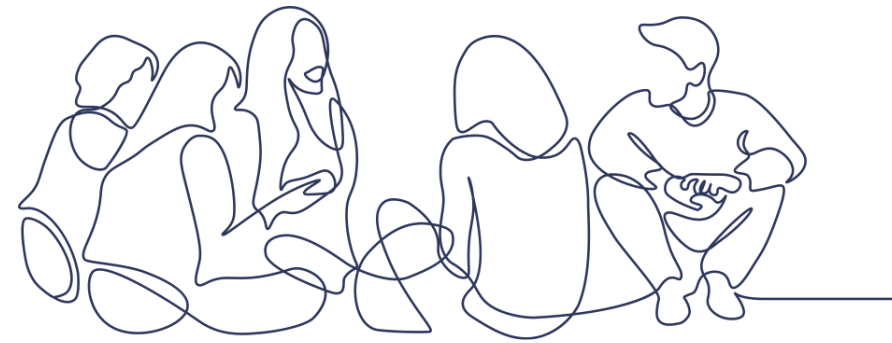
Survivors of domestic abuse often tell us that they are financially controlled by their partners /ex- partners.

### Question 20





## Survivor story 3





Distance travelled .....



# What is the impact of survivor resilience on their children ?

- \*Physical and emotional safety
- \*Feeling heard and believed
- \*Improved mental health and self esteem
- \*Access to education
- \*Opportunity to build healthy peer relationships
- \* A healthy blueprint for their own future relationship





**For free  
confidential  
advice:**



Phone number  
**0300 561 0555**



Email:  
[referrals@nidasnorfolk.co.uk](mailto:referrals@nidasnorfolk.co.uk)



Domestic abuse helpline  
**0300 561 0077**

## Domestic Abuse Support Services



**Respect**  
Men's advice line



Pandora Project



The freephone, 24-hour National Domestic Abuse Helpline

0808 2000 247

**Please provide  
some feedback**

