

Coming into treatment can be a hugely optimistic time both for you and the people you love, including your children.

- You want to get stable and settled
- You want to get well
- You want to feel more connected
- You want to put the past behind you
- You want to make clearer decisions
- You know you can be a good enough dad
- You know you can be a good enough partner
- You want to 'step up to the plate'
- You want to be more self reliant
- You want to keep your promises

The Men & Masculinities programme is designed to support you in making these changes. A part of making changes is understanding the past, the harm you do to yourself, and the harm you do to the ones you love.



www.dvip.org

Registered Charity No. 1083549

Working in Partnership in Islington



www.cranstoun.org

Registered Charity No. 1061582

Tel: 020 7923 8010

Email: mcripps@cranstoun.org.uk



Men, Masculinities, Substance Use & Aggression Programme



Men's Programme
Referral
Information

What is the Men, Masculinities, Substance Use & Aggression programme?

The partnership offers a programme for any man in substance use treatment in the Borough of Islington. The project also delivers a linked (ex)partner support service and she will be offered a service as soon as you are referred.

How do I get an appointment?

You can be referred to Maria Cripps at Cranstoun:
mcripps@cranstoun.org.uk

Alternatively you can ring:

020 7923 8010



Who is the programme for?

Any man who acknowledges that his behaviour towards a partner or (ex)partner has been abusive or violent at times; who wants to think about how this relates to his substance use; who is keen to try and change some of the things that have gone wrong in his relationships with his partner and children, and stop those things happening again. The programme does not discriminate on the grounds of ethnicity, age, class, religion, sexuality or disability.

Assessment:

This involves between one and two meetings with a Programme worker to discuss any changes it would be beneficial for you to make, and whether the programme is suitable for you. These meetings take place at the Cranstoun project office.

What will the programme cover?

The programme will create a safe and supportive space for you and other men to explore the impact of gender socialisation on your relationships, your substance use, your experiences of parenting and your self care and self esteem.

Programme model

The programme is designed to support other treatment you may be involved with. It is first and foremost a behavioural programme in that we will focus on the behaviour, how we act, how this re-enforces how we think and feel and most importantly HOW TO ACT DIFFERENTLY.

The program runs for 26 weeks and has a two-phased approach:

- Phase 1: 12 weeks
- Phase 2: 14 weeks

We will also be trying to help you come to terms with the worst of your experiences: How to break the link between the past and the present and how to stop repeating the traumas at the heart of the harm you may have done to yourself and the ones you love.

We will explore your anger, the differences between feelings and behavior, issues of accountability and honesty, what it means to be a dad, respectful and supportive parenting whatever the context of your relationships with your children and most importantly how to rebuild the trust in your life.

We will look at issues of intimacy and closeness, how to love generously, sex and sexuality, pressure, separation and how to let go.

We will help you put the breaks on when you feel like you are "losing it" and, we hope, you will leave the programme feeling safer, more generous and more empowered in your life.

No programme can change the past, and no programme can make amends. We hope though this programme will help you make clearer and more conscious choices as you move forward with your life.

*In the end,
it is up to
YOU.*

