



PORTUGAL 2007



## ECPA/BPC 2007

### Please answer the following questions in English.

1. Is this your country's ECPA entry or is it an additional project? (Only one ECPA entry per country plus up to two other projects.)

This project is Lithuania entry to ECPA 2007.

2. What is the title of the project?

**“Help for Women Who Suffered Domestic Violence and for Their Family Members”**

3. Please give a short general description of the project.

Complex (social, psychological, legal) help for women and their family members, networking with relevant institutions.

**The main target group of the Project is women who suffered domestic violence.** But help is also being provided for **their children**. Violence has a huge impact not only for the victim, but also for child's mental status even in those cases when violence is being used not against the child, but against his/her mother. In order to restore the child's mental status, consultations and therapy by the competent and experienced specialists are necessary. Another important part of complex project activity - it is **work with the abusers** in order to avoid the relapse of antisocial behavior.

**Duration of the project.** The project is a continuing one – it has been running from April 25, 2005, and will continue until December 31, 2007.

4. Please describe the objective(s) of the project?

**The aims of the Project** – prevention of domestic violence and various forms of help for women, victims of domestic violence in Kaunas region.

**The tasks of the Project:**

- to provide complex (social, psychological, legal) help for women and their family members in Kaunas, who suffered domestic violence;
- to provide complex (social, psychological, legal) help for the victims of domestic violence in Kaunas region, by arranging Kaunas District Women Crisis Centre specialists' visits to those sub-districts which badly lack help;
- to arrange the courses of psychological-physical self-defense for women, which help to avoid violence and not to become a crime victim. This is a **unique and effective programme**, which is being implemented only by Kaunas District Women Crisis Centre in Lithuania;
- to involve the village community into participation in solving problems of domestic violence;
- to establish a network of organizations (institutions) in Kaunas region, which provide help to the victims of domestic violence;
- to prepare and to implement **an innovative programme** – work (psychologist and lawyer's consultations) with the men who commit acts of domestic violence; the meetings with such men would be arranged with the help of their family members and partners of the Project;
- to develop and publish leaflets for women who suffered domestic violence, and

for men who commit acts of domestic violence;

- to initiate discussion on domestic violence on “Pūkas” radio, comprising of 5 broadcasts, in 2006; subjects of the discussion: how to reduce possibilities to commit a crime, **how to not become a crime victim, to introduce laws limiting the abuser’s rights in the family**, and other;
- to organize different events in co-operation with the partners and other interested institutions: seminars, round tables, trainings, during which good practice would be shared;
- to influence that the Parliament of the Republic of Lithuania would adopt **effective amendments limiting the rights of the abuser in the family**, and that **the persons who commit acts of domestic violence would be directed to the crisis centres or other institutions** implementing special programmes for the abusers **under statutory compulsory procedures**.

## 5. How was the project implemented?

### **Activities of the Project, implemented from April 1, 2005 until July 1, 2007**

#### **Services provided to victims and abusers:**

**Psychologist’s consultations – approximately 220 hours, 90 persons** (80 hours per year on the average).

Help the victims of domestic violence to overcome crisis, after-violence depression, emotional disorders. For the abusers – to understand the reasons of fits of anger and dependences.

**Social worker’s consultations – 410 hours, 860 persons** (160 hours per year).

A social worker listens to the client, helps to make decisions, directs to Kaunas District Women Crisis Centre or to other institutions. Social worker often takes on a role of a mediator, a lawyer and a therapist.

**Lawyer’s consultations – 210 hours, 280 persons** (80 hours per year).

Explains women their rights, laws, prepares documentation for the court, writes claims for divorce, alimony, affiliate to the Court. Introduces laws and sentences for domestic violence to the abusers.

**Self-esteem and confidence enhancement group** (women’s self-defense) – **100 hours, 50 women** (40 hours per year).

Learning self-defense does not mean “martial arts”. Knowing self-defense increases possibilities to protect oneself in different situations (at home, in the street), especially when there is no other way out, and a woman decided to fight. Women’s self-defense challenges traditional idea of power, enhances self-esteem, helps to regain self-confidence and not to become a victim of violence. It is accessible to every woman, because a big part of the programme is dedicated to psychological defense. This programme is our exclusive programme, which is efficient, and we have introduced this programme with the help of the specialists Kaz Wiljams and Anni Neligan from England’s Women Association.

**The round table with partners and developers of the Project – 10 meetings** (4 meetings per year)

Discussing implementation of the Project, planning the strategy of activities and co-operation. Discussing co-operation and the results of the quarterly reports. The last meeting of the year is dedicated to the evaluation of the activities of the Project and discussing the results.

**The round table-discussions – 5 meetings** (2 meetings per year)

Subjects of the discussions: domestic violence – a problem of the society; institutional co-operation; how to reduce possibilities for committing a crime; how

to not become a crime victim, and other. Participants: NGOs working with the abusers, Ministry of Social Security and Labour of the Republic of Lithuania, representatives of law enforcement and justice institutions, medical institutions, pedagogues, and other.

Discussions with members of the Parliament of the Republic of Lithuania to amend the appropriate laws limiting the rights of the abuser to live together with the family, discussions on compulsory rehabilitation of the abuser.

**Meetings of the support group – 90 hours, 40 women (40 hour per year).**

The meetings are based on the Finnish psychologist Mia Hanstrom's methodology. The basis of the group meetings is conversations and discussions. It is being stressed that every participant makes estimation independently. The aim of the support group is to strengthen self-esteem, self-confidence, to confide and to listen to others without condemnation and with a possibility to express one's opinion.

**Visits to Kaunas region sub-districts together with the professionals – 20 visits, 84 women (8 visits per week).**

The meetings are being organized in the sub-districts. A psychologist, a lawyer and a social worker takes part in the visits and provide individual consultations. These visits are necessary, because women in the villages have difficulties to come to Kaunas District Women's Crisis Centre because of their busyness and circumstances. These visits also help to involve the village community into participation in solving the problems of domestic violence.

**Establishment of Raseiniai Crisis Centre.**

In the year 2007 we assisted in establishing Raseiniai Crisis Centre and in getting financing for its activities.

**Establishment of a network in Kaunas region.**

In 2006 we established a network of organizations (institutions) in Kaunas region, which helps victims of domestic violence (Governmental organizations and NGOs from Kaunas, Marijampolė, Šakiai, Kėdainiai, Raseiniai).

**Information on the Project – 3 leaflets were published.**

Information on the Project and the services provided is being disseminated on „Pūkas“ radio (5 broadcasts), television broadcastings „Nomeda“, in the press („Kauno diena“, „Tėviškės žinios“, „Laikinoji sostinė“, magazine „Ji“, and other). Information is provided on the web-sites [www.kamkc.lt](http://www.kamkc.lt), [www.lygus.lt](http://www.lygus.lt).

6. Were partners involved in planning and/or development and/or implementation of the project? If so, who were they, and what were their roles?

**Kaunas City Child's Rights Protection Service** directed children who suffered domestic violence and their family members to Women Crisis Centre for psychological and legal consultations, shared information concerning a child and his/her family.

**Kaunas Night Shelter** provided temporary asylum for women who suffered domestic violence and for their children

**Kaunas City Social Services Centre** directed victims of violence to the Women Crisis Centre for further help, helped to organize and work with the groups of mutual support, provided information about the persons who suffered domestic violence.

**Kaunas City Chief Police Commissariat** directed victims of violence to the Women Crisis Centre for multidiscipline help, provided information about the persons who suffered domestic violence.

**Kaunas District Child's Rights Protection Service** directed children who suffered domestic violence and their family members to the Women Crisis Centre for psychological and legal consultations, shared the information concerning a child and his/her family, mediated in co-operation with sub-districts.

#### 7. How did you build in plans to measure the performance of the project?

**Efficiency of the Project is measured by:** a number of persons who received help; amount of services (hours); quality of services; and achievement of the desirable result (percent).

On the basis of our 10-years work experience we planned that during 2006:

- various services will be provided to 480 persons;
- 570 hours of services (by social worker, psychologist, lawyer, group leader) will be provided;
- quality of life and mental health will increase to 360 persons;
- with the help of our web-site [www.kamkc.lt](http://www.kamkc.lt) and leaflets hundreds of people will learn about the Project and the services provided for women who suffered domestic violence;
- through mass media, television and radio, attention of a big part of the society will be attracted to the problem of domestic violence, its consequences, sentences provided by the law for domestic violence, possibilities for women to protect themselves and to avoid a crime .

**The Project has been expected to be efficient,** because all the measures, used in it:

- decreases possibility to commit a crime;
- decreases possibility to become a victim of crime.

#### 8. Has the project been evaluated? How, and by whom?

**The Project is best evaluated by:**

- appreciation and acknowledgement (even poems) from the clients, who received help;
- continuously growing number of clients, especially women, who come to our Centre after hearing a very good evaluation of our services from the persons who had received help in our Centre (in 2007 – approximately 45% of all applicants). KDWCC keeps a record of information on where from the client learned about our Centre;
- evaluation of emotional and mental status of the persons who took part in the sessions of individual and group therapy. Every case is being described, and emotional and mental status is being evaluated by a 10-point scale, if the client came with the aim not only to confide, but with a serious intention to change his/her life (73% of women reported considerable improvement of emotional and mental status);
- the “Feedback” journal is being filled in when the clients report (or the workers of the Centre learn) about the change of the situation in family – after one month, half a year (divorce, reconciliation), improvement of emotional and mental health, etc.;
- assessment by the institutions, which we co-operate with:  
Kaunas municipality: citations, “Brick of Goodness” award, and the increasing financial support (full-time position of a social worker in 2007);  
Kaunas City Police assessed our activities and efficient co-operation as very good, and granted the statuette of angel-“The Guardian of Good” in 2006;
- abundant appreciation from the child's rights protection services, Kaunas

universities;

- the main evaluator is the provider of the financial support – Ministry of Social Security and Labour of the Republic of Lithuania. Its competent representatives assess and check the quality of the project while it is being run and after it is completed. The sponsor is satisfied with our activities, and we receive financing the third year already;
- the evaluation was carried out and the proposal to participate in ECPA 2007 was given by members of the Commission that evaluates crime prevention projects on national level.

9. What were the results? How far were the objectives of the project achieved?

The aims and tasks planned for the period 2005-2007 were fully achieved and even exceeded:

- various services were provided to 480 persons, including those persons (approximately 30%) who had started participation in the programmes in 2005 or even 2004;
- 570 hours of services (by social worker, psychologist, lawyer, group leader) were provided;
- the specialists of KDWCC have great experience, and on the basis of this experience the quality of services was qualified;
- quality of life and mental health increased to 360 persons (approximately 75%);
- with the help of our web-site [www.kamkc.lt](http://www.kamkc.lt) and leaflets hundreds of people learned about the Project and the services provided for women who suffered domestic violence;
- through mass media, television and radio, attention of a big part of the society was attracted to the problem of domestic violence, its consequences, sentences provided by the law for domestic violence, possibilities for women to protect themselves and to avoid a crime.

10. Are there reports or documents available on the project? In print or on the Web? Please, give references to the most relevant ones.

[www.kamkc.lt](http://www.kamkc.lt)  
[ausra@kamkc.lt](mailto:ausra@kamkc.lt)

**Please, write here a one page description of the project:**

The project “**Help for Women Who Suffered Domestic Violence and for Their Family Members**” has been implemented by the Kaunas District Women Crisis Centre (KDWCC) from 2005. The Project has been financed by the Ministry of Social Security and Labour of the Republic of Lithuania and Kaunas city municipality.

KDWCC is the main organization in Kaunas region providing services for the victims of domestic violence and working in the field of violence control (preventive and educational activities, women’s rights protection, etc.)

The specialists of KDWCC are competent to provide help for the victims of violence and for the abusers, and to pursue preventive activities. KDWCC has sufficient material facilities, work experience, a team of specialists having high qualifications, a programme of help for the families which is tested in practice, methodology of assessment of efficiency of work.

During the year 2004 360 women who suffered physical, sexual or psychological violence approached KDWCC for help; in the year 2005 this number reached 410. In 2006 help was provided already to 476 women. **The increasing number of clients shows, that confidence in KDWCC specialists and their work**

**is growing, and that there is a growing need to solve a problem of domestic violence.**

KDWCC has a huge practical experience in working with the victims of domestic violence. From the beginning of its activities the Centre has been giving the course for women's psychological-physical self-defence both for the victims of violence, social workers and for the potential victims of violence.

For many years already KDWCC has been working according to the Fleming's model of short-time therapy of problem-solving. It is a successful method of work, which is being applied in providing help for the victims of domestic violence.

While communicating with the women who suffered domestic violence we understood, that if we want to help women we have to start working with their men. That is how a new programme appeared in this Project – **work with men who commit acts of domestic violence. Until then no one worked with the abusers. It is a new programme in Lithuania.** KDWCC also co-operates with the men's crisis centres in Norway, Sweden, Ukraine.

KDWCC developed and implemented more than 50 projects, which were financed not only by the institutions of the Republic of Lithuania, but also by the structural funds of the EU – the Open Society Fund (OSF), Baltic-American Partnership Program (BAPP), the World Bank, Global Women Fund, Mama Cash Fund, PHARE Programme, Ministry of Social Security and Labour, EQUAL, Kaunas city municipality, Lithuanian Youth Council, and other.

KDWCC is a member of various associations and coalitions. With the aim to influence decisions of local authorities **KDWCC is a member of the Union of Social NGOs of Kaunas District, on the state level – a member of coalition „No“ for Domestic Violence“, also a member of the EU association LOBBY.**

Activities of KDWCC is being appreciated and supported by Kaunas city municipality and community. During many years of activities we have gained our clients and community's confidence.