

START
TODAY
AGAIN

Fathers healing
relationships
after family
violence



The *Start Today Again* project was developed by The Salvation Army (Tas) in partnership with the University of Tasmania and funded by the Commonwealth DSS – Building Safe Communities for Women and Children program in 2017.

The *Start Today Again* project was designed and informed by a recommendation from a previous action research project *Increasing Men's Awareness of the Effects on Children Exposed to Family and Domestic Violence*, March 2016, Dr. Peter Lucas.

Lucas, P., Winter, R., Hughes, C., Walsh, K. (2015) *Increasing Men's Awareness of the Effects on Children Exposed to Family and Domestic Violence*. Hobart: The Salvation Army and the University of Tasmania.

Start Today Again is a 'toolkit' for use by presenters, trainers and counsellors to assist men and men's groups understand the impact of family violence on children, and suggest ways in which changes in parenting relationships can be made.

It is based on the belief that males, all too often part of the problem of family violence, can also become part of the solution, both as bystanders understanding the impacts of family violence on children, and as men who decide that it is better to exchange attempts to control their family through any form of violence for attempts to build better and more supportive relationships with their children and partners.

The *Start Today Again* 'toolkit' draws on insights from contemporary domestic and family violence research including what is now known about the impacts of witnessing family violence on the developing brain of children. The 'toolkit' is designed for multiple uses and audiences, including community groups with a range of training program options.

The project name was inspired by the Paul Kelly song "If I could start today again" and was developed by The Salvation Army research team consisting of:

Dr. Ron Frey
Don McCrae
Dr. Romy Winter
Dr. Peter Lucas
Prof. Ken Walsh
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START TODAY AGAIN RESOURCE KIT CONTENTS

- 25 children's books for fathers and counsellors to read to children
- 8 specialist books for counsellors
- Fact sheets
- Duluth Wheels
- *The Sponge* multimedia film clip
- Kit Resources Manual
- Posters

RESOURCES

- *Facilitator Training Manual*
- *Participant's Manual*
- Powerpoint slides
- YouTube clips
- Duluth Wheels (CALD, Teen)
- Evaluation forms
- *Not in My House* DVD/Manual
- *Monsters in the Closet* DVD
- *The Mask We Live In* DVD
- *Brave Danny* Manual
- All audios
- USB pen with resources

TRAINING COURSES

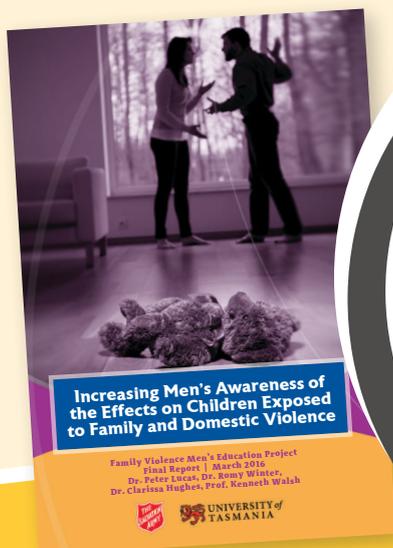
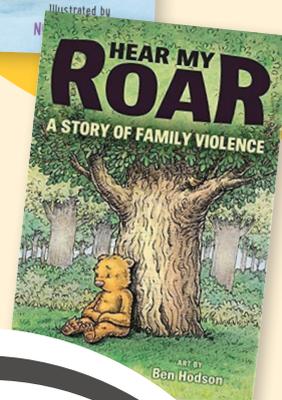
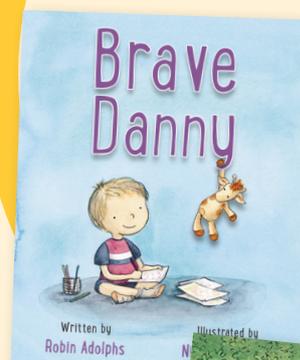
- One day introduction to Start Today Again Resource toolkit
- Two day Facilitator Training
- Two hour per week – over nine to eleven weeks: a psychoeducational course
- 90 minute and half day information presentation

A one-day training course presents the information contained in the toolkit whilst a two day facilitator's version provides exposure to the entire programme and includes the training and participant's manual, the powerpoint slide presentation, all audiovisual materials used to present the programme to any type of audience.

Training is provided by members of the research team. Costs can be provided upon request.

CONTACT

For Start Today Again resource kit or training inquiries and costs refer to our website:
www.salvationarmy.org/starttodayagain
or email:
starttodayagain@aus.salvationarmy.org



It's easier to build up a child than it is to repair an adult. Choose your words and actions wisely.

