

# Keeping It Together

## Report Summary

The Keeping It Together (KIT) program was developed in 2008, in response to the high incidence of family violence and relationship breakdowns in the City of Casey. Thus, it began as an early intervention measure to de-escalate rising tensions in relationships and families.

The aim of the program is to identify the underlying causes of relationship breakdowns and to address them before they escalate to family violence.

This is achieved through eight workshops that help participants develop skills necessary to identify relationships at the risk of breakdown.

**Communication    Assertiveness    Conflict Resolution    Anger**  
**Women's Rights    Self-Esteem    Self-Care**



### Methodology

- Questionnaires & interviews with past participants
- Online Surveys completed by workers



Promotes equal and respectful relationships

Aimed at women because they have been identified as better monitors of marital stress and are more likely to be aware of problems that could affect the family compared with men



### Connects Women

Creates a shift in the way women perceive and respond to violence



Based on a strengths based approach to community practice



### Empowers Women

Allows for the benefits of group-work

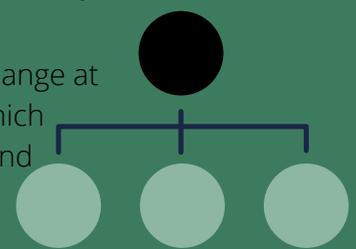


Seeks to increase women's decision making & independence



Increases women's awareness of life-choices and resources

Focuses on driving change at the individual level which initiates community and societal change



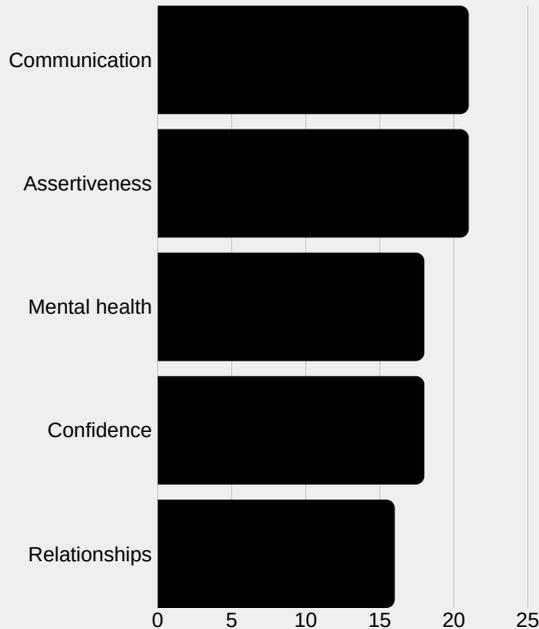
### Reduces isolation

## What We Found

Data from participants 

The findings of this report indicate that most women who attended the KIT program experienced some degree of positive change in their lives while others stated that they experienced great positive change.

### Areas of most improvement



### Why do the program?



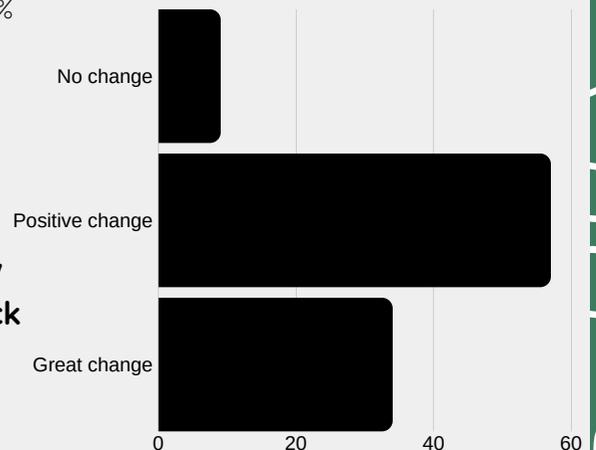
- Self-esteem - 29%
- Mental health - 26%
- Relationship problems - 24%

Addresses poor mental health, low self-esteem and lack of assertiveness

### Expectations met?

**YES!**

### Overall post group data



Data from community

### Observed outcomes

- Improved self-esteem - 31%
- Improved confidence - 29%
- Better communication - 2%



Flow on effects from communication with participants families

### Reasons for worker referral

- Personal development - 29%
- Relationship issues - 23%
- Family Violence prevention - 18%

### Barriers to referrals

- Lack of client interest
- Logistical issues i.e. lack of childcare at a venue or lack of transportation



"I now recognize some triggers and can confidently redirect my anger"

**"I have learnt practical and simple strategies to reduce my anxiety and the need to make time and improve my well-being"**

"My self-esteem has improved a lot. I'm liking the person I am becoming."

**"I feel great about what I have achieved. This course has been life changing."**

"This program empowers women to have the skills and knowledge they need to lead healthier relationships and to feel more confident and aware of themselves."

Feedback 

## Recommendations



- Addition of a four week refresher program
- Financial literacy module offered as an optional workshop post completion of the program
- Further marketing initiatives across Casey South
- Continue to pursue funding opportunities to extend service delivery