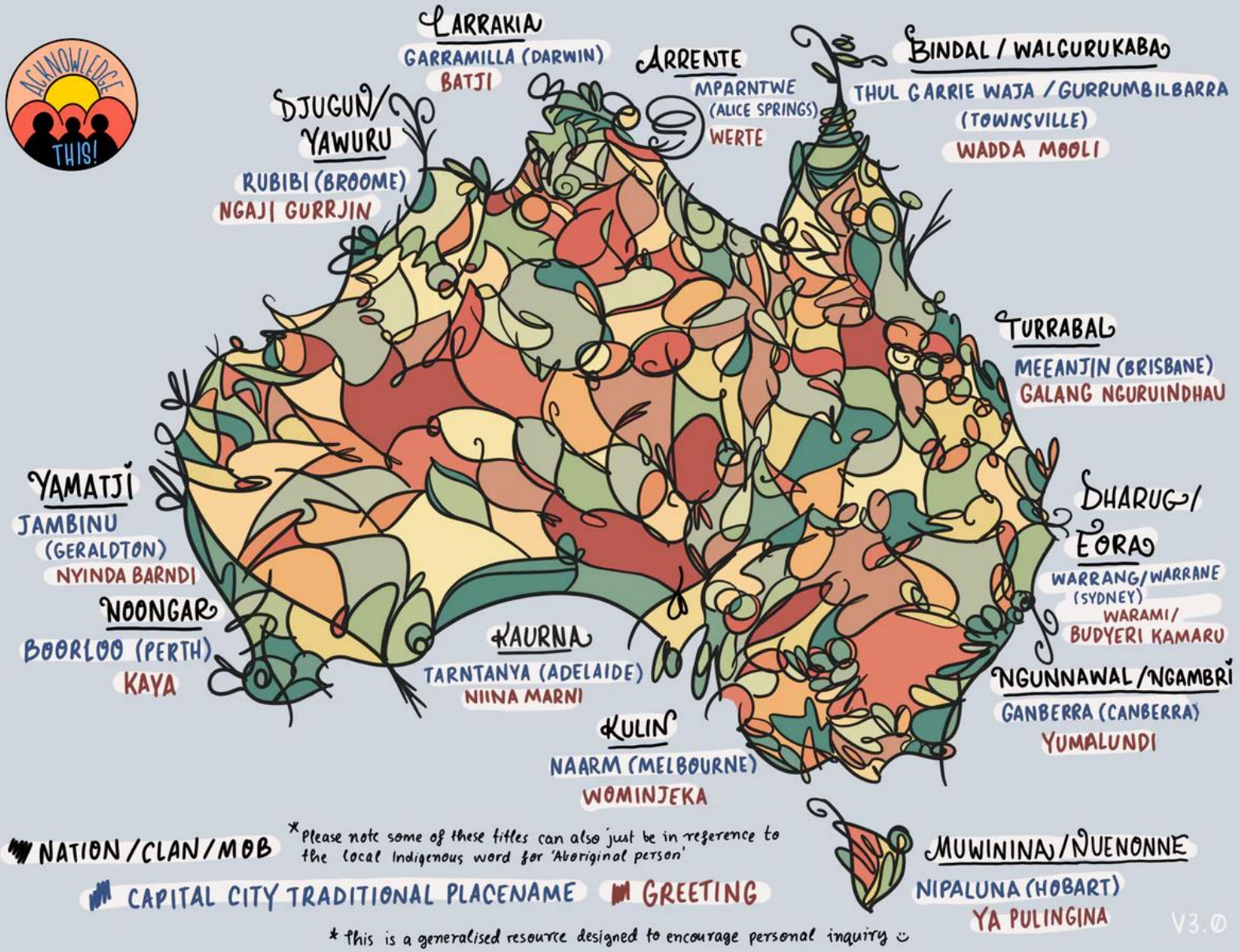
innerBoy

How a mental health app is really about ending violence

DVCONNECT
Be heard. Be safe.



Source: [Foundation for Indigenous Sustainable Health]



DVCONNECT MENSLINE

1800 600 636

Available 9am – midnight, 7 days a week

DVConnect Mensline supports men to change their abusive behaviours. We can help with information, options, advice, and brief counselling. We can provide referrals to specialist behaviour change programs for ongoing support.

DVConnect Mensline also provides safety planning, transport, information and referral for men who are experiencing domestic and family violence.

We provide free, confidential, non-judgemental services to people wo are using or experiencing violence.

If someone is actively experiencing violence, they should call 000.

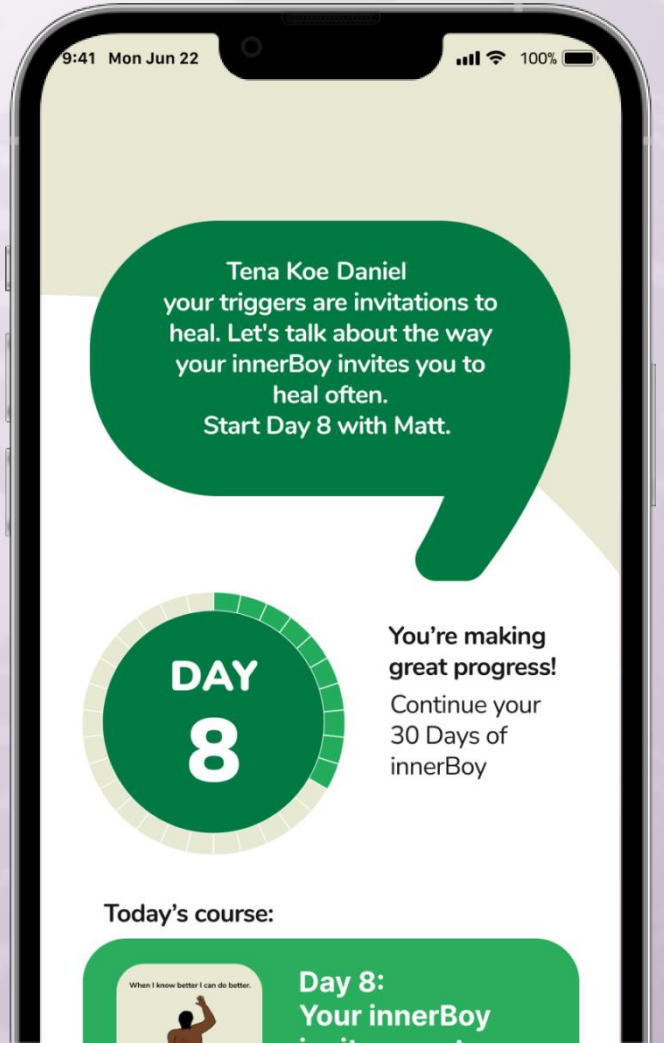
Background/history of innerBoy

- **2023** – innerBoy.nz released in Aotearoa/New Zealand only

- **May 2024** – innerboy.nz evaluated by the Ministry of Social Development (Aotearoa/New Zealand)

- **October 2024** – in collaboration with DVConnect and Griffith University, innerboy.AU launched in Australia

What is innerBoy?



- **Free** men's mental health app developed by the founders of She Is Not Your Rehab – Mataio (Matt) and Sarah Brown
- **Aim –** to develop a **generation of cycle breakers -** to not repeat the intergenerational patterns of violence, sexual abuse, and to be the kind of man/partner/parent you want to be or wish you had growing up

Engaging and connecting with men









A call to action







Case Study – Introduction

- Clive T – 58
- Clive contacted DVConnect MensLine somewhat regularly for a couple of years. Recent contact was different, with Clive disclosing significant, high-risk DFV against his wife. He had been served a no-contact DVO, pending criminal charges for breaches of same as well as aggravated assault
- During the most recent call, Clive expressed anger and resentment towards his wife and the police but also some despair and some remorse for his behaviour
- Clive was offered a place in the START program (6-week virtual intervention) which he accepted

Case Study – Continued

- Clive had been engaging with his START practitioner regularly – 2 sessions per week (on average)
- Practitioner noted a number of deep-seeded biases and life views that Clive held which focused on gender roles as well as racialised views. Clive spoke negatively about his ex-partner, had a very strong victim stance and believed that some of his behaviour towards his ex was 'justified' (due to her not fulfilling the female partner role adequately)
- Clive had spoken about his upbringing – disclosing physical abuse as a child (by multiple family members)
- Noted high alcohol reliance but had recently ceased drinking as fearful of consequences from Police

innerBoy practice approaches

- **Highly relational** – content is written/audio (appropriate for people who have issues with reading or are ESL), as well as guided videos hosted by Matt Brown
- **Self-paced** – no time frame to complete content in, can be done at user's own pace
- **Theoretical frameworks** – interventions include ACT, mindfulness practices, Motivational Interviewing, grounding/regulation, SFBT, CBT

innerBoy points of difference

- **Accessibility** – free app available for download. 30 sessions, each run for approx. 30 mins each. Can use anywhere in Australia.
- **Connection** - dedicated phone line available for anyone using the app who would like to unpack/reflect with a trained counsellor, Australia-wide
- **Not cloud-based storage** – a positive for people who are tech-wary, however if you lose your phone then your content cannot be retrieved

Case Study – Continued

- Practitioner noted that Clive was significantly isolated – if not geographically, certainly socially. Nil other friends, family or connections identified and Clive noted that "nobody wanted anything to do with him"
- Clive was wanting more time with the Prac, and it was evident he was seeking connection. InnerBoy was brought up as a potential option for Clive to engage in in-between START sessions. Clive accepted, albeit reluctantly
- App was downloaded easily, and the initial feedback was "well that was easy to get"

Practitioner considerations for innerBoy

- **Disclosures of historical abuse** – experiences of abuse during childhood (physical, sexual, neglect, exposure to DFV)
- **Recognition of behaviour -** clients who make statements such as *"I can see my dad/step-dad/carer in my behaviour"*
- **"Not okay" -** demonstrate some awareness of being "not okay" (being "not okay" in themselves, awareness that their thoughts/feelings/behaviours are "not okay")

Practitioner considerations for innerBoy

- Men who make statements about wanting to be a *"better father", "better partner/husband"*

- Clients for whom other options (e.g. ongoing/regular counselling, MBCP) are not *accessible* - e.g. rural/remote clients, long MBCP waitlist, people who are socially isolated, clients who regularly travel for work (inc. FIFO)

Practitioner considerations for innerBoy – when we wouldn't suggest

- Clients who express significant discomfort or distress around historic child abuse experiences
- Where individual/app-based work would further isolate a client
- Where the client's mental health is at a *critical* point – i.e. current mental health inpatient, expression of suicidal ideation and intent, working with mental health care team to stabilise medication regimen
- Clients who note they had an "idyllic" childhood (note: whether this is the case or not, the client may not be ready to do this reflective work)

The 30-day journey with your innerBoy

An Introduction: to innerBoy
Day 1 -The value of your innerBoy
Day 2- The Miracle of you
Day 3 – Accepting the story of your innerBoy
Day4 – How to set your innerBoy free
Day 5 – Showing up for your innerBoy
Day 6 – Affirming your innerBoy
Day 7 – Your innerBoy invites you to heal often
Day 8- To heal your innerBoy you must feel
Day 9- A powerful tool for your innerBoy
Day 10 – What sits beneath the anger of your innerBoy
Day 11- Breathing life into your innerBoy
Day 12 – How to empower your innerBoy
Day 13 – An emotionally resilient innerBoy
Day 14 – The power of reassuring your innerBoy
Day 15 – Thanking your innerBoy
Day 16 –Trust starts with you and your innerBoy
Day 17- The protection and Safety of your innerBoy.
Day 18 – Taking responsibility for your innerBoy
Day 19 – Speaking the truth of your innerBoy
Day 20 – Re-imagining responsibility
Day 21 – Loyalty starts with you and your innerBoy
Day 22 – Learning to validate your innerBoy
Day 23- Allow your innerBoy to dream again
Day 24- Everyday choose life
Day 25 – You are a cycle breaker
Day 26- You are the author of your story
Day 27 – You are responsible for your healing journey
Day 28 – Staying in your power for the ups and downs
Day 29 – Your thoughts and beliefs can be challenged
Day 30 – I am proud of you my brother

Accessing innerBoy

Website: https://innerboy.au



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www.dvconnect.org

mail@dvconnect.org