



## What is Abuse?

### INFORMATION ABOUT COERCIVE CONTROL

"an act of assault, threats, humiliation and intimidation or a repetitive pattern of abusive behaviours that are used to harm, punish, or frighten their victim, changing their natural choice."

- 01 Abuse and Violence impact on the health, wealth and wellbeing of individuals, families & their community
- 02 Abuse is not properly investigated unless it meets the threshold of criminality.
- 03 Abuse is preventable by understanding behaviour patterns and psychology of perpetrators & victims
- 04 Family and friends are reluctant to intrude in abusive relationships out of fear in making it worse
- 05 Many victims don't know they are being abused and don't know what to do when they realise.
- 06 Interventions during recovery are needed to prevent re-entering the same or another abusive relationship
- 07 Investigations provide an opportunity for education and awareness about abusive behaviours.



# upstream

## INVESTIGATIONS

We know what goes on behind closed doors.

## Domestic and Family Violence Specialists

**EMPOWERED WITH THE ESSENTIAL KNOWLEDGE, GUIDANCE & STRATEGY**



### Prevention

We offer integrated trauma informed assessments with embedded education in our consultancy and investigations of Family and Domestic Violence and Abuse.

We exchange our education seminars for individual consultancy for those services in the Domestic and Family Violence arena who's clients experience financial distress or constraints.

### Investigation

Our investigations are objective and outcome driven.

We gather evidence through a wellbeing lens using trauma informed practices and domestic violence investigative strategies that remain sensitive to the individual and their situation at home.

We are discreet, empathetic, compassionate, kind, experienced and creative problem solvers.



### Intervention

We engage professional and reputable services that align with our holistic approach to wellbeing; during stressful times.

We have an intimate knowledge of the system and understand the complexity of the process in the Family and Domestic Violence ecosystem. We collaborate to de-escalate conflict and identified risks of further abuse or violence.





# Domestic and Family Violence Specialists

Our lead investigator and founder draws on a unique and interesting combination of her own first hand experience with investigating domestic violence, relationship dysfunction due to mental health, separation, divorce, and single motherhood, She has over two decades of professional experience as a police officer, mental health advocate, wellness and empowerment mentor.

Our services offer a holistic investigative approach through a wellbeing lens to Domestic and Family Violence and Abuse with personal referrals to

## OUR PEOPLE

- Trauma and Counseling
- Emotional Regulation Experts
- Creative Arts Psychotherapists
- Family Dispute Mediators
- Separation Negotiators
- Family Financial Advisors
- Life and Wellness Coaches
- Personal Brand Strategists
- Child Psychologists
- GP's and Psychologists
- Solicitors if needed

## OUR TEAM

- Former Police Investigator
- Former Police Prosecutor
- Former Child Trafficking Investigator
- Former Child Protection Investigator
- Life Story Work Counsellor
- Lived Experience Experts



## OUR PROCESS

- We provide objectivity, enabling a more balanced and thorough investigation through a wellbeing lens.
- We gather and collect the evidence to support victims who are subjected to patterns of abusive behaviour and help them clarify their desired outcome and resolution.
- We empower through knowledge, activating resources in the right way and at the right time.
- We measure our success against a wellbeing survey and index, understanding that relationship health is subjective and fluid and separations are complex and complicated.

If you have a client to refer or would like to become and referral partner please contact us via the website.

[WWW.UPSTREAMINVESTIGATIONS.COM.AU](http://WWW.UPSTREAMINVESTIGATIONS.COM.AU)

**upstream INVESTIGATIONS** Safe *space* to Share

**Q.** How can we help?

**A.** I think I'm being abused by my partner. I'm not sure what to do?

We offer a consultation to determine the current situation, issues and concerns and the outcome being sort.

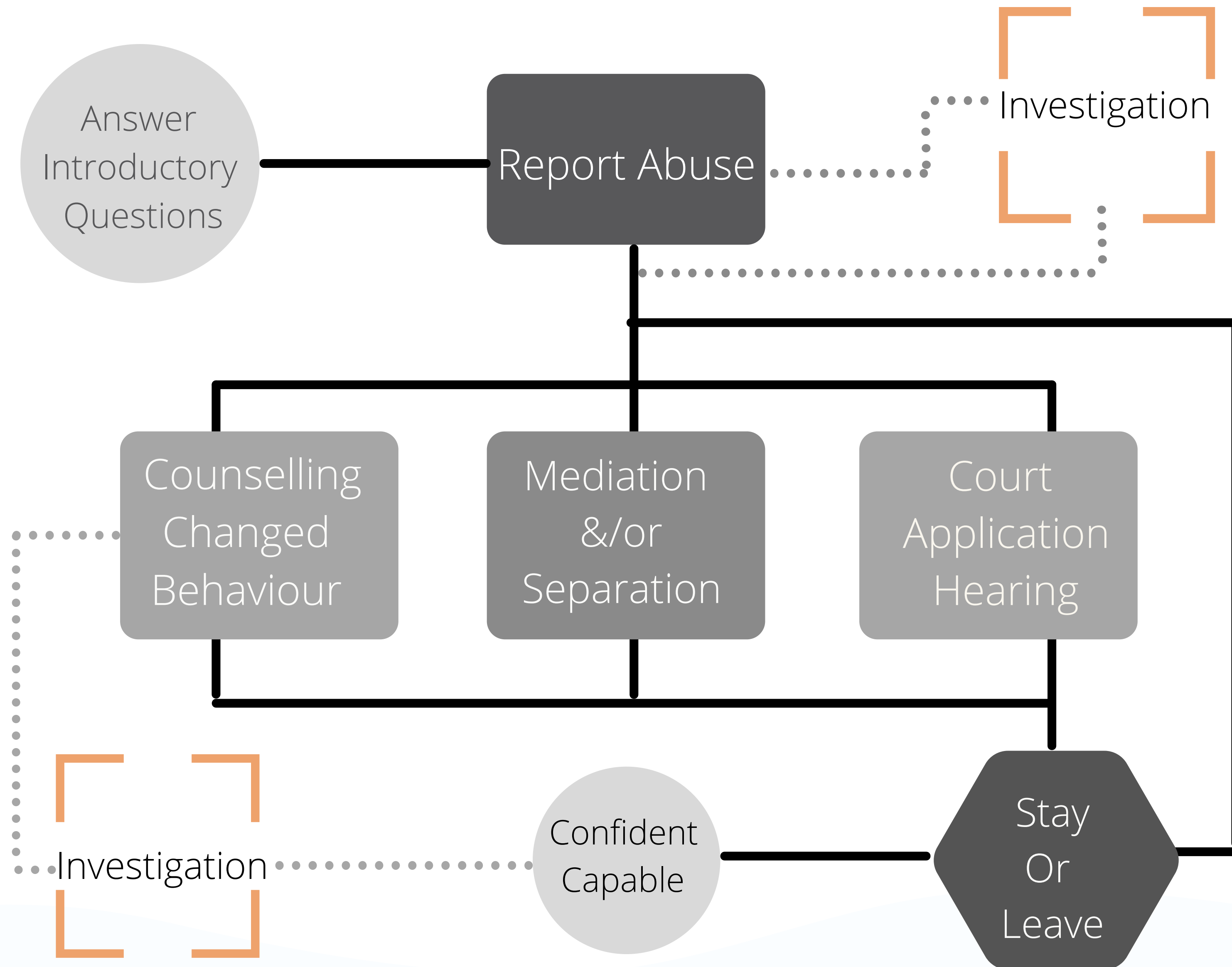
**A.** Most of the time, he gets angry at me and I'm walking on eggshells.

We listen to the information, extract the evidence and prepare reports and make personal recommendations.

I'm a bit scared about what might happen. I just want the arguments to stop

We help plan for safety, investigate and connect you to the services provide the specific support needed.

# Domestic and Family Violence Specialists





## Time to Heal



Upstream investigators take the time needed to extract the evidence and assess the pathways that will help not hinder.

We know how things change and we encourage our clients to set strong boundaries that protect their energy with buckets of compassion that only time can give.

## Collaboration

We are grateful for the support and connection the FDV space provides. Our scope of work is very specific and our process enables other services to streamline their workload and increase their capacity.

Our intergrated approach enables us to identify the right advice and connect our clients to the right service at the right time.



## Wellbeing



Our clients safety is our top priority.

Even though we are not a crisis service that provides physical safety, our objectivity, empowers our clients to make informed decisions and supports them as we all patiently wait for a scheduled response to an application or letter, outcomes for a complaint or court proceedings.

Waiting in the unknown is painful and we are the reassurance policy.

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# upstream INVESTIGATIONS

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## Education for Empowered Decision Making

**CURRENT OPTIONS  
CREATE OPPORTUNITIES  
COMMUNICATE OBJECTIVES  
COLLABORATIVE OUTCOMES**



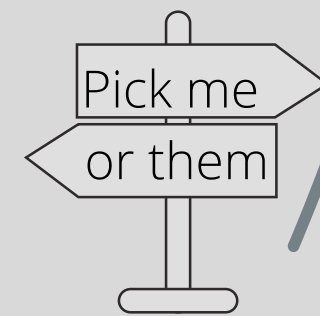
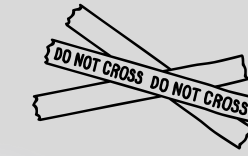


# How to identify abuse?

AND HOW TO RESPOND

IT LOOKS  
LIKE

love



- Set Boundaries 01
- Know your Deal Breakers 02
- Prioritise your needs 03
- Communicate Confidently 04
- Stay connected 05
- Identify the Issues 06
- Talk about your concerns 07
- Allow natural consequences 08
- Compromise not comply 09
- Keep notes, note emotions 10

**Do The  
Values  
Work**

