

# **D** OMESTIC

## **VIOLENCE PERPETRATOR TREATMENT PROGRAM**

- ◇ The State of Washington has taken a pro-active stance against domestic violence which continues to be a serious, nation-wide problem. Alternatives offers comprehensive therapy and educational learning opportunities for client's to "break the cycle of violence" that is often found in family relationships. Client focus is on achieving cognitive and behavioral change, utilizing directed learning, specific mandatory assignments, and personal process within gender specific group sessions.

The **Domestic Violence Perpetrator Treatment Program** utilizes Moral Reconciliation Therapy Program; **MRT**© which has been empirically shown to be an effective cognitive behavioral treatment for this type of population. The entire clinical staff of the agency is **MRT**© certified to facilitate the program, with the clinical manager having advanced certification. **Alternatives is the only agency in the Thurston County area offering the MRT-DV program for perpetrators of domestic violence, [this requires a specific certification of training differing from the chemical dependency MRT program].** The Domestic violence treatment programs at Alternatives strictly adhere to Washington Administrative Codes and Alternatives follows and is a part of working with the Thurston County Task Force on Domestic Violence and Sexual Assault, and adheres to policies developed by the Sub Task Force for Thurston County treatment providers.

- ◇ The Domestic Violence Program is progress linked, rather than time linked. Change must be observed in order to progress in the program; time in place is not enough. This decreased client focus on session numbers allows clients to apply learning and increased coping skills in all of their interpersonal relationships.
- ◇ At the initial intake for the program, the client is asked to complete screening material and is interviewed in order to better understand the individual situation of the client. In addition to the mandated recommendation there may also be recommendations for a substance abuse/dependency evaluation, a mental health evaluation or parenting classes (if children are involved and or witness to violence). \*Intake assessment for the Domestic Violence Program is such that it allows staff to develop and individualized treatment plans that can encompass many factors and needs.
- ◇ **Mental Health**
- ◇ **Chemical Dependency / Substance Abuse**
- ◇ **Parenting Issues**

We assess the clients positive attributes to empower the individuals potential to change current behaviors. The Domestic Violence Program is a minimum of one-year in length.

**Over please**

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### Unique Program Features:

- **The Domestic Violence Program is a clean and sober program, we do random urinalysis in client groups. Alternatives addresses the CD/DV connection often found in conflicted and violent relationships. Asking individuals to remain clean and sober increases learning capabilities and retention of information learned.**
- **Individualized treatment planning allows clients that need substance abuse treatment to attend concurrent treatment regimens in the same location without the schedule conflicts encountered with outside programs. This option also results in reduced monetary cost to clients.**
- **Gender specific program groups.**
- **Domestic Violence Treatment Provider for in custody clients at Thurston County Corrections.**
- **Program intake evaluation for clients in legal custody.**
- **NEW: Alternatives offers both: Hispanic Language and Asian Language certified domestic violence perpetrator programs.**

Alternatives is an active member of the Domestic Violence Task Force in Thurston County and follow treatments standards as established, we are committed to following the guidelines specified in Washington Administrative Code 388.60.

## Victim Services

- ◇ For each domestic violence perpetrator, there is a victim. In many of these situations, the abuse is more than just the physical violence that finally brought the police. Abuse is usually a control issue: physical, mental, emotional, and/or economic control over another. Over time this can cause misery and loss of self-confidence and self trust-for the victim, which may cause him or her to return to the abusive situation over and over again. We are authorized by The Crime Victims Compensation section of L & I to provide victim services.
- ◇ With a domestic violence charge often goes a no-contact or protection order by the court between the victim and the perpetrator of the violence. In order to have the no contact order lifted the victim must apply to the court, and the court most often will request a recommendation from a Domestic Violence Treatment Provider. Most Thurston County Perpetrator Treatment agencies follow the guidelines of the Domestic Violence Task Force of Thurston County. This requires that a perpetrator must be in treatment for at least eight sessions and exhibit some cognitive and behavioral change. This gives the counselor a period of time to:
  - **Obtain enough collateral information, to be able to assess the lethality of the perpetrator and the situation.**
  - **To work with the victim.**
  - **To provide a cooling down period. To allow both the victim and batterer to have some time to reflect on the issues without having to return to the same situation where issues still exist without resolution.**



The major goal is to provide protection for the victim, the secondary goal is provide new communication skills, and coping strategies, so that a return to the situation will not repeat old patterns.

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