

# STRENGTH HOME

## Program Fact Sheet for Courts and Probation Strength at Home Program

**Who the group is for:** Men or women who have used aggression against their intimate partner. The philosophy of Strength at Home is to be broadly inclusive of those who may report other problems in addition to their intimate partner violence (such as psychotic symptoms, substance use difficulties, or interpersonal issues) in order to maximize program impact. However, Strength at Home is not an appropriate referral for those seeking basic anger management.

**What we do in the group:** This is a comprehensive program to stop abuse. Sessions focus on:

- Understanding abusive behavior and taking responsibility for abuse
- Understanding and exploring core themes that underlie abusive behavior such as power and control issues and difficulties trusting others
- Learning ways to deescalate situations that may lead to conflict and aggression
- Learning how to view situations in a less hostile or threatening manner
- Managing stress more effectively
- Communicating in more assertive ways
- Emotional expression

**Other key points:**

- The cognitive-behavioral program has been shown effective in ending physical and psychological abuse through several randomized controlled trial investigations and implementation studies.
- The program is at least 30 contact hours (24 group hours and 6 hours assessment and monitoring) with options to extend program length.
- Groups are trauma-informed, psychoeducational, therapeutic, and informed by the Stages of Change model to facilitate insight and accountability.
- The group is led in a small, closed-group format with eight or fewer participants. All group members actively participate in each exercise.
- There is no victim participation in therapy groups. However, the program attempts to make contact with victims following state guidelines to provide safety planning, resource referrals, as well as to assess for frequency and severity of relationship abuse. The partner may decline to speak with the program and all responses will be confidential from the group member.