

How do I know if he is changing?

- Has he stopped saying and doing things that frighten you?
- Can you safely express anger towards him?
- Can you bring up topics that might upset him?
- Does he listen to and respect your opinion?
- Does he respect your wishes about physical contact?
- Can you freely spend time with friends?
- Can you freely and safely do things that are important to you such as get a job or go to school?
- Do you feel comfortable with how he treats the children?
- Does he do his share of housework and childcare?

Signs He Is Not Changing

- Blames you because he is in group
- Tells you that you are abusive
- Pressures you to go to therapy or to couple's therapy
- Tells you that you owe him another chance
- Says he can not change unless you change, too
- Says he can not change without your support
- Seeks your and the children's sympathy
- Does not seem to care about group participation
- Expects a reward or something from you for attending treatment
- Pressures you to move back in or to decide about the relationship

Planning For Your Safety

Leaving your partner is not your only option. However, you need to first consider your safety and the safety of your children when deciding whether or not to leave. You may want to discuss your options with an advocate.

CHECKLIST: IMPORTANT ITEMS TO TAKE WITH YOU WHEN YOU LEAVE

- Driver's license, car title and registration
- Children's birth certificates
- Your birth and marriage certificates
- Green cards
- Money, credit cards, ATM card
- Copy of your protection order
- Lease rental agreement, or deed to the house
- Checkbook and bank books
- House and car keys
- Medications
- Social Security Cards
- Medical records
- Divorce papers
- Children's small toys and special blankets

Unless it is completely unavoidable, do not leave the children behind with the intention to return and pick them up later. It may be extremely difficult to gain physical custody of your children at that time. Remember, they rely on you to meet their safety needs.

Remember: You may be in the most danger when you leave the abuser. Planning for your safety and the safety of your children can help protect you and your children if you decide to leave.

Adapted from Washington State Dept of Social and Health Services' version of concepts from EMERGE, Cambridge, MA.

North Dakota Council on Abused Women's Services/
Coalition Against Sexual Assault in North Dakota
418 East Rosser Ave. #320
Bismarck, ND 58501-4046
Toll Free: 1-888-255-6240
Phone: 701-255-6240
Fax: 701-255-1904
TTY: 711 or 1-800-366-6888
Website: www.ndcaws.org

Domestic Violence Service Providers:

Beulah/Mercer County: Women's Action & Resource Center
873-2274; *Crisis Line:* 873-2274

Bismarck: Abused Adult Resource Center
222-8370; *Crisis Line:* 1-866-341-7009

Bottineau: Family Crisis Center
228-2028; *Crisis Line:* 1-800-398-1098; 1-888-755-7595

Devils Lake: Safe Alternatives for Abused Families
Crisis Line: 662-7378; 1-888-662-7378

Dickinson: Domestic Violence and Rape Crisis Center
Crisis Line: 225-4506; 1-888-225-4506

Ellendale: Kedish House
349-4729; *Crisis Line:* 349-5118; 1-877-349-4729

Fargo: Rape and Abuse Crisis Center
Crisis Line: 293-7273; 1-800-344-7273

Ft Berthold: Coalition Against Domestic Violence
627-4171; *Crisis Line:* 627-3617

Grafton: Domestic Violence & Abuse Center Inc.
352-4242; *Crisis Line:* 352-3059

Grand Forks: Community Violence Intervention Center
746-0405; *Crisis line:* 746-8900; 1-866-746-8900

Jamestown: Safe Shelter
Crisis Line: 251-2300; 1-888-353-7233

McLean County: McLean Family Resource Center
Crisis Line: 462-8643; 1-800-651-8643

Minot: Domestic Violence Crisis Center
852-2258; *Crisis Line:* 857-2200; 1-800-398-1098

Ransom County: Abuse Resource Network
Crisis Line: 683-5061; 1-877-683-5061

Spirit Lake: (Ft. Totten) Spirit Lake Victim Assistance
Crisis Line: 766-1816; 1-866-723-3032

Stanley: Domestic Violence Program, NW, ND
Crisis Line: 628-3233; 1-800-273-8232

Turtle Mt. Reservation: Hearts of Hope
Crisis Line: 477-0002

Trenton: Circle of Hope
Crisis Line: 774-1026

Valley City: Abused Persons Outreach Center
845-0078, *Crisis Line:* 845-0072; 1-866-845-0072

Wahpeton: Three Rivers Crisis Center
Crisis Line: 642-2115; 1-800-627-3659

Williston: Family Crisis Shelter
572-0757; *Crisis Line:* 572-9111

What You Should Know About BATTERERS' Treatment

For women whose partner is considering joining, or is participating in, a men's batterers' treatment program.

What is domestic violence?

Domestic violence is an ongoing pattern of different types of abusive tactics and behaviors employed against an intimate or ex-intimate partner or family member to gain complete control of every aspect of that person's life. Nearly always present will be tactics that create fear and intimidation.

Types of Abuse

Physical - Punching, slapping, kicking, pinching, biting, choking, hitting, throwing bodily, spitting on, pulling hair, throwing objects, using a weapon, and/or restraining.

Psychological/verbal - Put-downs, name calling, insults, blaming; controlling what you do, where you go, who you see, who you talk to; interrogating; using money as a means to control; giving intimidating looks or making rude and/or intimidating gestures; smashing things or destroying your property; treating you like an object; threatening to harm you, take the children, commit suicide; and/or use children as a means to harass, degrade and humiliate you.

Sexual - Forcing, coercing, manipulating you to do sexual acts against your will; physically attacking the sexual parts of your body; treating you like a sex object.

(These are only some examples of abuse, you may or may not have experienced all of the items listed. One act of violence against you is one too many. You can get help regardless of the frequency of abuse or types of tactics you have experienced.)

Facts and Myths About Domestic Violence

Myth: Couple's counseling is an effective means of treating domestic violence offenders.

Fact: Most often, individual and marriage counseling prior to batterers' treatment put you at risk, are unable to hold your partner accountable for past abuse, and promote your partner's denial of the abuse by framing the cause of the violence as the responsibility of both parties. Couples counseling may be helpful to you in working on other issues, after the violence or intimidation has stopped for at least 6 months.

Myth: Most abusers who use alcohol will stop abusing if they received alcohol treatment.

Fact: Alcohol abuse and violent behavior are two separate concerns requiring separate treatment. In most cases, with alcohol treatment alone, the abuse will continue. Although battering and substance abuse are two separate problems, a substance-abusing batterer is often particularly dangerous. He will have to be clean and sober in order to make any meaningful progress on his battering problem.

Myth: Abusers have poor impulse control and are violent when in an uncontrollable rage.

Fact: Abuse is intentional behavior wherein an abuser is not only in control of his behavior but is also in control of you as well. The abuse is most often perpetrated to achieve a specific goal and various abuse tactics are chosen according to what works to gain control or feel in control.

You deserve peace and respect.

What are the goals of treatment?

- Stop the abuse.
- Learn to identify abusive behaviors and patterns of abuse.
- Challenge attitudes and beliefs regarding women, relationships, parenting, self, conflict, and abuse.
- Confront belief systems that lead to abusive behavior.
- Stop the blaming of children and partner for the abuse.
- Learn to appreciate the effects of abuse and the impact abusive behavior has had on your partner, children and others.
- Encourage accountability and taking responsibility for the abuse.
- Challenge denial and minimization about the abuse.
- Learn to identify and practice non-abusive behaviors.
- Explore cultural and social traditions that allow and encourage abusive behavior.

What is your role?

- The treatment team wants to help you get safe and wants to work with you to your benefit.
- A member of the treatment team will contact you to let you know what kind of services are available to you, and offer you options, referrals, emotional support, shelter, and advocacy.
- Group facilitators do not tell your partner anything you say without your permission.
- You are free to call the team at any time for an update on your partner's participation in group. Facilitators will contact you if they believe that you are in imminent danger. They will also contact you in the event that your partner violates group rules or is not participating in group as expected. Facilitators will not disclose specific information your partner shares during group.
- A batterers' group member is told by facilitators not to at any time discuss our contacting you. He is not allowed to try to influence you about what you might share with us, or ask questions afterwards about your conversation with us. He is not to be present while we talk to you. He is free to discuss his own sessions if he wishes.
- While he is in treatment, it is not your role to give him emotional or financial support. He must take responsibility for the abuse. You have the right to decide to terminate contact with him for any length of time if you wish; we will respect any decisions you make about your relationship.

Consider your safety and the safety of your children.