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## **Non-Violence Education Program: Participant Manual**

*“Empowering Families”*



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## **Introduction**

The Non-Violence Education Program (NVEP) is a joint effort through Howard County Superior Court 1 and the Family Service Associate of Howard County aimed at reducing the occurrences and impact of domestic violence throughout Howard County. This manual will provide you with information about the NVEP, what is expected of you as a participant, and a general understanding of what you can expect from the program. We encourage you to carefully read over this manual and do not hesitate to ask any questions. Please feel more than welcome in sharing this manual with your attorney, family, employer, or anyone impacted by your participation in the NVEP.

## **Summary**

The Non-Violence Education Program (NVEP) was created in 2006 as a nontraditional alternative to trial for those arrested for domestic battery in Howard County and the surrounding areas. It is a 26-week program that utilizes a group setting to educate participants on non-violent interpersonal skills and learning to identify uses of power and control against ones partner. The foundation for the NVEP comes from the Duluth Domestic Abuse Intervention Project (DIAP), which looks toward rehabilitation over incarceration as a process for behavior change. Classes are offered for both men and women during a range of times over the course of each week.

## **Mission Statement**

The mission of the Non-Violence Education Program is to provide a group intervention to improve the quality of life for individuals and families impacted by domestic violence.

## **Domestic Violence: General Information**

This section includes an overview of what domestic violence is and different ways in which it can be perpetrated against ones partner. It also includes national and state prevalence statistics.

## **What is Domestic Violence?**

The National Coalition Against Domestic Violence (NCADV) defines domestic violence as the “willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systemic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse.” Examples of abusive tendencies include but are not limited to:

- Telling the victim they can never do anything right
- Showing jealousy of the victim’s family and friends and time spent away
- Accusing the victim of cheating
- Keeping or discouraging the victim from seeing friends or family members
- Embarrassing or shaming the victim from seeing friends or family
- Taking the victims money or refusing to give them money for expenses
- Telling the victim that they are a bad parent or threatening to hurt, kill or takeaway their children
- Pressuring the victim to have sex when they don’t want to or to do things sexually they are not comfortable with

## **National Statistics**

According to the National Coalition Against Domestic Violence:

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men
- 1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime
- 1 in 4 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide
- Intimate partner violence accounts for 15% of all violent crime
- 19% of domestic violence involves a weapon

## **Domestic Violence in Indiana**

According to the National Coalition Against Domestic Violence:

- In a single day in 2014, Indiana domestic violence programs served 1,807 victims/survivors
- On that same day, there were 182 requests for services that went unmet due to a lack of resources
- Between July 1, 2013 and June 30, 2014, 67 Hoosiers died in domestic violence homicides
- Over half of domestic violence homicides in Indiana are committed with a gun

### **Frequently Asked Questions**

#### **1. How much will the program cost me?**

Each class costs \$35 (for in person classes) or \$50 (for online classes) and must be paid before attending, or you will be considered absent. The class fee can be paid with a combination of cash, credit and/or bond money received by FSA. Should you go through the program as intended, without any restarts, the cost will be \$910 (in person) or \$1300 (online) over the course of 26-weeks.

#### **2. How many classes can I miss?**

You can miss a total of four classes; on the fifth miss you will be expected to restart. This means you will be starting the program over and must complete all 26 weeks, regardless of how many you had attended previously. There is a restart fee of \$100 for each restart. Subsequent violations on a restart will increase in increments of \$100 (i.e. \$100 for the 1<sup>st</sup> violation, \$200 for the 2<sup>nd</sup> violation, etc).

#### **3. When are classes offered?**

Classes are offered at various time throughout the week, there are specific class times for men and for women.

#### **4. Can I bring my significant other or children?**

No, due to the nature of the course participants are not allowed to bring another individual to class. Other people cannot attend with participants in either the online or in person formats. Should you like to pursue additional forms of counseling or services for children, the Family Service Association staff are more than happy to help connect you to additional resources.

#### **5. Can my bond be used to pay the class fees?**

Yes, this process would need to be initiated by you and signed off on by the presiding Judge. For participants in Howard County, please contact at Howard County Clerk office at (765)-456-2204 for further information or to begin this process.

#### **6. What happens if I am charged with a new crime while in the program?**

If you are arrested on any non-domestic violence related criminal charge during your twenty-six (26) week participation in the Family Service Association Non-Violence Education Program, you will be required to pay a violation fee of \$50 for the violation/arrest before being able to continue with the program. You will not be required to restart the program. Subsequent violations will increase in increments of \$50 (i.e. \$50 for the 1<sup>st</sup> violation, \$100 for the 2<sup>nd</sup> violation, etc).

If you are arrested on any domestic violence related or other violent criminal charge during your twenty-six (26) week participation in the Family Service Association Non-Violence Education Program, you will be required to restart the program from the beginning and pay a restart fee of \$100 for the restart before being able to return to the program.

#### **7. What happens should I fail to meet the program requirements?**

This is left to course instructor discretion and should you be terminated from the program a status hearing will occur with the court so you can determine next steps.

### **Non-Violence Education Program: Curriculum Information**

This section includes a general course outline and commonly used vocabulary. Please note that the outline is subject to change due to the open-group nature of the educational courses. The course outline is organized by theme, with each theme lasting the duration of two or three class sessions. Instructors will also incorporate other materials and class activities throughout the course.

#### **Course Objectives**

- Defining domestic violence
- Explaining the dynamics of power and control
- Understanding socialization, including gender roles and equality
- Identifying the effects of domestic violence on children
- Describing parenting after violence
- Recognizing responsibility for past and future abusive behaviors

- Examining relationship between substance abuse, mental illness, and acts of violence with a distinction that there is not a cause-and-effect relationship
- Challenging the beliefs that promote abusive behavior
- Reviewing nonviolent alternatives

## Course Outline

1. Theme One: Non-violence
  - a. Exploring How to Live a Non-violent Life
  - b. Exploring the Use of Violence as a Tactic of Control
  - c. Becoming Non-violent
2. Theme Two: Non-threatening Behavior
  - a. Exploring Non-threatening Behavior
  - b. Exploring the Use of Intimidation as a Tactic of Control
  - c. Becoming Non-threatening
3. Theme Three: Respect
  - a. Exploring Respect
  - b. Exploring the Use of Isolation as a Tactic of Control
  - c. Becoming Trusting and Supportive
4. Theme Four: Trust and Support
  - a. Exploring Trust and Support
  - b. Exploring the Use of Isolation as a Tactic of Control
  - c. Becoming Trusting and Supportive
5. Theme Five: Honesty and Accountability
  - a. Exploring Honesty and Accountability
  - b. Exploring the Use of Minimizing, Denying, and Blaming as Tactics of Control
  - c. Becoming Honest and Accountable
6. Theme Six: Responsible Parenting
  - a. Exploring Responsible Parenting
  - b. Exploring the Use of Children as a Tactic of Control
  - c. Becoming a Responsible Parent
7. Theme Seven: Shared Responsibility
  - a. Exploring Shared Responsibility
  - b. Exploring Use of Privilege as a Tactic of Control
  - c. Learning to Share Responsibility
8. Theme Eight: Economic Partnership
  - a. Exploring Economic Partnership
  - b. Exploring the Use of Economic Abuse as a Tactic of Control
  - c. Becoming an Economic Partner

9. Theme Nine: Sexual Respect
  - a. Exploring Sexual Respect
  - b. Exploring the Use of Sexual Abuse as a Tactic of Control
  - c. Practicing Sexual Respect
  
10. Theme Ten: Negotiation and Fairness
  - a. Exploring Negotiation and Fairness
  - b. Exploring the Use of Coercion and Threats as Tactics of Control
  - c. Learning Negotiation and Fairness

## Commonly Used Terms

**Abuse:** to insult, hurt, injure, rape, and/or molest another person. Such behaviors may include, but are not limited to: physical abuse, emotional abuse, financial abuse, spiritual and/or verbal abuse.

**Abuser:** a person who uses abusive tactics and behaviors to exert power and control over another person with whom the abuser is in an intimate, dating or family relationship.

**Advocate:** a trained professional or volunteer working for a non-profit or government-based domestic violence or victim-witness advocate program.

**Attorney:** a person legally appointed or hired by a respondent or petitioner to represent him/her in legal matters.

**Batterer:** a person who uses coercive and abusive tactics and behaviors to establish and maintain power and control over another person with whom the batterer is in an intimate, dating or family relationship.

**Burnout:** a state of physical, emotional and mental exhaustion cause by long-term involvement in emotionally demanding situations.

**Civil Protection Order or Protection Order (CPO/PO):** a court order that usually requires a respondent to stay away from and have no contact with the petitioner and directs the respondent not to commit any criminal offense against the petitioner. The order can also specify terms of custody, require the respondent to vacate the household and/or order the respondent to relinquish firearms or other property.

**Coercion:** when one person forces or attempts to force another to think or act in different ways. Examples include, but are not limited to: threatening to report the victim to the Department of Child Services or police, forcing a victim to drop charges against the batter and/or forcing victim to participate in or commit illegal activities.

**Criminal Confinement:** when a person knowingly or intentionally confines another person without the other person's consent.



**Dual Arrest:** when a police officer arrests both parties in a domestic violence situation because the officer is unable to determine the predominant aggressor or believes both parties have committed an offense toward each other.

**Economic/Financial Abuse:** when finances are used to establish and maintain power and control over a victim. Examples include, but are not limited to: controlling a partner's finances, taking the victim's money without permission, giving the victim an allowance, prohibiting/limiting a victim's access to bank accounts or credit card, denying the victim the right to work and/or sabotaging a victim's credit.

**Emergency/Temporary Shelter:** immediate, confidential and safe housing for victims of domestic violence who are fleeing abuse.

**Emotional/Psychological Abuse:** when emotions, self-esteem and/or a person's mental state are used to establish and maintain power and control over a victim. Examples include, but are not limited to: putting the victim down or making the victim feel bad about themselves, calling the victim names, playing mind games, making the victim think he/she is crazy, making the victim feel guilty and/or humiliating the victim.

**Equality Wheel:** lists the concepts in relationships that promote respect, equality and demonstrate appropriate ways of interacting in healthy relationships and ways that people who abuse can now choose to act nonviolently (See Appendix A and Appendix B).

**Interference with Reporting a Crime:** when a person, who has the intent to commit, conceal, or aid in the commission of a crime knowingly or intentionally interfered with or prevents an individual from using 911, obtaining medical assistance, and/or making a report to a law enforcement officer.

**Intimidation:** when one person uses threats to cause another person fear and/or coerce them into doing something. Examples include, but are not limited to: making someone afraid by using looks, actions, gestures and/or a loud voice, destroying property, abusing pets and/or displaying weapons.

**Isolation:** when one person uses friends, family, and social networks to establish and maintain power and control over a victim. Examples include, but are not limited to: controlling where the victim goes, who he/she is talks to, what he/she wears, and/or whom he/she sees, and limiting involvement in social places.

**Motion:** request for the court to take some specific action.

**Perpetrator:** a person carrying out domestic violence behaviors; see also "abuser" and "batterer".

**Petition:** an application asking the court to issue a protection order.

**Petitioner:** a person who has filed for a protection order (CPO/PO) seeking protection from a perpetrator of domestic violence. See also: “Victim”.

**Physical Abuse:** when an individual uses their body or other objects to cause harm or injury to establish and maintain power and control over a victim. Examples include, but are not limited to: hitting, kicking, biting, pushing, scratching, slapping, strangling, beating, using a weapon against another person, punching, throwing, burning, poisoning, stabbing and shooting.

**Post Traumatic Stress Disorder (PTSD):** a psychological disorder that can occur in an individual after they have suffered a traumatic event and is characterized by flashbacks, avoidance of things that may trigger a memory of the traumatic event and significantly heightened state of alert.

**Power and Control Wheel:** a tool many advocates and educational groups use to illustrate abusive tactics and behaviors used by perpetrators of domestic violence (See Appendix C and Appendix D).

**Predominant Aggressor:** the person who poses the most serious ongoing threat in a domestic violence situation.

**Protection Order:** the general term for an order issued by the Court mandating a person not to contact, harass, or come within a certain distance of the petitioner and/or other person named in the order.

**Respondent:** a person against whom a protection order has been filed; the person from whom a petitioner is seeking protection. See also: “Batterer”, “Abuser”, “Perpetrator”.

**Sexual Abuse:** when an individual uses sexual acts to establish and maintain power and control over a victim without their consent. Examples include, but are not limited to: making the victim do sexual things against their will, sexual assault, forcing sex after violence and/or forcing the victim to watch pornography.

**Sexual Assault:** any unwanted sexual activity forced on one person by another.

**Spiritual/Religious Abuse:** when a person uses spirituality or religion to establish and maintain power and control over a victim. Examples include, but are not limited to: controlling the partner’s ability to practice their own religion or attend service, forcing the partner to convert or practice another religion against their will and/or using the spiritual or religious environment, leader and/or congregation to influence the victim’s behavior.

**Stalking:** when one person peruses, follows or harasses another person against their wishes. Examples include, but are not limited to: repeated, unwanted phone calls, following a victim, sending unwanted gifts, destroying or vandalizing victim’s property, repeated threats and/or tracking a victim’s online activity.

**Status Hearing:** parties appear before a judge, who sets a timeline for how the case will proceed.

**Survivor:** a person who has been abused or harmed by another person.

**Threats:** an expression that demonstrates the intention of one person to inflict pain or injury on another person. Examples include, but are not limited to: verbal threats such as threats to leave, harm, commit suicide or physical threats, such as raised hands, fists or gestures.

**Trauma:** experiencing an event that causes injury or stress to a person's physical or psychological well-being.

**Verbal Abuse:** when a person uses words to establish and maintain power and control over a victim. Examples include, but are not limited to: use of language to manipulate, control, ridicule, insult, humiliate, belittle, vilify and/or show disrespect and disdain to another.

**Victim:** a person who is abused, harmed or killed by another person. See also: "Survivor".

## **Additional Community Resources**

### **Parenting Support**

- Kokomo Family YMCA: Early Learning Center (765) 457-4447
- Pregnancy Resource Center (765) 454-5566
- Bona Vista Programs for Children (765) 457-8273

### **Employment Services**

- Kokomo WorkOne (765) 450-3019

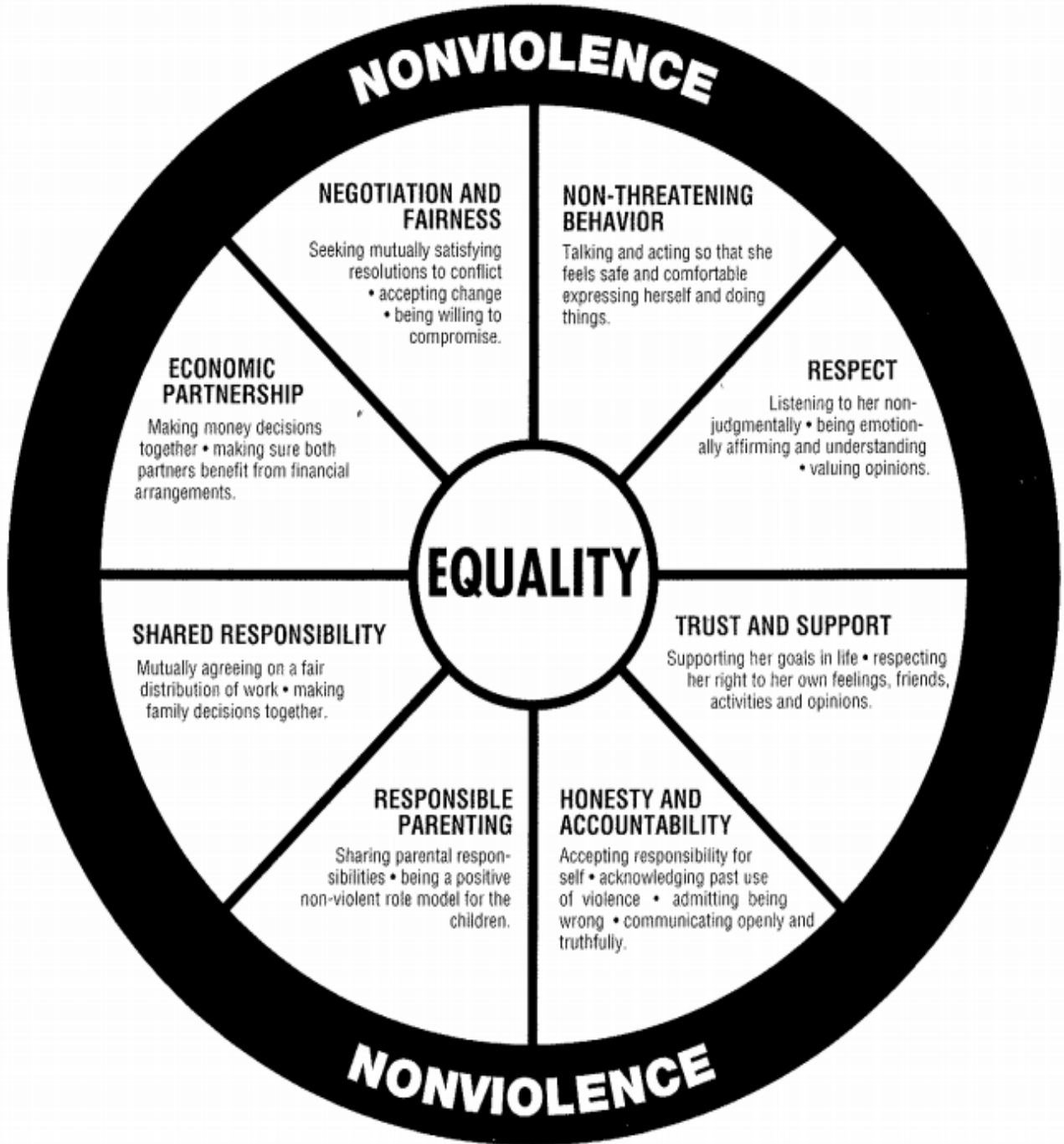
### **Drug and Alcohol Treatment**

- St. Vincent Hospital (745) 456-5433
- Community Howard Regional Health (765) 453-0702
- Four County: Counseling Center (765) 452-5437

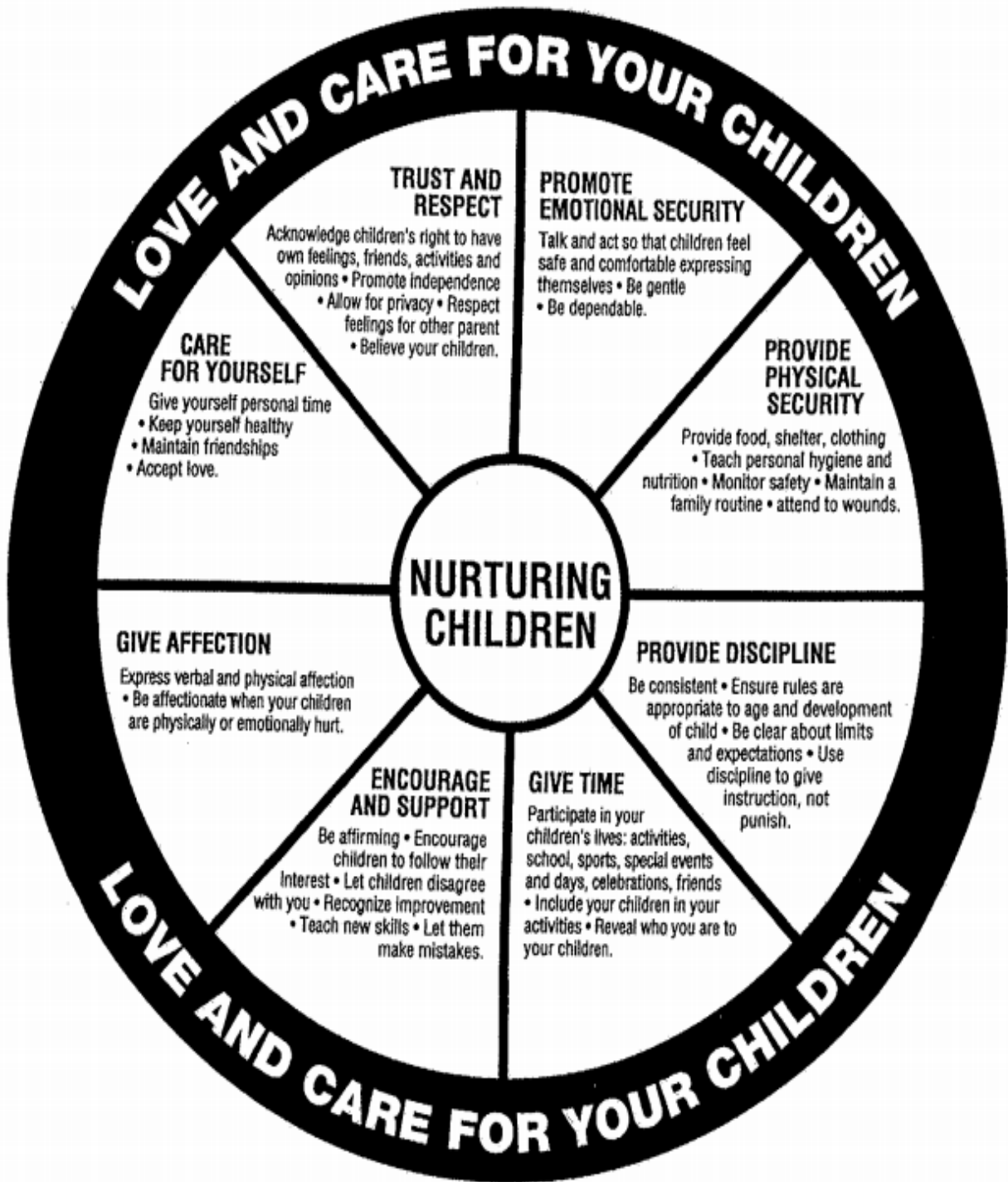
### **General Services**

- Salvation Army Kokomo (765) 456-3846
- Kokomo Urban Outreach (765) 457-1983
- Project Access (Healthcare assistance) (765) 854-0544

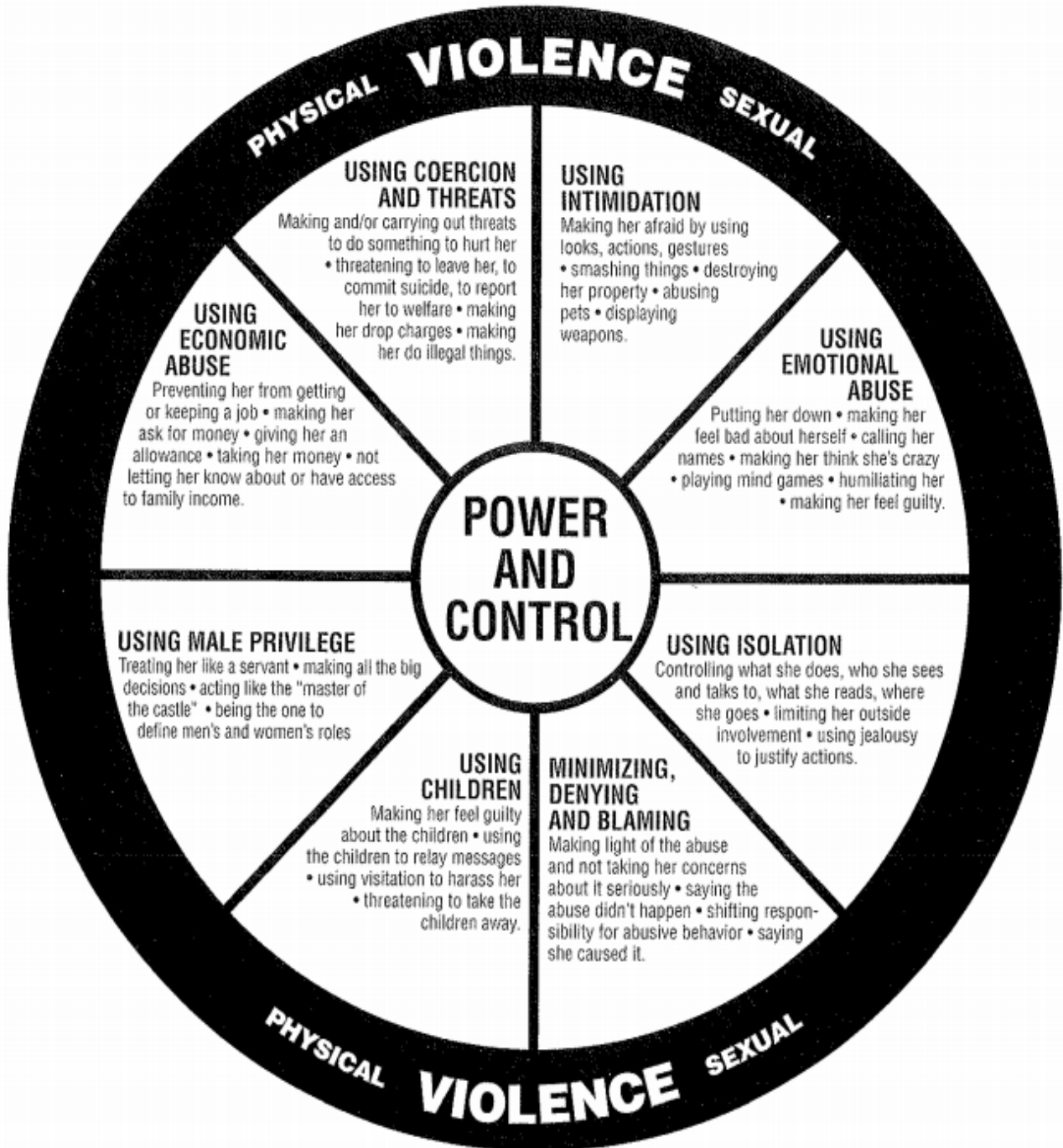
Appendix A



## Appendix B



Appendix C



## Appendix D

