



Programs and Services Mental Health and Addiction Services Saskatoon Health Region

March 30, 2010 draft Alternatives to Violence Program

Room 1540, Saskatoon City Hospital
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Purpose

The Alternatives to Violence program is intended to assist men and women to develop non-violent strategies to manage their personal, social and emotional experiences. All treatment programs are delivered in a group format. The Alternatives to Violence program defines violence as any act that gets your partner to do something that he/she does not want to do, prevents your partner from doing something he/she wants to do and can cause your partner to feel afraid. Please take time to view the Violence Wheel at the bottom of this page for additional examples of violent behaviours.

Who Do We Serve?

The Alternatives to Violence program provides services to adults 18 years and older who;

- Have used violence in their intimate relationships
- Are concerned about their behaviour towards their partner
- Value healthy, equal and peaceful relationships
- Are committed to changing their behaviours and beliefs

If you would like to enter the program, or refer a patient or client to the program, please call 655-8989.

Eligibility Criteria

In order to participate in any of the Alternatives to Violence programs, the following criteria must be met.

- Participants must be 18 years of age or older
- They choose to enter the program voluntarily
- There cannot be any outstanding charges of assault against another person, his/her partner, the partner's family, or the children. It is required that outstanding charges are dealt with before entering the program.
- Participants are agreeable to the limits of confidentiality
- Participants accept the boundaries of confidentiality which will be reviewed upon entering the program.

- Participants agree to partake in the program and co-operate with group guidelines (i.e. attendance, respectful behaviour, punctuality, confidentiality, partner contacts)
- Participants are willing to take responsibility for their violence

People enter the Alternatives to Violence program because:

- They have used violence against a significant other
- They have been referred to attend programming by a Probation officer or the Courts
- They have been referred by other community agencies or counsellors
- They have been referred by their Physician/Psychiatrist/Psychologist
- They have personal concerns about their violent behaviours or a history of violence against others

Services Offered

The following services are presently being offered. An intake appointment must be completed prior to entering the program.

Intake Assessment: must be completed prior to entering the service. This consists of an individual appointment with a counsellor to determine needs and suitability for these services.

The Education Service: A four week group. This service offers general education about violence, the impact of violence and strategies for self-regulation. This group is a requirement for all clients and must be completed in full before moving into treatment group.

The Man Alive Service: This is a 16 week accountable/advocacy program for men who have been violent to their partners. This program focuses on inviting men to take personal responsibility for their behaviour and to practice non-violence in their relationships.

The Narrative Service: This is a 16 week program that invites men to take a stand against their violence. The group focus is to assist men in developing healthy relationship values and lifestyle preferences that do not support violent behaviours.

The Culturally Sensitive Service: This 18 week program is a partnership between the Saskatoon Indian and Metis Friendship Center and the Saskatoon Health Region. It is a group developed specifically for aboriginal men who have been violent in their intimate relationships. The program include aboriginal traditions and ceremonies. This group is offered at the Westside Community Clinic.

The Maintenance Service: This is an ongoing support group for men who have successfully completed either Man Alive, Narrative or the Cultural program.

Women's Alternatives to Violence Service: This is a 16 week program that invites women to take a stand against their violence. The group focus is to assist women in developing healthy relationship values and lifestyle preferences that do not support violent behaviours. *A pre-screening interview is required, and must be completed prior to starting the program. For more information, contact Deb Farden phone 655-7924*

Service Providers

Our multidisciplinary team consists of a variety of professionals including:

- Addiction Workers
- Mental Health Therapists
- Psychologists
- Social Workers

Due to the varied needs of our participants staff members are frequently in contact with Adult Probation and/or other community agencies where client consent is provided.

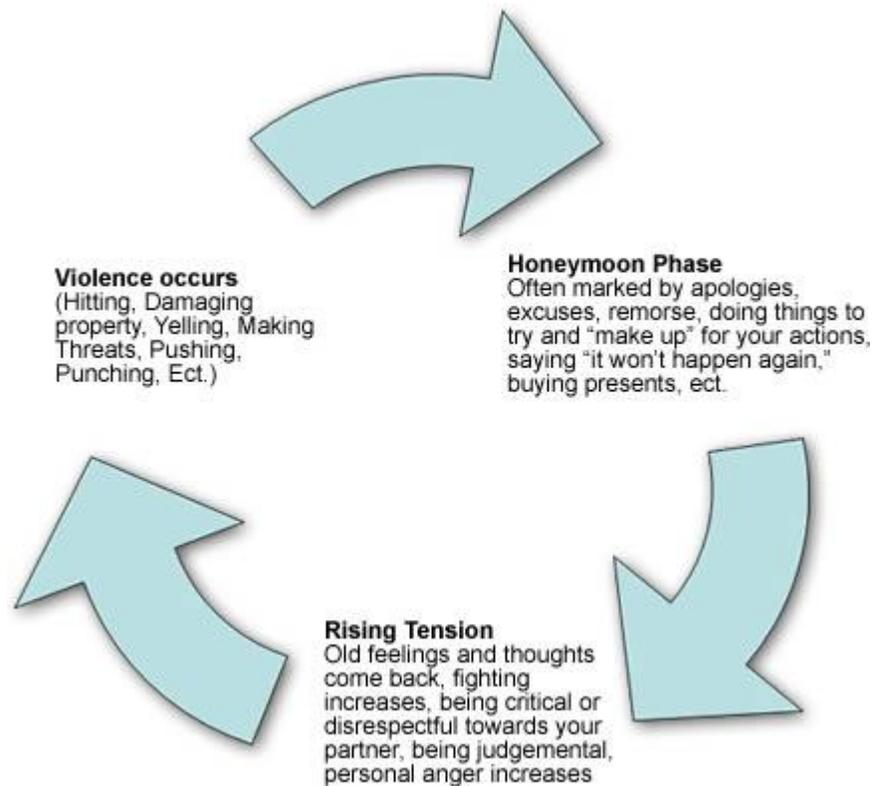
Violence Wheel

Many women and men think that the word "violence" should only be used when discussing physical abuse. Some think words and non-physical behaviours should not be considered violent. The Alternatives to Violence Program uses the word "violence" because all types of violence, verbal, emotional, physical and sexual, are hurtful and damaging. Distinguishing between or comparing the types of violence tends to minimize emotional and verbal violence. It is also important to remember that many victims state that the hurts caused by emotional violence actually take longer to heal.



The Cycle of Violence

Violent incidents in relationships tend to follow a pattern which is called the Cycle of Violence. After a person is violent, he/she may act remorseful and apologize for their actions or they may blame the other person for "making" them violent to avoid taking responsibility. They may promise to never do it again. They may give gifts such as flowers and candy or engage in other behaviours to compensate for their violence. The intent of this behaviour is to convince their partner that they are not a violent person and that what they did was "uncharacteristic." Once the person believes their partner is convinced, the "carping" phase of the cycle begins. The carping phase is marked by behaviours such as name calling, criticizing, blaming and judging. Generally, this phase builds up until another violent incident occurs and the cycle is repeated.



The Cycle of Violence has Five Constants:

1. People use their cycle of violence to gain and maintain control over their partner.
2. This cycle won't stop unless the person being violent decides to stop it.
3. The cycle gets more dangerous and violent over time.
4. The cycle gets faster and eventually, the "hearts and flowers" or "honeymoon" phase disappears completely, leaving the violence uninterrupted and continuous.
5. If the violent partner doesn't stop this cycle, it may result in further abuse, separation, criminal charges, suicide and/or homicide.