

## ***Power and Control***

### ***Using intimidation***

Making someone afraid by using looks, actions, gestures

### ***Using emotional abuse***

Putting someone down making them feel bad about themselves

### ***Restrictions of Freedoms***

Controlling what someone does, who he/she sees and talks to, what he/she wears

### ***Minimizing, denying and blaming***

Making light of the abuse and not taking someone's concerns about it seriously

### ***Destruction of property***

Ruining belongings, defacing someone's home or car

### ***Authoritarian Behavior***

Making all the decisions, making "rules" for people

### ***Physical & Sexual Abuse***

Hurting someone physically, having sexual contact without permission, by force or manipulation

### ***Using coercion and threats***

Making and/or carrying out threats

*The above are spokes from the "Power and Control Wheel". If you recognize any of these behaviors in yourself, you may want to contact Open Arms at 419-420-9261*

## **Who is eligible for services at Open Arms?**

Anyone who has been affected by domestic violence or rape should call Open Arms to speak to an advocate. We offer programming for victims of domestic violence and rape, domestic violence offenders, children in violent homes, and any interested family, friends, or community members.

## **Services available at Open Arms**

- 24 hour crisis hotline **419-422-4766**
- Confidential crisis shelter for victims of domestic violence and rape.
- Support groups for women and children survivors of domestic violence and adult survivors of rape.
- Individual support and education about domestic violence and rape.
- Court accompaniment, advocacy, and legal referrals for victims of domestic violence and rape.
- Prevention/education programming related to domestic violence and rape.
- The Violence Recovery Project for Offenders (adult and juvenile).
- Harmony House – A supervised visitation and exchange program.  
**419-420-9261**

**P.O. Box 496**

**Findlay, Ohio 45839**

**Phone: 419-420-9261**

**Fax: 419-423-7219**

**www.openarmsfindlay.org**

**24 Hour Crisis Hotline: 419-422-4766**



# **Violence Recovery Project**

## **Open Arms Domestic Violence & Rape Crisis Services**



*Creating peaceful families*



**Contact Us At: 419-420-9261**

## About the Program

The Violence Recovery Program (VRP) is a program of Open Arms, the domestic violence and rape crisis services agency that serves Hancock County. Individuals in this group attend for a variety of reasons such as; by court order, referral from children services, probation officer or counselor. Also, some individuals have joined group voluntarily out of a desire to make a positive difference in their lives and the lives of their families. Regardless of the process that brings individuals to group, they are all here because they have inflicted some form of physical, sexual or emotional abuse against wives/husbands, girlfriends/boyfriends, children, parents or other relatives or people they live with.

### How do I sign up?

Contact Open Arms' Administrative and Outreach Office at **419-420-9261** to schedule an intake interview for VRP.  
*(An intake must be completed prior to attending group.)*

### The objective

The major objective of group is to help you create a safe and healthy family by understanding, taking responsibility for and changing abusive behaviors.

### Length of time

Throughout our lives we have been taught to react to certain situations in a particular way; sometimes positively and sometimes negatively. This has been a life long process and will require a great deal of time and commitment to change.

The VRP Program lasts 52 weeks. The first 26 weeks are regular weekly group sessions and the second 26 weeks, referred to as after-care, is tailored to meet your individual needs.

### Cost

Fees for the program consist of a \$25.00 intake fee and a \$20.00 weekly group session fee. A sliding scale fee is also available to those who qualify.

## TOPICS OF DISCUSSION

The Cycle of Violence

The Equality Wheel

Thinking Errors

Belief Systems

Basics about Alcohol & Drug Abuse

Types of Abuse

Honesty and Accountability

Respect

Positive Self-talk

Developing Empathy

Healthy Relationships

Making Amends

Power and Control Wheel

Time-outs

Communication

Relapse Prevention

*For assistance in creating a peaceful family...Call 419-420-9261*