

# STRENGTH HOME

## Program Fact Sheet

### Strength at Home Program

**Referrals or information:** Dr. Freda Johnson, DHA, LCSW-S (832) 628-3553

**Who the group is for:** Veterans of any era or service who have used aggression against their intimate partner. The program is not appropriate 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 trauma and abusive behavior (the roots of abusiveness) 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 program has been shown effective in ending physical and psychological abuse through pilot studies and a recent randomized controlled trial funded by the Department of Defense. This is the only program shown effective in Veterans via controlled trial.
- Veterans are expected to attend each group session and will not be given a certificate of completion if greater than 3 out of 12 sessions are missed.
- These smaller groups are intensive, and therapy based. All group members actively participate.
- Groups are currently offered in the morning and evenings.
- There is no victim participation in therapy groups. However, we will attempt 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 us and all responses will be confidential from the Veteran. Participation in the program is documented in VA electronic records.
- Veterans who are required to make co-pays for care at VA may have co-pays for each group session attended or may be otherwise billed for services. This is determined by the VHA eligibility and billing offices at each facility.

#### Important Eligibility Criteria:

- Aggression must be against an intimate partner (not a friend or other family member).
- If receiving Strength at Home within the VA system, Veterans must be eligible for VA Healthcare benefits.