

Ask Yourself...

If you are concerned about being abusive with your partner, ask yourself these questions and consider them as warning signs of a problem.

- ❖ Was there violence in your family?
- ❖ During conflict do you often threaten someone, break things, punch walls, slam doors, ignore her, or leave?
- ❖ Do you have mood swings, where one moment you feel loving and affectionate, and the next moment angry and threatening?
- ❖ Have you ever physically harmed your partner, or any past partners?
- ❖ Do you find it difficult to talk to your partner about your feelings, your hopes, your fears?
- ❖ Do you tend to blame others for your behavior, especially your partner?
- ❖ Are you a very jealous person?
- ❖ Do you try to control how your partner thinks, dresses, who she sees, how she spends her time, how she spends her money?
- ❖ Do you try to discourage her from seeing her friends or family?
- ❖ Do you get angry or resentful when she is successful in a job or hobby?
- ❖ Do your conversations quickly escalate into threats of separation or divorce?
- ❖ Do you ever threaten to hurt her, yourself, or others, if she talks about leaving you?
- ❖ Do you do or say things that are designed to make her feel "crazy" or "stupid"?
- ❖ Do you blame alcohol, drugs, stress, or other life events for your behavior?
- ❖ Do you feel guilty after aggressive behavior and strive for your partners forgiveness?
- ❖ Do you think that you could never live without her, yet other times want her out?
- ❖ Do you use sex, money, or other favors as a way to "make up" after conflict?
- ❖ Have you ever said "don't make me angry"?
- ❖ Is your partner afraid of you sometimes?

Our Mission

Building on the values of Catholic Social Teaching, Catholic Social Services of Washtenaw County responds to community needs, respects the dignity of all individuals and families in all their diversity, and works to improve their quality of life.

What Does This Mean?

Serving all ages, all faiths and all walks of life with programs dedicated to...

- ❖ Services for Families With Children Ages Birth to Five Years
- ❖ Services to Improve the Quality of Life for Older Adults
- ❖ Services to Intervene and Prevent Abuse and Neglect
- ❖ Services Providing Counseling and Support for Individuals and Families

Alternatives to Domestic Aggression

Call us before you hurt someone you love



Special Recognitions

Endorsed by the Council on Accreditation

Washtenaw County Bar Association

Martin Luther King, Jr. I Have a Dream Award

N.E.W. Center Excellence in Management Award



4925 Packard Rd.
Ann Arbor, MI 48108-1521

734.971.9781

www.csswashtenaw.org/ada



Serving all ages, all faiths and all walks of life

Providing Intimate Partner Violence and Abuse Intervention

Since 1986

Our batterer intervention

services are designed to

meet the specific needs of each ADA

participant. ADA offers several options

including 26 and 52 session programs

or varying lengths to accommodate

special needs. Our model includes the

use of our Accountability Workbook.

Fees are assessed on a sliding scale

by income.

Contact Information

Address 4925 Packard, Ann Arbor, MI 48108-1521

For General Information 734.971.9781 ext. 330

For application packet 734.971.9781 ext. 430

Visit us on the web www.csswashtenaw.org/ada

ADA Adult Mens Group Sessions

Orientation:

At the first session, men are introduced to the policies and goals of ADA. Men discuss issues including confidentiality, tuition, and attendance requirements and are encouraged to ask questions. Group observation is included.

Discovery:

ADA participants answer the question, "What Have I done that makes me think I have a reason to be in this program?" Men begin to recognize and acknowledge their own behavior and learn from others who've been where they are today. Once they conclude that they do have a reason to be in this program, they move into the Foundations group.

Foundations:

In this module of the program, participants begin discussing the purpose and function of abuse by learning to identify, label, and acknowledge their battering behaviors.

Tactics:

Men are challenged on their belief systems which support their abusive behaviors. Mentoring is also integrated as a component.

Options:

Men discuss how they practice non-violent and accountable behaviors to alter their belief systems, which reinforces their battering and abusive behaviors

ADA Programs for Teens, Women and Special Populations

Crossroads:

This program is specifically for males between the ages of 11 to 17.

NoMÁS:

Following the ADA model, NoMÁS is for Spanish-speaking adult males.

Expanding Options:

Offered at the Delonis Center in Ann Arbor, this program works with men who are homeless and/or recently released from incarceration. This module has a dual focus of promoting non-violence as well as enhancing the employability of the participants. There is no program fee.

Choices:

Specifically for men who are incarcerated at the Washtenaw County Jail, the primary purpose of Choices is to prepare inmates for the continuation of batterer intervention programs once released. There is no fee for this program.

Women's Program:

Following the ADA model, this program is designed for women who have been charged with or have committed violent behavior

- ADA defines domestic violence and battering as instrumental, strategic and purposeful behavior designed to bring about an outcome.
- Accountability is defined as actions toward others that reflect the integrity of the person you want to be.

Community Education

ADA staff is available for presentations, speaking engagements, trainings, inservices, and consultation.

Resource Materials

ADA can provide your organization with state-of-the-art educational materials, technical expertise and service delivery strategies.