

Are you Abusive?

- Do you often check up on your partner?
- Are you extremely jealous or possessive?
- Have you ever hit, kicked, shoved, grabbed, or thrown things at your partner?
- Do you often insult or criticize your partner?
- Do you become violent when you use drugs or alcohol?
- Have you threatened your partner or intentionally broken things in front of your partner?
- Have you threatened to hurt your partner?
- Have you threatened to hurt yourself if your partner breaks up with you?



If you answered yes to even one of the questions above; realize that you are inflicting emotional, physical, verbal, or psychological abuse on your partner. If you continue to act this way you will never have a mutually satisfying, healthy relationship. If you can recognize what you are doing is wrong, you can be helped.

If You Are Mandated To Attend OAP Classes:

1. Call to set up an appointment for registration with one of our counselors as soon as possible.

Note: Progress reports are sent to the courts on a weekly basis.

2. There is a \$35 orientation fee and a weekly class fee of \$15- \$35 based on a sliding fee scale

3. Be sure to bring proof of income with you at time of registration

4. Classes are offered Monday and Wednesday evenings 6:30-8:30 or Saturday morning 9:30-11:00.



All of the profits are used to provide services to victims and survivors of domestic violence and to promote awareness and educate people about domestic violence.

**eliminating racism
empowering women
YWCA**

tonawandas

Offender Accountability Program (OAP)



Is your abusive behavior chipping away at the foundation of your family or of a relationship? If you are abusive it's only a matter of time before it collapses.

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OAP PROGRAM PHILOSOPHY:

The Offender Accountability Program (OAP) at the YWCA of the Tonawandas is a model that borrows from several different approaches. It is not an attempt at therapy, not does it promise to change the behavior of an abuser. The goals of the programs are:

- To show abusers the effect that their abuse has had on their partner and/or their families;
- To hold the abuser accountable for their abusive behavior;
- Encourage the abuser to take responsibility for his behavior;
- To educate abusers on the elements of a healthy relationship;
- To teach the abuser alternative ways to handle conflict within his life.



Only when an abuser truly takes responsibility for his own abusive behavior, truly sees the long-term negative effects on his family, his partner and himself, and truly desires to change will he be able to make the behavior changes needed, and learn and apply alternative ways to settle conflict.

VICTIM SAFETY IS A PRIMARY
CONSIDERATION OF OAP

ABOUT THE OFFENDER

ACCOUNTABILITY PROGRAM (OAP):

OAP is a 26-week program. Most participants are mandated by the court system or by the Department of Social Services Child Protection Department, although the YWCA will accept voluntary participants after they have completed the court mandated 26 weeks Program. Participants must schedule a registration appointment.

FEEES

The cost is \$35 for intake/orientation and between \$15-\$35 (sliding scale) per session. All of the profits are used to provide services to victims and survivors of domestic violence and to promote awareness and educate people about domestic violence.



TOPICS COVERED:

- Cues that trigger violence
- Progression of violence
- Escalation
- Self control plans – time outs
- Power & control wheel
- Culture wheel or male privilege
- Society and violence
- Choosing violence
- Faulty thinking
- Responsible, assertive communication
- Effects on children
- Effects of an abusive pattern of behavior on long-term relationships & the advantages of a healthy relationship
- Conflict resolution

INSTRUCTORS

OAP Program instructors are trained in the NY State Model for Batterer Programs, guided by the principles of the New York State Coalition Against Domestic Violence.

Instructors utilize a variety of methods to educate participants about the impact of domestic violence. Accountability and victim safety are the primary goals.



WHAT IS DOMESTIC ABUSE?

Domestic violence is always about power and control. When one tactic employed by abusers no longer works, they take it a step further. In most cases domestic violence begins with emotional and **psychological abuse**. Name calling, criticism, undermining a person and their abilities, behaving in overprotective manner, jealousy, isolating a person or making it difficult for them to see friends or family, and humiliating or embarrassing them in front of others are all aspects of psychological abuse.

Using coercion or physical force to get their partner to perform sexual acts against their will is not uncommon among abusers. Intimidating their partner by using looks, gestures, a loud voice, smashing things, and destroying personal property is almost always a precursor to **physical violence**. The intention of all of these behaviors is to establish and maintain power and control.