

# COUNSELING AND FAMILY SERVICES

## Domestic Violence

Domestic violence most often refers to intimate partner violence. It can also refer to violence toward other family members such as an elderly parent or child. Domestic violence can occur inside or outside the home and is not gender specific although women are four to 10 times more likely to be victims.

Chestnut Health Systems recognizes that the best course of intervention and prevention for domestic violence should include work with both victims and perpetrators. Therefore, we are committed to providing treatment to individuals impacted by domestic violence on all levels, so that the entire family may heal from this abusive pattern.



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### Safe Equal Caring Understanding Relationships (SECURE)

A program for women who have been or are currently in relationships that are threatening, controlling, or physically abusive.

- Assists women in making choices to have safe, mutually respectful, and violence-free relationships for themselves and their children
- Assists women in identifying:
  - Warning signs of an unhealthy relationship
  - Common patterns of negative behavior in unhealthy relationships
  - The effects that unhealthy relationships have on children
  - The resources available to women and children who wish to change their relationship
  - Healthy communication and conflict resolution skills

### Invitation to Responsibility (ITR)

A program for men or women who have committed acts of domestic violence and abuse.

- Focuses primarily on developing and maintaining relationships that are respectful and violence free.
- Based upon the idea that individuals are responsible for the consequences of their choices.
- Maintains that as a person learns to accept responsibility, their quality of life and satisfaction with relationships will improve.
- The men's program complies with the Illinois Protocol for Domestic Abuse Batterers Programs and is included in the lists provided by the Department of Human Services to the Illinois Courts and the State's Attorneys Appellate Prosecutor's Office.



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