CHANGE PROGRAM CURRICULUM INCLUDES:

- Understanding Restorative Justice and the Impact of Crime
- Motivation to Change
- Role of Substance Abuse
- Cycle of Anger
- Recognizing Belief & Thought Patterns
- Understanding Anger Control
- Physiological Response to Anger
- Tips for Relapse Prevention
- Impact of Domestic Violence on Victim, Abuser and Children
- Identification of Physical, Emotional, Economic, Sexual and Verbal Abuse and Violence
- Promotion of Accountability, Self-examination, Negotiation and Fairness
- Identification of Healthy Relationships
- Role of Cultural Values and Beliefs

REFERRALS

Referrals can be made by the Commonwealth's Attorney, Court Services, Probation and Parole offices, Public Defenders, local area shelters and other community-based organizations.

Self-referrals are also welcome.

Fairfax Office

M-F 9am-5pm

10700 Page Ave., Suite 200

Fairfax, VA 22030

703-246-3033

Loudoun Office

By appointment only

899B Harrison St.

Leesburg, VA 20175

Prince William Office

By appointment only

Scan here to learn more!

O·A·R

Established 1971

BREAKING THE CYCLE OF CRIME WITH OPPORTUNITIES, ALTERNATIVES, AND RESOURCES

CHANGE PROGRAM

Choosing Healthy Alternatives, while Nurturing Growth and Empathy

Providing education, alternatives, and reentry resources that empower individuals and families

703-246-3033

www.oarnova.org

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OAR NOVA has provided skills-based programs for persons involved with the criminal justice system since 1971. OAR offers programs such as life skills and anger management as well as pre-release case management at the Loudoun Adult Detention Center and at a variety of community locations for persons involved with the criminal justice system.

In 2001 statewide standards for domestic violence intervention programs were adopted by the Commonwealth of Virginia and OAR applied for certification under the standards. OAR's Violence Intervention Program (VIP) was granted certification and has maintained full certification under the statewide standards ever since.

OAR believes in providing program participants with the necessary skills and insights to change their behaviors and attitudes in order to eliminate violence from their lives.

WHAT IS THE CHANGE PROGRAM?

The CHANGE program is an 24 or 36-week intervention program designed to aid in the reduction and elimination of domestic violence in Northern Virginia. OAR will attempt to achieve this goal by increasing accountability, general understand-ing of the impact of their behavior, and self-regulation skills of those who cause harm. Currently, the program is offered in English and Spanish.

Length of the program is determined by an initial assessment conducted by OAR to determine risk of re-offending.

WHAT IS THE COST?

Program participants are required to pay a $25 per session fee, totaling $600 for 24 weeks, $900 for 36 weeks, and $1,300 for 52-weeks. A $50 intake fee is due at the time of their assessment, and is deducted from the program cost if participant is enrolled in the program. If a participant is determined to be indigent, OAR will work with them to reduce the impact of this barrier.

WHAT TO EXPECT WITH THE CHANGE PROGRAM:

- Trained Staff – OAR facilitators have completed 32 hours of initial domestic violence training, in addition to 12 hours of annual continuing education.
- Comprehensive assessment – A comprehensive assessment, including the participant's patterns of violence, psychosocial factors and commitment to change is conducted at the time of intake.
- Collaborative working relationships with community organizations and the court system – OAR provides the referral source with monthly reports, a notice of non- compliance with program requirements, and a final report.
- Promotion of victim safety – OAR staff work with various victim services organizations to notify victims of the enrollment, completion, and/or non- compliance of the client in the program.
- Accountability of individuals – OAR utilizes a range of methods so that individual who causes harm can acknowledge the pattern of coercive behaviors associated with domestic violence, understand the interpersonal and legal consequences for these behaviors, and understand the variety of options available for changing these behaviors.
- Full program certification – OAR maintains all certification requirements set by the Commonwealth of Virginia's Domestic Violence Intervention Program Board.