

**VA**



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
Phoenix VA Health Care System

## Program Introduction

Strength At Home is a trauma informed, evidence based group therapy. It has been shown to be effective for veterans. This program aims to end violence and aggression among veteran families

### **Phoenix VAHCS**

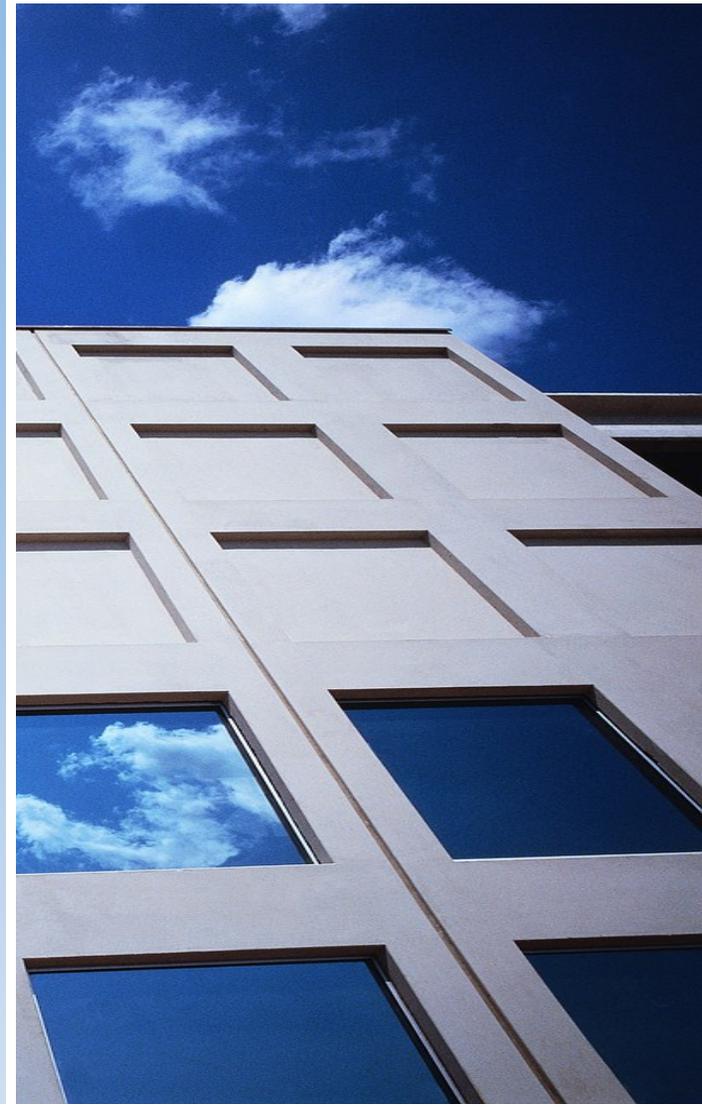
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Phoenix, AZ 85012  
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### **Strength At Home Coordinator**

Kathryn Doyle: 602/277-5551 ext.  
2680

# Strength At Home

*An Evidence Based  
Treatment for Veterans  
Who Use or Are at Risk  
of Using Intimate  
Partner Violence  
Behaviors*





## Who Should Be Referred?

- ⇒ Veterans of any era or service who have used or are at risk of using aggression against an intimate partner
- ⇒ Veterans who are justice involved due to charges related to domestic violence with an intimate partner (i.e. stalking, domestic battery, violation of protection order, etc)
- ⇒ Veterans must be eligible for VA Healthcare benefits and enrolled at the Phoenix VAHCS
- ⇒ Referrals for basic anger management are NOT appropriate
- ⇒ For questions or referrals, contact:

Kathryn Doyle-  
602/277-5551 ext. 2680



## Objectives of the Program

- ⇒ Understand abusive behavior and take responsibility for abuse
- ⇒ Understand and explore core themes that underlie trauma and abusive behavior (such as power and control and trust)
- ⇒ Learn to de-escalate situations that may lead to conflict
- ⇒ Manage stress more effectively
- ⇒ Communicate more assertively
- ⇒ Express emotions appropriately



## Other Key Points

- ⇒ The program has been shown to be effective in significantly reducing or ending physical and psychological abuse in a randomized control trial and pilot studies
- ⇒ Veterans are expected to attend each group session
- ⇒ Groups are co-facilitated by mental health professionals
- ⇒ Groups are comprised of 5-8 veterans
- ⇒ Providers will make contact with partners in order to complete safety planning and provide appropriate resources
- ⇒ The group may be acceptable for court ordered DV treatment-check with your Court or PO
- ⇒ It is a weekly group with each session lasting 2 hours for a period of 12 weeks
- ⇒ This is a comprehensive, evidence based program to stop abuse