

# Change Step & Family Advocacy Program

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# Family Advocacy Program

## Objectives

- USAF Family Advocacy (FAP) – Basic understanding of FAP
- How FAP addresses Domestic Violence concerning AF members
- With whom does FAP coordinate for systemic healing
- How does FAP work with male offenders directly



# Family Advocacy Program

## Mission

“Build healthy communities through implementing programs designed for the prevention and treatment of child and partner abuse.”



## Family Advocacy Program

### Mandate: Air Force Instruction (AFI) 40-301

- Department of Defense Instruction (DODI) 6400.1, *Family Advocacy Program (FAP)*, 13 February 2015
- DODI 6400.03, *Family Advocacy Command Assistance Team*, 25 April 2014
- DODI 6400.05, *New Parent Support Program (NPSP)*, 13 June 2012 13 June 2012
- DODI 6400.06, *Domestic Abuse Involving Department of Defense Military and Certain Affiliated Personnel*, 21 August 2007
- DODI 1402.5, *Criminal History Background Checks On Individuals In Child Care Services*, 19 January 1993
- DOD 6400.1-M-1, *Manual For Child Maltreatment And Domestic Abuse Incident Reporting System*, July 2005, *Incorporating Change 1*, 20 September 2011



# Family Advocacy Program

## Eligibility

- Active Duty Military
- Spouses of Active Duty
- Civilian Unmarried Intimate Partners
- Former Civilian Unmarried Intimate Partners who share a child(ren)
- Activated Guard and Reservists



# Family Advocacy Program

## Program Components

- Outreach
- New Parent Support Program
- Prevention
- Maltreatment



# Family Advocacy Program

## Referral Sources

- Law Enforcement
- Child Services
- Domestic Abuse Victim Advocate (DAVA)
- Command
- Primary Care Provider
- Emergency Room
- Self Referral
- DAVA (Domestic Abuse Victim's Advocate)



## Family Advocacy Program

### Intakes – Holistic View

- Interview with Alleged Victim
- Interview with Alleged Offender
- Contact with Active Duty Member's unit
- Review police report (if applicable)
- Review Judicial Injunction Order (if applicable)
- Interview any collateral witnesses to alleged incident
- Consult with internal providers (if applicable)
- Consult with external providers (with a release of information)
- Review medical records (within three days)



Report **ALL** concerns of family maltreatment/neglect to appropriate Law

Enforcement. (FAP can still provide support)



FAP notifies DCF, family members, command, rapid response teams & OSI as needed

Safety Assessment (Continuous)



May Utilize Victim Advocate

Intake within 72 hours/3 duty days



Initial Therapeutic Services or Educational Classes



Central Registry Board (CRB):

Substantiated (Treatment Plan)

or

Unsubstantiated

Clinical Case Staffing Monitor/Update

Treatment Plan CC/CCF/TM Kept

Apprised of Changes



Case Closure

Resolved → Met Goals

Unresolved → Didn't Meet Goals

Command Informed of Disposition

REMEMBER:

- Leaders are mandated to report all suspicions of family maltreatment, not just confirmed cases
- Ensure your CRB training is current; call 883-8616 if you have questions



# Family Advocacy Program

## Interventions

- Individual Therapy
- Couple Therapy
- Evidenced Based Groups and Classes:
  - Anger Management
  - Marital/Relationships
  - Parenting Classes
  - Home visits (announced and unannounced)
  - Vista (Women)
  - Change Step (Men)



# Family Advocacy Program

## Repercussions

- Civilian
  - If law enforcement involved:
    - Arrest
    - Incarceration
    - Child services
    - Not all FAP referrals result from 911 responses, but all 911 responses result in FAP referrals
  - Injunctions (Civilian and/or Military Protective Order)



# Family Advocacy Program

## Repercussions

- Military
  - Command notification
  - In addition to FAP referral, Command action may include:
    - Suspended promotion
    - Reduction in rank
    - Cancellation of orders
    - PSC options may be limited
    - Interrupted training or education
    - Involuntary separation from service
      - Courts martial or administrative separation
      - Honorable, less than honorable, dishonorable



# Family Advocacy Program

## Interventions

- Challenges with Military Population:
  - Must meet unique needs of military
    - Frequent absences from home
    - TDYs
    - Training requirements
    - Schedule requirements
    - Deployments



## Family Advocacy Program

### Change Step - Why This Program?

- **Met the requirements of DoD Manual 6400.01, Volume 4, "Family Advocacy Program (FAP) Guidelines for Clinical Intervention for Persons Reported as Domestic Abuser, March 2, 2015.**
  - This manual provides guidance for clinical assessment, rehabilitative treatment, and ongoing monitoring and risk management of Service members and eligible beneficiaries in FAP.
- **Manualized Group Treatment Program (with DVD)** that can be offered at 75 Air Force Installations throughout the world
  - Can be offered one-on-one when necessary
- **Initial Provider Training for 1.5 days** plus one year of email/phone consultation as needed from Domestic Abuse Project Change Step Trainers



# Family Advocacy Program

## Change Step

- **For adult male clients** who have a domestic abuse incident that was determined by the AF Central Registry Board to have “Met Criteria” for domestic abuse with the client as the offender
  - AF Commanders must direct active duty offenders into treatment



## Family Advocacy Program

### Change Step

- Created by **Domestic Violence Project (DAP)**
- Repair oriented, non-punitive 24 week group program for men who have served or are serving in the military who use abusive behaviors in their intimate relationship(s)."
- "Incorporates an understanding of the impact of military culture and adopts military cultural structures that enhance group member engagement."
- **Mission:** "...to work with all affected members of the family – men, women, children – to stop domestic violence as it occurs and prevent it in the future."
- **Vision:** "...to permanently break the cycle of violence by leading societal change and by providing men, women, and children with the essential tools needed to eliminate violence in their lives."





# Family Advocacy Program

## Change Step

### Program Components

- Application
- Participation agreement
- 11 Topics
- 24, two hour weekly sessions
- Monthly individual sessions
- 3 Major Assignments
  - Self-Control Plan / Maintenance Plan
  - 2 Narratives – Self perspective / Victim's Perspective
- Handouts
- In class assignments
- Monthly individual sessions



# Family Advocacy Program

## Change Step

### Eligibility

- “Met Criteria” and/or Court Order
  - Partner or Child Maltreatment
  - Physical Maltreatment
  - Emotional Maltreatment
  - Neglect
  - Sexual Maltreatment
    - No pedophilia
- Active duty and TRICARE eligible partners



# Family Advocacy Program

## Stages of Change

- Pre-contemplation
  - Typically 1<sup>st</sup> month
  - Hostile
  - Anxious
  - Blaming
  - Non-Participatory
- Contemplation
  - 2<sup>nd</sup>, 3<sup>rd</sup> month
  - Increased interest
  - Increased participation



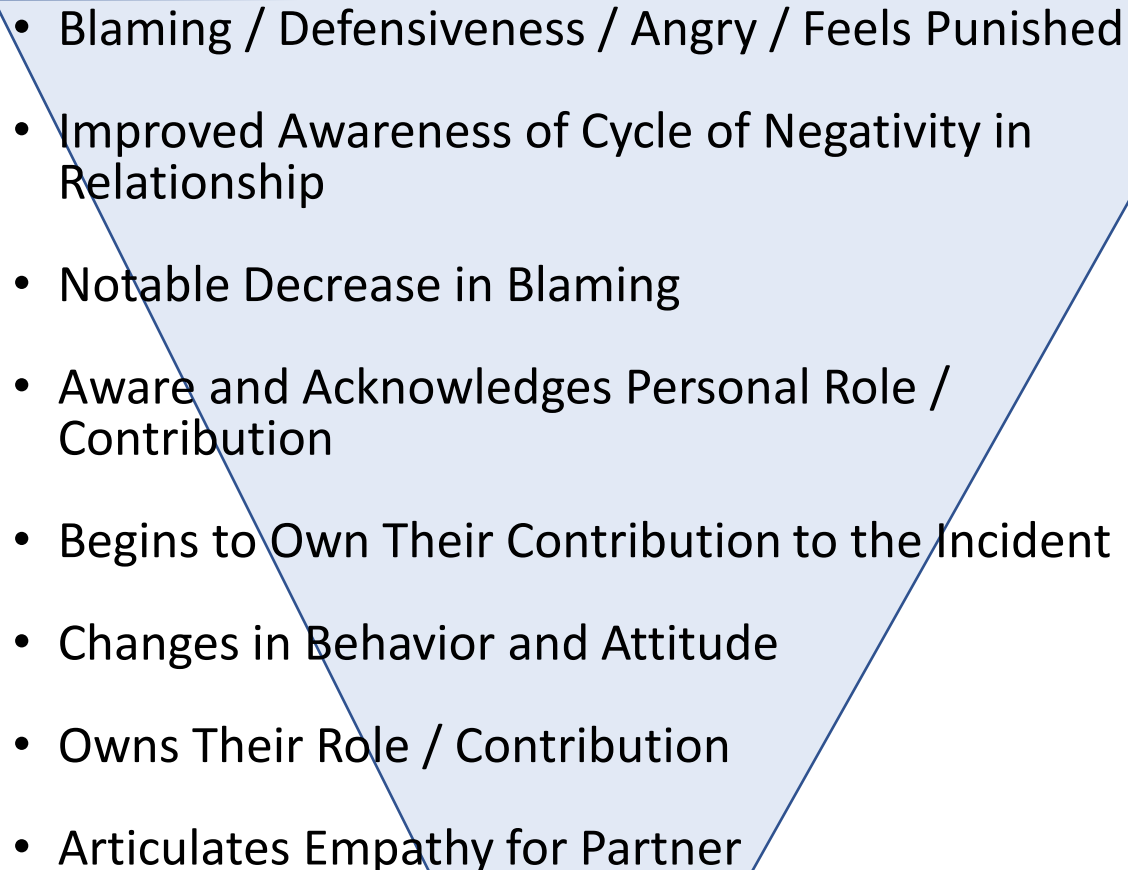
# Family Advocacy Program

## Stages of Change

- Preparation
  - 3+ months
  - “Light bulb”
  - Identify abusive behaviors (Behavior Inventory)
  - Active participation
- Action
  - 3 + months
  - Accept responsibility
  - Report trying newly learned skills
    - Time Out
    - Communication

# Stages of Change

## **Observations: Working Through Change Step**

- 
- Blaming / Defensiveness / Angry / Feels Punished
  - Improved Awareness of Cycle of Negativity in Relationship
  - Notable Decrease in Blaming
  - Aware and Acknowledges Personal Role / Contribution
  - Begins to Own Their Contribution to the Incident
  - Changes in Behavior and Attitude
  - Owns Their Role / Contribution
  - Articulates Empathy for Partner



# Family Advocacy Program

## Measurable Outcomes

### Feedback Informed Treatment (FIT)

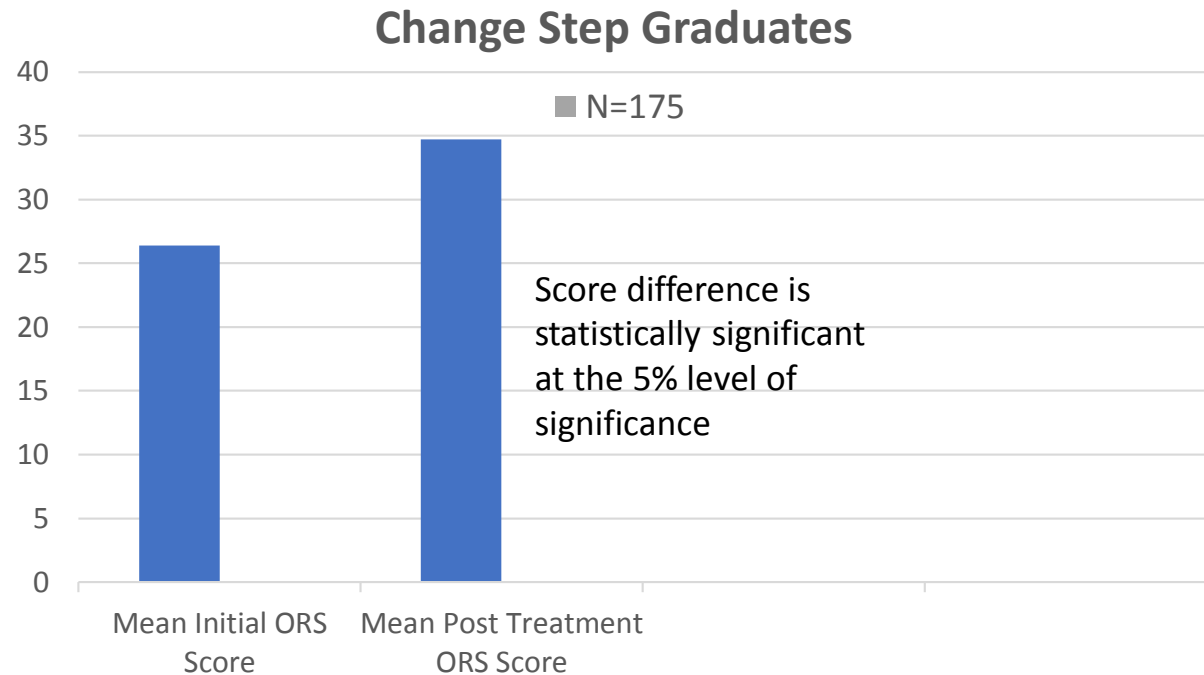
- Evidenced Based
- Client Centered
  - ORS
  - SRS
- Tracking Impact of Change
- Treatment Corrections



# Family Advocacy Program

## Is Change Step Working?

- And OBJECTIVE DATA:
  - Outcome Rating Scale (ORS)\*



\*Scott D. Miller, PhD



## Family Advocacy Program

### Change Step Benefits

- Air Force
  - Improves member's ability to focus on specific contribution to AF mission
  - Improves individual stability
  - Decreases distractions of personal problems
  - Enhances workplace relationships
  - Flexible to mission needs





# Family Advocacy Program

## Change Step Benefits

- Facilitator
  - Organized
  - Easy to follow and use
  - Flexible
  - Good handouts
  - Promotes participation
  - Three Major Assignments
    - Promote accountability
    - Promote pre-planning for non-violent response
    - Promote maintenance for change



# Family Advocacy Program

## Change Step Benefits

- Individual
  - Improves individual growth and development
  - Improves communication and problem solving skills
  - Enhances individual, family, and relationship stability
  - Improves focus on specific contribution to AF mission
  - Improves development of insight



## Family Advocacy Program

### Change Step Benefits

- Success builds leadership!
  - Some members use newly learned skills to solve work problems
  - Some members chose to complete the program even though the allegations of abuse did not meet criteria
  - “Senior” group members enjoy mentoring new members as they enter
  - One member who completed the program returns on a monthly basis to offer support to the group and to continue to learn skills
- Low recidivism



## Family Advocacy Program

### But Wait – There is More

#### **Vista**

- Women's Program / Introduced to AF 2017
- Created by Jersey Center for Non-Violence (2009)
- Like Change Step:
  - Evidence-based
  - 20 / 2 hour weekly sessions
  - 20 Modules of Group Topics
  - FIT tracked
  - Complies with Court Orders



Family Advocacy Program

Final Thoughts

Questions ??

THANK YOU

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