

*REHABILITATION through REALIZATION of the VICTIMS DEVESTATION*

# BATTERERS BOOT CAMP



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The Program Director is now seeking staff and funding for this important program I have developed a modified and shortened military style Boot Camp for batterers and abusers of domestic violence. The batterers/abusers will experience a week (or longer) of rigorous challenges consisting of an unrelenting full day schedule of intense programming and critically important aftercare.

The batterers/abusers will arrive at the Boot Camp on Sunday. Programming for the batterers/abusers will begin on Monday and end on Friday. Graduation will be held on Saturday at the same location.

The Boot Camp concept is new to this population (batterers/abusers) and may become a model for other rehabilitation programs across the state and nation.

The Boot Camp should be located in a remote area. The concept will consist of batterers and abusers experiencing the trauma victims and their children go through when they have to leave their home and go to a battered women's shelter for safety. Victims of domestic violence must leave their home immediately or be injured or killed by their spouse/partner. The theme of the Boot Camp: **Rehabilitation through Realization of the Victims' Devastation**. The project will consist of the following dynamics and concepts to help the batterer/abuser experience the victim/children's trauma of being afraid, isolation displaced, and abandoned:

- Residing in an unfamiliar remote location for a week or longer
- Sharing a housing facility with strangers
- Having to wear the same clothes or borrowed/used clothes all week
- Being without their own personal hygiene items
- Having no contact with relatives or friends
- Cleaning and maintaining the living quarters
- Cooking meals
- No televisions, cell phones, CD players, or other communication devices
- Being disturbed at night while sleeping by strange sounds and behaviors of other residents

The programming of the Boot Camp will consist of intensive daily group and individual intervention encompassing the following:

- Non-Violent & Non-Abusive Methods & Strategies
- Anger Management
- Drug/Alcohol Counseling
- Parenting Classes
- Mental Health Assessment
- Individual & Group Therapy
- Domestic Violence Prevention Treatment Program
- Housing Referrals
- Employment Workshop & Referrals
- Religious/Spiritual Counseling & Intervention
- After-Care Referrals & Follow-Up

Victims will have input as to what experiences they recommend the batterer and abusers have in the Boot Camp. The batterers/abusers reactions and behavior in the Boot Camp will be monitored and may be shown to victims. This week of Boot Camp activities will be the initial indoctrination for batterers/abusers that may have to complete a six month/one year approved court mandated batterer's prevention program.

Our primary goal is to stop the batterer's cycle of violence and abuse immediately and for the batterers/abusers to use non-violent/non-abusive techniques/methods to control themselves in their current or future relationships.

This shock residential rehabilitation program is different from other conventional and traditional programs that the batterer/abuser may have been involved in the past. The batterers will be introduced to both discipline and a higher level of personalized attention.

The Legislature has determined that domestic violence is a serious and wide spread crime. Its long-term effects threaten the stability of the family. The effects especially impact children who may learn that violence is an acceptable means of coping with stress. Providing the maximum protection possible for victims and children of domestic violence is their highest priority.

**The Goal:** the batterer/abuser is to stop his/her violence and abuse immediately in present and future relationships.

**Mission:** To have the batterer/abuser experience the trauma the victim goes through when she/he has to leave her/his home immediately and go to a Battered Women's Shelter. The Boot Camp will help him/her achieve the Four "R's":

1. Taking **R**esponsibility for his violent/abusive behavior
2. Being **R**emorseful for his violence and abuse to his wife/partner/children/family
3. **R**epair how he/she thinks and acts toward his spouse/partner/children family
4. Becoming **R**ighteous, by obeying the law, God, a Higher Power, and treating all people with respect ad dignity

# **BOOT CAMP DAILY SCHEDULE**

## **Monday – Friday**

<b>Time of Morning Sessions</b>	<b>Activities &amp; Treatment Programs</b>
6:00 – 7:00	Wake-Up – Personal Hygiene Clean Up Sleeping Area
7:00 – 7:15	Inspection – Batterers Assigned Different Areas
7:15 – 7:45	Cold Breakfast
7:45 – 8:00	Clean-Up Eating Area Prepare for Daily Group Sessions
8:00 – 8:15	Morning Boot Camp Briefing by the Director
8:15 – 9:30	Domestic Violence Prevention Treatment Program Group Session # 1
9:30 – 10:45	Drug & Alcohol Use & Abuse Prevention
10:45 – 12:00	Anger Management Group Session

<b>Time of Afternoon Sessions</b>	<b>Afternoon Treatment Programs</b>
12:00 – 12:45	Lunch – Exercise & Socialization
12:45 – 1:00	Clean-Up Eating Area Prepare for Afternoon Group Sessions
1:00 – 2:15	Parenting Class
2:15 – 3:30	Domestic Violence Prevention Treatment Program Group Session # 2
3:30 – 4:00	How to Have a Successful Relationship Group Session
4:00 – 4:15	Community Resources & Referrals: Employment, Education, Housing, General Relief, Food Stamps, Court Order Compliance
4:15 – 5:15	AA/CA/NA Meetings

<b>Time of Evening Sessions</b>	<b>Evening Treatment Programs</b>
5:15 – 5:45	Dinner – Exercise & Socialization
5:30 – 6:00	Clean-Up Eating Area Prepare for Evening Group Sessions
6:00 – 7:00	Individual & Group Therapy
7:00 – 8:00	Realization of the Victim's Devastation
8:00 – 9:00	Religious/Spiritual Inspiration/Meditation
9:00 – 9:15	Evening Boot Camp Briefing & Recap of the Day by the Director
9:15 – 10:00	Personal Hygiene - Quiet Time – Letter Writing
10:00 – 7:00	Lights Out
2:00 – 2:30	Resident Accountability

<b>Friday Evening Before Graduation</b>	<b>Preparation Activities for Graduation Program</b>
6:00 – 7:30	Batterers & Abusers Interviewed by Victim Graduation Panel
7:30 – 8:00	Program Briefing & Recap by the Director
8:00 – 9:00	Socialization & Interaction with Program Staff
9:00 - 10:00	Graduation Preparation & Free Time
10:00 – 7:00	Lights Out