

Safe at Home

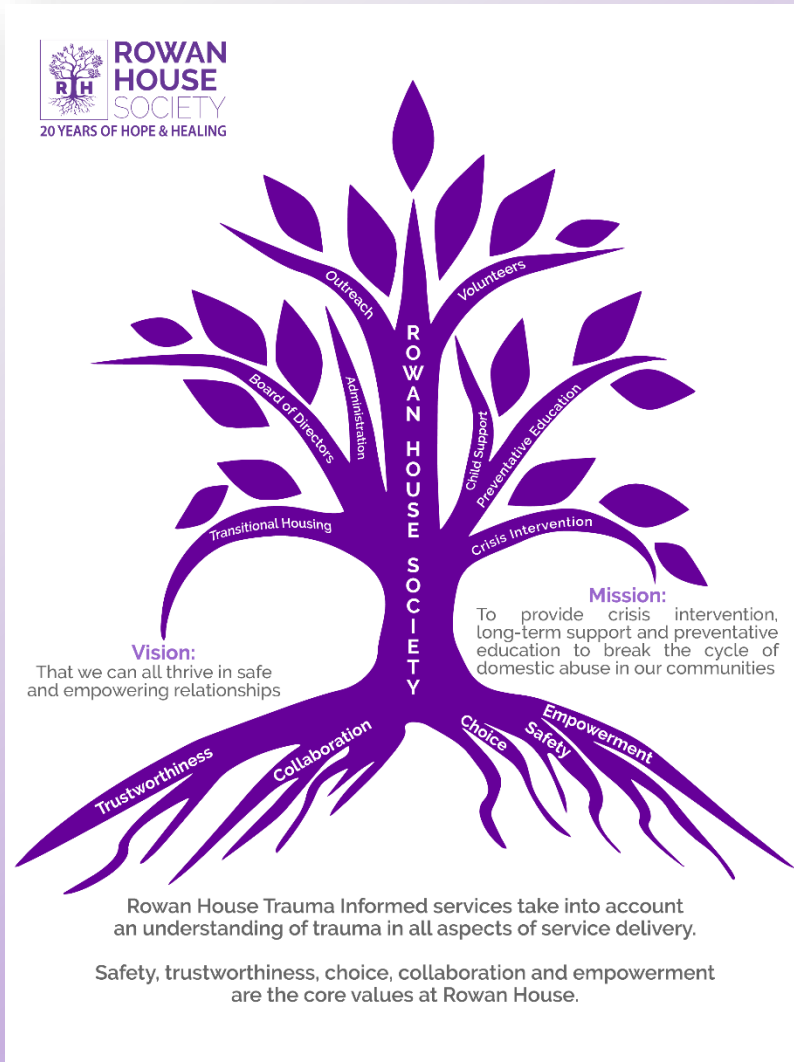
a Women and Gender Equality Canada (WAGE) Project led by Rowan House Society

Who We Are

Rowan House Society is the lead organization overseeing the development of the Safe at Home program.

Our Mission Statement:

That every person is safe and secure and lives without abuse.



The Issue of Domestic Abuse

- Between April 1, 2021 – March 31, 2022:
 - **1,753 calls** to Rowan House's 24-Hour Support Line
 - **147 admitted** into shelter
 - **1,692 hours** spent with children
 - **89 clients** served through **Outreach (2 of which were male identifying)**
- In Canada, a woman is killed by her intimate partner on average every 6 days
- Canadians spend \$7.4 billion/year to deal with the aftermath of spousal abuse.

What is Safe at Home?

- 4-year pilot project funded through Women and Gender Equality Canada
- Alternative, holistic approach to addressing issue of domestic abuse
- Primarily serving the MD of Willowcreek, South of Calgary – North of Lethbridge. But open to anyone across Alberta.
- First of it's kind in a rural setting in Canada



Admission Requirements

- Safe at Home is for anyone 18 years or older who has or is using unhealthy or abusive behaviours that want to change.
- A secure zoom connection is required as the program is run completely through an Outreach Modal.
- Clients are required to disclose any charges, probations, EPO's, or CFS involvement.

How it Works



- Optional 2-5 day cool down period in a hotel to prepare individual for services or for accessing new living arrangements.
- Clients attend online group sessions, and receive individual support and case management from an Outreach Support Worker.
- Safe at Home uses education sessions to provide care that is solution focused, goal oriented, and teaches healthy behaviours and strategies.
- Wrap around support is offered to the whole family, victims are offered support from an Outreach Worker at Rowan House who specializes in providing support and resources.
- Partner Safety Checks are also completed monthly, as a way to make sure clients are being held accountable and victims are still feeling safe in all aspects.

Services

- Crisis Intervention
- Online Group Education
- Safety and Accountability Planning
- Partner Safety Checks
- Referrals
- Case Management
- Goal Setting (using SMART guidelines: **Specific, Measurable, Attainable, Realistic, Timely**)



Online Group Learning Curriculum

Phase One:

Weekly sessions for participants to explore their history, learn from other's experiences and accept responsibility for their abusive behaviours.

TOPICS COVERED:

Module 01 | Definitions of Abuse

Module 02 | The Power & Control Wheel

Module 03 | Self Intervention using the Control Log

04 | The Cycle of Abuse

05 | Destructive Beliefs about Manhood

06 | Owning Up That You Have A Problem

07 | Stress and Emotional Well-Being

08 | Domestic Violence & Substance Overuse

Phase Two:

TOPICS COVERED:

Module 01 | Healthy vs. Unhealthy Relationships

Module 02 | Intensity vs. Independence

Module 03 | Disrespect vs. Loyalty

04 | Control vs. Equity

05 | Isolation vs. Trust

06 | Obsession vs. A Comfortable Pace

07 | Guilt vs. Taking Responsibility

08 | Put-downs vs. Respect

09 | Anger vs. Communication

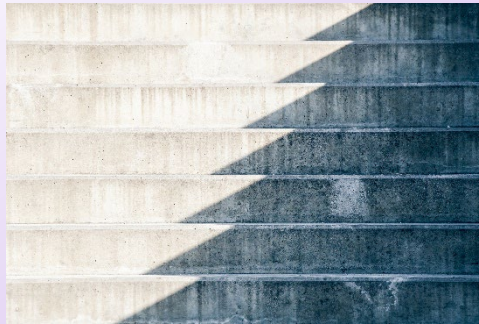
10 | Personal Accountability

This is an open group and registrations are accepted on an ongoing basis. New participants start at whichever module is being discussed that week and continue through until they've covered all 10 modules.

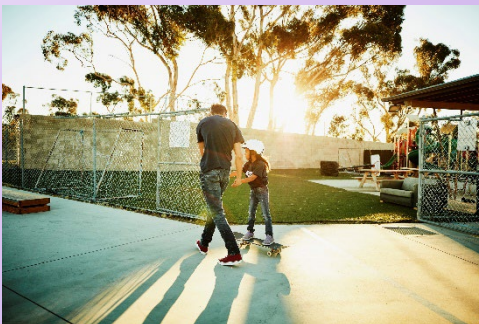
Client Experiences



Thinking Errors – Denial – Blame – Aggression –
Resentment – Withdrawn - Defensive



Engage - Learn – Shame – Regret – Action - Growth



Acceptance – Responsibility – Optimism –
Accountability – Realistic Expectations

Why This Approach?

- It decreases disruption to the victims and children who experienced the abuse
- Trauma-informed approach provides a non-judgemental opportunity for the offender to accept responsibility
- Help the offender interrupt the cycle of abuse in their life and take accountability for the safety of those in their lives.

AWARENESS + Action = Social Change