



ADAPT

Anger & Domestic Abuse Prevention & Treatment

ADAPT is a state-certified batterer intervention program that features an 18-week psychoeducational group approach. *ADAPT* teaches emotional regulation skills to adult residents of Fairfax County and the cities of Falls Church and Fairfax who have been physically, emotionally, or sexually abusive to a spouse, partner, child, parent, or other family member.

There is a fee for this program.

Location

We offer groups at Chantilly, Reston, Woodburn (Annandale), and South County (Alexandria). Our groups are offered on Tuesday or Thursday nights from 7 - 9 p.m.

Program Information

703-968-4052, TTY 703-324-5706

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. To request this information in an alternate format, call 703-324-5870; TTY 703-222-9452.

October 2010

Office for Women & Domestic and Sexual Violence Services

Fairfax County Government Center
12000 Government Center Parkway, Suite 339
Fairfax, VA 22035



Fairfax County Department of Family Services

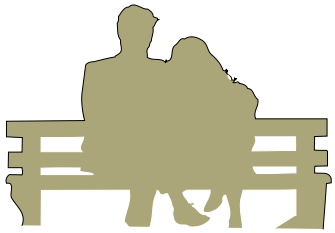
Anger & Domestic Abuse Prevention & Treatment



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DOMESTIC VIOLENCE OR FAMILY ABUSE is when one person attempts to control or hurt another through actions or threats that can include physical, sexual, verbal, or psychological abuse. People of all ages, income levels, faiths, sexual orientation, gender, and education levels can experience domestic or family violence.



Program Goals

ADAPT PARTICIPANTS are taught to prevent abuse through the development of compassion for themselves and others.

ADAPT helps program participants learn to:

- Regulate anger and shame.
- Take responsibility for behavior and feelings.
- Let go of harmful blame.
- Accept not being in control of another person or situation.
- Develop safe and compassionate solutions to family conflicts.
- Assess the role of substances on thoughts, feelings, and behavior.

The Experience of Family Abuse

- There is NO safe level of family violence.
- Most victims, abusers, and children lack genuine self-esteem.
- Symptoms of victims and abusers can include clinical anxiety or depression, trouble sleeping, continual worry, excessive anger, or confusion.

Safety Pledge for ADAPT Participants

- I will identify my early warning signs to prevent anger escalation and abuse.
- I will take a time-out and physically remove myself from an escalating situation.
- I will call the police if anyone in the family is afraid of violence.

Community Resources

Alcohol and Drug Services

3900 Jermantown Rd., Fairfax, VA 22030
703-359-7040; TTY 703-538-5292

Multicultural Human Services Programs

Northern Virginia Family Service

701 Broad St., Suite 305, Falls Church, VA 22046
703-533-3302

Child Protective Services

703-324-7400 or 1-800-552-7096

Fairfax County Juvenile and Domestic Relations Court

4000 Chain Bridge Rd., Fairfax, VA 22030
703-246-3040; TTY 703-273-3713

Artemis House Domestic Violence Shelter

703-435-4940; TTY 703-435-1235

Domestic & Child Abuse Services

703-360-7273; TTY 703-324-5706

Fairfax Community Health Care Network

North County 703-689-2180; TTY 703-689-3281
South County 703-704-5333; TTY 703-704-6680

Fairfax County Mental Health

703-481-4230; TTY 703-207-7737
Woodburn Emergency Services 703-573-5679

Northern Virginia Family Service

703-385-3267

Parenting Classes

Fairfax County Parenting Education
703-324-7745; TTY 703-222-9452

Police Emergency 911

Police Non-Emergency 703-691-2131

All phone numbers use TTY 711, unless otherwise noted.