



# 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.

### Fees

There is a \$60 fee for the initial intake and a \$20 fee for each session.

### 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 703-968-4050

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.

May 2009

**Office for Women & Domestic and Sexual Violence Services**  
**Fairfax County Department of Family Services**  
Fairfax County Government Center  
12000 Government Center Parkway, Suite 318  
Fairfax, VA 22035



# Anger & Domestic Abuse Prevention & Treatment



**Office for Women & Domestic and Sexual Violence Services**

# Anger & Domestic Abuse Prevention & Treatment

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 call the ADAPT 24-hour hotline at 703-471-6096.
- 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

### Victim Assistance Network Domestic & Sexual Violence Hotline

703-360-7273; ; TTY 703-435-1235

### 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.