



# Alternatives to Abuse

## Resources and support for changing actions and breaking the cycle of Intimate Partner Abuse

Domestic violence affects people of every race, gender, class, and sexual orientation. There are programs to help people end the pattern of violence in their lives. This flyer provides information for people who have engaged in abusive behavior toward a partner or a loved one. The resources listed below can help people who are committed to changing their pattern of behavior find the support they need to get their lives back on track.

### What is Intimate Partner Abuse Education (IPAE)?

IPAE is for people who have been abusive or controlling in their intimate or family relationships. In Massachusetts, IPAE programs follow the [Massachusetts Guidelines and Standards for the Certification of Batterer Intervention Programs](#) and teach alternatives to coercive, dominating, and violent behavior.

### What is the goal of IPAE?

IPAE programs typically use group sessions to help individuals who use abusive tactics gain insight into their actions as well as learn alternatives to violent or abusive behaviors. The programs try to do two things:

1. Stop the participant from acting abusive and controlling; and,
2. Keep the participant's victim(s) safe.

### Do I need a court order to attend IPAE?

You do not need to wait for a court order to attend IPAE. You can go on your own. To learn more about programs in your area, please see the reverse side of this flyer or contact the Department of Public Health (DPH) for information on available [IPAE Services](#).

### Who can participate in IPAE?

There are groups for men, women, adolescents, LGBTQ+ individuals, and those with limited English proficiency.

### What is the cost to attend IPAE?

IPAE programs use a sliding fee scale to make IPAE affordable to all. In certain cases, some programs offer a community service based payment option. No one can be denied admission to IPAE because of an inability to pay.

### Other resources that may be helpful to someone struggling with Intimate Partner Abuse are listed below:

Substance Abuse Counseling	Legal Assistance		Financial Assistance
If you or someone you know needs help with an alcohol or drug problem, the <a href="#">Massachusetts Bureau of Substance Abuse Services</a> can provide assistance. Call the helpline at: <ul style="list-style-type: none"> <li>• 1-800-327-5050</li> </ul>	If you need help with a legal problem, <a href="#">MassLegalServices</a> and <a href="#">MassLegalHelp</a> will provide contact information for legal aid programs, government agencies, and court-based programs.	The <a href="#">Committee for Public Counsel Services (CPCS)</a> provides legal representation to those unable to afford an attorney in matters where the law requires you to have an attorney.	The <a href="#">Department of Transitional Assistance (DTA)</a> provides Massachusetts residents with food and nutritional assistance, cash assistance, and employment supports. Call the DTA assistance line at: <ul style="list-style-type: none"> <li>• 1-877-382-2363</li> </ul>

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## Alternatives to Abuse:

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If you are abusing or at risk to abuse a partner or family member, or if you are concerned by the behaviors of someone you know, you can learn more about what you can do to help stop abusive behavior. The programs and resources listed below offer information, help, treatment, and support for living a safe life in your home, with your family, and in your community.

Statewide Resources
<a href="#">Association for the Treatment of Sexual Abusers (ATSA)</a>
<a href="#">Intimate Partner Abuse Education (IPAE) Program Services</a> through the Massachusetts Department of Public Health (DPH)
<a href="#">MASOC - Massachusetts Society for a World Free of Sexual Harm by Youth</a>
<a href="#">Massachusetts Association for the Treatment of Sexual Abusers, Inc. (MATSA)</a>
<a href="#">Massachusetts Sex Offender Registry Board</a>
<a href="#">Safer Society Foundation</a>
<a href="#">Stop It Now</a>

**Deciding to change is the first step.** When people who abuse take responsibility for their behaviors, they can more easily and successfully access help. It takes support to turn this decision into a commitment. It takes a commitment to learn healthy boundaries, respect others, have healthy relationships, and stop being abusive.

Local agencies offering IPAE programs are listed below. Please note that not all agencies offer programs every day of the week or in every city or town within the region. Programs will help determine if they can assist you and will refer you to another program if needed.

Central and Metrowest Region					
County	Agency	Phone	Group Site Location	Languages Served	Culturally Specific Groups Available
Middlesex, Worcester	<a href="#">Spectrum Health Systems, Inc. PAVE</a>	978-466-3820 x 4238	Framingham, Leominster, Marlborough, Milford, Southbridge, Worcester	English, Spanish	LGBTQ+, Women
Worcester	<a href="#">New Hope, Inc. RESPECT</a>	508-753-3146	Worcester	English, Spanish	
Worcester	<a href="#">Proteus Behavioral Health Network</a>	413-967-6241	Athol	English	