



If you are abusing, at risk to abuse, 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.

There are programs and resources that offer information, help, treatment, and support for living a safe life in your home, with your family, and in your community.

Deciding to change is the first step. When people who abuse take responsibility for their behaviors, they can access help more easily and more successfully.

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.

## RESOURCES

### **Intimate Partner Abuse Education**

<http://go.usa.gov/3DpCd>

### **Committee for Public Counsel Services**

<http://www.publiccounsel.net>

### **Massachusetts Adolescent Sex Offender Coalition**

<http://www.masoc.net>

### **Mass Association for the Treatment of Sexual Abuser**

### **Association for the Treatment of Sexual Abusers**

<http://www.atsa.com>

### **New England Adolescent Research Institute**

<http://www.nearipress.org>

### **Safer Society Foundation**

<http://www.saferociety.org>

### **Stop It Now**

<http://www.stopitnow.org>

### **Massachusetts Sex Offender Registry Board**

<http://www.mass.gov/sorb>

Information compiled in accordance with  
Chapter 260 of the Acts of 2014

Executive Office of the Trial Court  
One Pemberton Square  
Boston, MA 02108  
[www.mass.gov/courts](http://www.mass.gov/courts)

## Alternatives to Abuse

**Resources and support for changing actions and stopping intimate partner violence.**



## Alternatives to 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 pamphlet is for people who have engaged in abusive behavior toward a partner or a loved one. The resources in this pamphlet can help people who are committed to changing their pattern of behavior find the support they need to get their lives back on track.

### LEARNING TO CHANGE

Intimate Partner Abuse Education is for people who have been abusive or controlling towards an intimate partner. Intimate Partner Abuse Education programs (IPAs) in Massachusetts follow the *Massachusetts Guidelines and Standards for the Certification of Batterer Intervention Programs*. IPAs teach alternatives to coercive, dominating, and violent behavior.

IPA programs are available in Massachusetts for men and women, adolescents, people who are gay or lesbian, and non-English speakers.

### PROGRAM ENROLLMENT

You do not need to wait for a court order to attend Intimate Partner Abuse Education. You can go on your own.

IPAs typically use group sessions to help abusers 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.

People who attend IPAs are expected to pay for their treatment, but programs use a sliding fee scale to make the programs affordable to all. No one can be denied admission to a program because of inability to pay. Most IPAs offer a community service payment option in certain cases.

### AREA PROGRAMS

To learn more about Intimate Partner Abuse Education in your area, please see the community page in this brochure, or visit: <http://go.usa.gov/3DpCd>

### SUBSTANCE ABUSE COUNSELING

If you or someone you know needs help with an alcohol or drug problem, the Massachusetts Bureau of Substance Abuse Services has two toll free help lines:

- 1-800-327-5050
- 1-888-448-8321

<http://www.helpline-online.com>

### LEGAL HELP

If you need help with a legal problem, the websites below will provide contact information for legal aid programs, government agencies, and court-based programs that may be able to help you:

<http://www.massLRF.org>

<http://www.masslegalhelp.org>

### FINANCIAL HELP

The Department of Transitional Assistance provides MA residents with food and nutritional assistance, cash assistance, and employment supports. Call the DTA assistance line at 1-877-382-2363 or visit their website:

<http://mass.gov/dta>