

## *Creating Safe Environments for Children to Thrive*

### Why Roseburg, Why Now?

Domestic violence is a widespread problem with harmful and lethal consequences to victims of our community and our state.

It is our obligation to not only protect the victims which is paramount, but to also educate the offenders. This is the only way to lower the recidivism of domestic violence, abuse, neglect, and harm. By doing this, the hope is to help create safer children, healthier families, and a stronger Douglas Community.

*Helping,  
One Connection at a time.*

**Family Faith And Relationship  
Advocates**

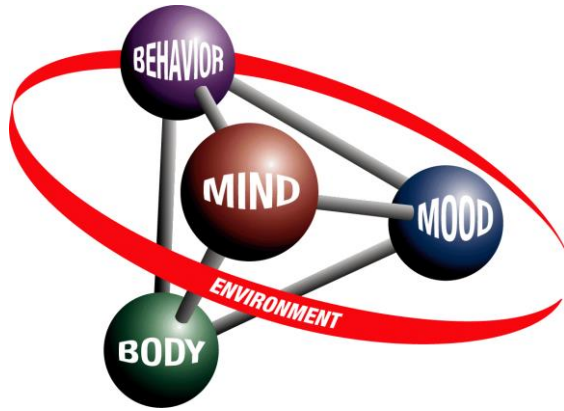
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Ending Cycles,  
Changing Lives  
One Connection at a Time

# Outgrowing Power Anger & Control

OPAC is a 36-week integrative model that focuses on changing behavioral patterns by changing thinking patterns. This is a group approach and we passionately believe that, *“Without Connection, There Can Be No Influence”*.





## What is OPAC About

Our 36-week group approach concentrates on breaking the power control and abuse cycle, by connection, education, accountability, and rebuilding thinking and emotional tools.

Our classes focus on helping the client come to an understanding that abusive behaviors are a choice. In that process we teach them new and healthier thinking and behavioral skills that will replace the negative skills and tools they grew up utilizing.

Clients are required to attend once a week for 36-weeks. The classes will be 90 minutes and lead by a Professional Facilitator. The interventions used in our classes include, Cognitive Behavioral Therapy, Collaborative Problem Solving, Motivational Interviewing, and a plethora of other Evidence-Based-Practices.

## Who is OPAC For

OPAC group participants consist mainly of those who have been mandated by a judge or supervisory agency, to attend a domestic violence or anger management program.

These classes are also available to take voluntarily, for those who wish to learn to manage their emotions, understand anger, abuse, and violence, and increase their ability to have healthier relationships.

These classes are for those who use anger, control, abuse, or emotions in a negative manner, in their relationships, and desire to change those habits and lifestyle choices.

### Part of the curriculum consists of:

Emotional Regulation & the Brain

Power & Control Wheel

High Cost of Battering

Attachment Theory

Emotional Intelligence

Parenting After Crisis

Franklin Reality Model

**STOP**  
  
**DOMESTIC VIOLENCE**  
**Get Involved. Save a Life.**

## Why OPAC Works

Going on my fourth year of facilitating this program in Lane County, I have seen first hand what can transpire when someone is allowed a space to come to terms with themselves (self-awareness), be accountable for what has transpired, and then have an environment without judgement, but curiosity, to change those behaviors.

The OPAC program offers a perfect blend of education, accountability, connection, and challenge to the client, that they can change and learn new behaviors.

Much research has shown that most offenders and batterers were once victim's themselves. Again, there is no excuse ever for violence, but if we desire to see change in these individuals then *we must do more than demand change, we must be part of the solution.*

## Contact Us

Family Faith And  
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