Assertive Ways to Address Relationship Equality

In response to Christ’s love, Lutheran Child and Family Services of Illinois attracts, develops, mobilizes and provides resources to improve the well-being of children, individuals, families, congregations and communities.

LCFS is a Recognized Service Organization of the Lutheran Church — Missouri Synod; licensed by the Illinois Department of Children and Family Services; accredited by the Council on Accreditation of Children and Family Services and Hague Convention; and a member of the Child Care Association of Illinois, Alliance for Children and Families, Lutheran Services in America, LAN: A Lutheran Adoption and Foster Care Alliance and the American Association of Children’s Residential Centers.

All images are used for illustrative purposes only and do not represent actual LCFS clients or staff.

Cost

LCFS offers reasonable rates for service. Insurance will be billed when feasible and appropriate. Subsidized fees are also available when participants are unable to afford the full cost of services.

Additional Services

Lutheran Child and Family Services (LCFS) also offers additional counseling services, including individual and family counseling services that focus on helping participants build and create a better life. All services are provided in the context of safety, support and healthy changes with safety planning conducted with the victim, as needed. Couples counseling is not provided until participants successfully complete the AWARE program and the counselor and other involved parties agree it is appropriate to do so.

For more information about the program:
1-800-363-LCFS (5237)
lcfs_info@lcfs.org

431 S. Grand Ave. W.  1620 S. Taylorville Rd.
Springfield, IL 62704    Decatur, IL 62521

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**AWARE**

“These skills have made me a better person. Being aware of these now has helped me and will continue to the rest of my life. I had never seen or heard any of this before so I didn’t know it.”

— COMMENT FROM PARTICIPANT

The AWARE program is designed to help individuals who have been abusive in their relationships to become AWARE of:

- How their behavior influences people around them
- How their past affects their behavior today
- How to develop healthy, safe and equal relationships
- How to be assertive in relationships rather than aggressive
- How to stop the cycle of violence

**Program Information**

In order to access the program, individuals call our Central Intake number at 1-800-363-LCFS (5237). A comprehensive assessment is conducted to determine the nature and severity of the abuse. When individuals are determined appropriate for the group program, they complete at least 26 weekly sessions that cover topics such as:

- Power and control
- Gender equality
- Anger management skills, especially skills for handling immediate conflicts
- Coping skills and expression of a full range of emotions
- Communication strategies
- Resolution of past issues
- Causes and forms of domestic violence

Group leaders encourage participants to think about their relationships differently. Group leaders:

- Promote attitudes associated with healthy relationships such as safe and equal partnerships and equal rights of both partners
- Challenge attitudes associated with abusive behaviors by encouraging full responsibility for the behaviors and the ability to stop

Successful completion requires living a non-abusive lifestyle as evidenced by positive attitudes towards healthy and safe relationships and application of skills. Program requirements are tailored to the individual needs of group members.

**Staff Qualifications**

Therapists are Master's level clinicians and most are licensed in the state of Illinois. They have skills in dealing with a variety of issues including domestic violence, mental health, and substance abuse. All staff involved in the program have participated in 40 hours of training specifically to address issues of safety and advocacy for the victim. In addition, staff leading the program have training in specific issues and techniques to help men change the abusive behaviors they have demonstrated in the past into behaviors that support and enhance their relationships.

**Coordination of Services**

We welcome the opportunity to discuss the program in-depth with a referral source. Contracts are developed when agencies would like to make arrangements to pay for services.