

## AWARE ELIGIBILITY

This program is offered through referrals to LCFS' Decatur and Springfield office locations.

**To access the program, call 800-363-LCFS (5237).** A comprehensive assessment is conducted to determine the nature and severity of the abuse and whether the individual is appropriate for the group program.

## ADDITIONAL COUNSELING SERVICES

LCFS also offers additional counseling services, including individual and family counseling 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.



## WHO WE ARE

LCFS is a leading provider of a variety of child welfare services in Illinois, dedicated to serving people of all faiths, races, ethnicities, sexual orientations, gender expressions and gender-identifications.

### LCFS MISSION

To nurture and strengthen children and families in need.

### LCFS VISION

A world where all of God's children have the opportunity for safe, healthy and meaningful lives.



**Lutheran Child and Family Services of Illinois**  
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# AWARE

## ASSERTIVE WAYS TO ADDRESS RELATIONSHIP EQUALITY



# PARTNER ABUSE INTERVENTION PROGRAM

AWARE is an approved Partner Abuse Intervention Program (PAIP). It is designed to help individuals who have been abusive in their relationships to become AWARE of:

- How their behavior influences people with whom they interact regularly.
- How their past affects their current behaviors.
- 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

When individuals are referred to and 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

“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.”

— AWARE Participant

AWARE leaders are specifically trained to address issues of safety and advocacy for the victim. Group leaders encourage participants to think about their relationships differently by:

- Promoting attitudes associated with healthy relationships, such as safe and equal partnerships and equal rights of both partners
- Challenging 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.

