

WHAT'S THE DIFFERENCE BETWEEN ANGER MANAGEMENT AND A STATE CERTIFIED BATTERER INTERVENTION PROGRAM?

	ANGER MANAGEMENT PROGRAMS	STATE CERTIFIED BATTERERS INTERVENTION PROGRAM
ARE PROGRAMS STATE CERTIFIED?	No	Yes. Certification is administered by Maine Department of Corrections.
WHO IS SERVED BY THE PROGRAMS?	Perpetrators of stranger or non-intimate violence.	Specifically designed to work with domestic violence offenders.
HOW LONG ARE THE PROGRAMS?	Usually 8-15 weekly sessions.	48 weeks.
ARE PROGRAMS MONITORED BY A STATE AGENCY?	No	Yes. Each program must have a working relationship with the local domestic violence project, probation and the courts.
DO PROGRAMS CONTACT VICTIMS?	No	Yes. Programs are required to contact victims in writing. They are made aware of enrollment of perpetrators and how to access services through the local DV projects.
ARE PROGRAMS LINKED WITH LOCAL DOMESTIC VIOLENCE PROJECTS?	No	Yes. Each program must attend regular supervision provided by the local DV project to discuss class content.
WHAT IS THE EMPHASIS OF THE INTERVENTION?	Violence is seen as a momentary outburst of anger. Perpetrators are taught techniques like “time outs”, relaxation methods, and coping skills.	Physical violence is seen as one of many forms of abusive behaviors chosen by batterers to control their partners, including physical, sexual, verbal, emotional, and economic abuse. Men are taught that stress, a life crisis, and chemical dependency are not causes of DV, and that abuse is a choice a batterer makes to gain and maintain an imbalance of power and control within the relationship.
ARE GROUP FACILITATORS TRAINED ABOUT DOMESTIC VIOLENCE?	Subject to agency discretion.	State standards require that all facilitators receive training in at least 1 of 3 nationally recognized models.

Adapted by the Violence Intervention Partnership of Cumberland County from the Massachusetts Department of Public Health.