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# ALERT

**(Awareness Leads to Educated & Responsible Thinking)**



**ALERT gives victims of domestic violence and their children necessary safety information and support prior to asking that a restraining order be “lifted” or “modified.”**

**ALERT is a one time group held on Wednesday, one time per month from approximately 9:00-3:00pm. This session focuses on victim education with special attention given to completing a safety plan and addressing child victims of family violence.**

**A completion certificate will be given to adult participants to verify attendance, as well as insure that a safety plan was developed, and the family’s level of risk was assessed. The participant will have this available when returning to court.**

**ALERT is offered at *no* cost. Participants can be referred or enrolled by calling Rocky Mountain Behavioral Health, Inc. at (719) 275-7650.**

**All alert groups are held at RMBH  
3239 Independence Road**

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# **SAMPLE COMPONENTS**

## **ADULT/PARENT SECTION**

### **Assessment**

**Evaluation of victim's personal safety as well as safety of children in the household. Risk assessment of potential for re-victimization.**

**Review of family history and stressors; employment/finances, health, substance abuse, housing, etc.**

**Assessment of victim's self-esteem and self-defeating behaviors.**

### **Education**

**Domestic violence information; cycle of violence, power and control issues, impact on children, communication, provocation, etc.**

### **Safety Plans**

**Development of personal safety plan to include children in the home.**

## **CHILD SECTION (Ages 4-18)**

### **Assessment**

**Assessment of child's experience and perspective in current family crisis.**

**Processing feelings and behaviors associated with present or past situations.**

### **Education**

**Domestic violence information regarding children and families. Defining what is "normal".**

**Community agency's role in DV.**

### **Safety Plan**

**Develop age-appropriate safety plan regarding family's situation**