



## **ALTERNATIVES INCORPORATED PROGRAMS & SERVICES**

***Alternatives Incorporated strives to eradicate domestic and sexual violence through education, prevention, and intervention in Central Indiana. Each of our programs and services, outlined below, are guided by our mission.***

### **CRISIS LINE**

Alternatives Incorporated operates a 24-hour crisis line offering over-the-phone safety planning, assistance, support, crisis response, and referrals.

### **HOUSING SERVICES**

Alternatives Incorporated provides housing navigation to assess survivors' needs, barriers, and financial capacity for housing stability. After analyzing their unique situation, staff provide opportunities within our agency and/or through our community partners to best meet the survivors' needs and assist them on their journey toward an independent, violence-free life. Alternatives offers a variety of housing options for survivors including emergency shelter, on-site transitional housing, scattered-site transitional housing, and rapid rehousing. For our off-site programs, staff work with the Region 8 Continuum of Care Coordinated Entry Team consisting of housing providers throughout Central Indiana. Together they connect our most vulnerable community members with the best housing options for their unique situation.

### **CHILDREN'S SERVICES**

Specialized programming is provided for children residing in our housing programs. Children's case managers meet with the child and parent to identify needs and establish a plan of action. Case managers advocate for the child to secure medical, dental, and eye appointments; secure school transportation and additional assistance; and establish mental and behavioral health services if needed. Parenting groups, education, and assistance are also offered. Additional programming is available to support academic success, development of healthy relationship and life skills, and enhance self-esteem. Children's programming seeks to break the intergenerational cycle of violence and create a brighter, more peaceful future.

### **NON-RESIDENTIAL SERVICES**

Survivors not residing in one of our housing programs work with our outreach advocates to receive ongoing support, advocacy, empowerment, resources, and referrals. Outreach services are designed to be mobile and include virtual options. Our goal is to reduce barriers for survivors accessing services.

## **SEXUAL ASSAULT SERVICES**

Sexual assault services consist of on-call crisis response, advocacy, and referral for adult victims of rape and sexual assault. In October 2005, the Sexual Assault Treatment Center, a program of Community Hospital Anderson, moved into Alternatives' facility. This significantly enhanced services for survivors and strengthened our collaboration.

## **CASE MANAGEMENT**

Survivors are provided the opportunity to participate in individualized case management. Staff utilize a matrix model identifying life areas deemed essential for achieving self-sufficiency and measure progress on a staged scale. Survivors meet regularly with their case manager to establish short- and long-term goals, develop a plan of action, identify potential barriers, highlight existing strengths, and measure progress. Staff provide ongoing support, advocacy, empowerment, assistance, resources, and referrals for survivors.

## **SAFETY PLANNING & DANGER ASSESSMENTS**

Staff assist survivors in assessing the level of danger and lethality of their relationship/situation and establishing a safety plan. Multiple safety plans are created, including with the children, to assist survivors as they work to achieve a self-sufficient and peaceful future.

## **COURT & MEDICAL APPOINTMENT ACCOMPANIMENT**

Staff are available to advocate and assist survivors in a variety of settings, including the criminal justice system and medical appointments. They attend to be a source of support during these difficult and often triggering moments.

## **TRANSPORTATION & FOOD ASSISTANCE**

Alternatives Incorporated provides emergency and essential transportation as well as food assistance for survivors accessing our programs.

## **SUPPORT & EDUCATION GROUPS**

Various groups are available for survivors engaging in our services. Core topics include establishing healthy boundaries; exploring coping skills; red flags of unhealthy relationships; the cycle of abuse, power, and control; and exploring types of abuse. Additional group topics include self-care techniques, developing parenting skills, addressing substance abuse, etc. Staff consider survivors' feedback when planning group topics each month.

## **AFTERCARE**

Advocates and case managers provide agency-initiated aftercare for all survivors participating in services. Staff contact the survivor after exiting our programs to follow-up, determine if anything new has occurred, and assess if the agency can provide additional services. The goal is to reduce barriers for survivors who may need additional services and continue to be a source of support.

## **CARe 2 GET CONNECTED**

The CARe program consists of dating, domestic, and sexual violence prevention sessions in middle and high school classrooms. Students engage in interactive or virtual learning to discuss risk and protective factors of violence, signs of a violent relationship, the building blocks of a healthy relationship, and bystander intervention techniques.

## **COMMUNITY EDUCATION & TRAINING**

Education and training services include general community awareness presentations; workplace training; healthcare training; clergy training; and certified law enforcement training in both domestic and sexual violence. Alternatives Incorporated personnel provide customized presentations for each audience and engage participants in our work to end domestic and sexual violence.