

Offering a full continuum of services for children, adolescents, adults and families

- Community Justice/Court Diversion Programs
 - **Explore (26-week educational DV groups)**
 - Alternative in the Community (AIC)
 - Family Violence Education Program (FVEP)
 - Parenting Education Program (PEP)
 - Pre-Trial Intervention Program (PTIP)
- Outpatient Individual, Family and Group Therapy
- Intensive Outpatient Mental Health and Substance Use Disorder Services
- In-home and Community-Based Services
- Crisis Intervention and Stabilization
- Specialized Foster Care Programs
- Prevent Child Abuse Connecticut
- Prevention, Education and Training Programs
- Connecticut Clearinghouse

Domestic violence destroys families. These relationships can be rebuilt when the violence, abuse and control end.

**Connecticut
Domestic Violence Hotline
1-888-774-2900**



Wheeler

A non-profit, multi-service behavioral health agency serving Central Connecticut and Greater Hartford

Contracted and Funded by

Court Support Services Division, State of Connecticut Judicial Branch

Explore Program Locations

36 Race St.
Bristol, CT 06010
(860) 583-6214

43 Woodland St.
Hartford, CT 06105
(860) 586-7188

130 Research Parkway
Meriden, CT 06450
(203) 694-3233

2 Vance Drive
Middletown, CT 06457
(860) 398-7499

40 Hart Street
New Britain, CT 06052
(860) 224-6396

326 Highland Avenue
Waterbury, CT 06708
(475) 235-6834



Explore Program

Group Intervention Services



Promoting non-violence, equality and respect in intimate relationships

Our Goal

When there is violence within a household, it can be a traumatic experience for all of those involved. The goals of the Explore Program are to increase the safety of the members of that household, increase participant accountability and offer techniques to improve current and future relationships.

The Explore Program provides psycho-educational groups specifically geared toward individuals arrested for domestic violence. Anger management classes and couples therapy are not appropriate alternatives.

Appropriate Clients

- Males, 18 years of age or older with a history or current use of violence or abuse toward their intimate partner
- This may include use of physical, emotional, verbal, sexual, and/or economic abuse, intimidation, threats, and/or other forms of coercive control
- Probation, Parole and Family Services clients

There is No Excuse for Domestic Violence

The Explore Program includes twenty-six sessions with lessons on power and control, emotion management, the effects of violence on the family, communication, problem-solving and more. Individuals arrested for domestic violence can learn to identify their control issues, appropriately work through feelings, recognize the impact of their behavior, and make behavioral changes to improve their current and future relationships.

Program Services

- 90-minute, weekly group sessions targeting domestic violence issues
- Collaboration with a network of local emergency and support services for those affected by domestic violence
- Concurrent, collaborative substance use, mental health and/or gambling treatment is offered through Wheeler Adult Services
- Referral for other services as necessary (individual treatment, inpatient treatment, psychiatric evaluation, etc.)

Family Violence is a Crime

The Explore Program collaborates closely with criminal courts, Court Support Services Division and a network of local emergency and support services for those affected by domestic violence to increase family and community safety.

Group Treatment

- Twenty-six weekly group sessions
- Goals include:
 - breaking through denial
 - increasing personal responsibility
 - expanding the definition of domestic violence
 - learning and practicing new skills/tools for nonviolence

Fees

The Explore Program uses the CSSD Sliding Scale for fee assessment.

Additional Information

Contact the Explore Program Manager at 860-929-7764 or TeamsClass@wheelerclinic.org www.wheelerclinic.org