

**Kansas Attorney General
Batterer Intervention Program Advisory Board**

Batterer Intervention Programs
Statement of Effectiveness

The Kansas Attorney General's Batterer Intervention Program Advisory Board strongly believes that quality intervention activities, like those provided by certified Kansas batterer intervention programs (BIP), are an effective way of reducing the number of re-assaults and the level of that violence by domestic violence batterers. Batterer intervention programs are a valuable tool that helps keep victims and families safe from future violence while at the same time addresses abusive behaviors and holds batterers accountable.

Batterer intervention programs use psycho-educational groups using a cognitive-behavioral approach with identified intimate partner violence abusers who are led by one or more trained group facilitators through a series of structured sessions for an extended period of time. These group sessions challenge the perpetrator to take responsibility for their physical abuse and other tactics used to maintain domination and control over their partners. Group facilitators provide the batterer with practical skills and alternatives for non-controlling and non-violent behavioral models and strategies. While it is ultimately up to each person to change their own behavior, batterer intervention programs do provide an educational and supportive environment that expands the batterer's understanding of the cause of personal violence. This includes the cultural, social, and personal factors that influence their choice to be violent. Effective batterer intervention programs encourage the batterer to become accountable to those who are battered, children, and/or others who are impacted, to take whatever actions are necessary to comply with the safety needs of the victim(s) and to make reparations for the effects of the battering. Batterer intervention programs challenges participants to change their behaviors, attitudes and belief systems.

The "Essential Elements and Standards for Batterer Intervention Programs" for the State of Kansas has established two primary goals for Kansas batterer's intervention programs:

- **Victim Safety.** The ultimate goal and purpose of batterer intervention programs is to end the violence and related abusive behaviors. Victim and family safety during the duration of the program and for years afterwards is the top priority.
- **Batterer Accountability.** Batterer intervention programs recognize that for the abuser to transition to healthy relationship behaviors, group sessions must work to help the batterer recognize and take responsibility for their controlling and abusive relationships. Batterer accountability must also be viewed in the context of the larger community and criminal justice system.

Regional and national research also supports the effectiveness of batterer intervention programming. When quality research methods, designs and measurable outcomes are utilized in studying those who complete quality batterer intervention programs, the evidence clearly illustrates effectiveness. In these studies, the vast majority of perpetrators do not re-assault and do sustain a non-violent lifestyle. The research also shows that when other intervention approaches are used to reduce domestic abuse (like

anger management, alcohol/drug treatments, couple/marriage counseling, etc.), effectiveness is not obtained.

It must also be recognized that not all batterer intervention programs are created the same. Those programs designed and delivered under the conditions of certified standards (like those in Kansas), are more likely to ensure positive outcomes. These programs include elements like longer program duration; quality in-take assessment; safe victim contact; and strong, qualified and experienced facilitators. Finally, the effectiveness of batterer's intervention programs must be viewed in the context of the broader community and systematic response to domestic violence. We believe batterer's intervention programs by themselves will have only limited success without other strong accountability measures in place. When abusers are confronted with legal sanctions and are supported by social networks and other community assets, probability for effectiveness is increased.

The Kansas Attorney General's Batterer Intervention Program Advisory Board is dedicated to having quality batterer intervention programming statewide, and will continue to provide information and awareness to programs and communities to help ensure effective outcomes of these programs, and the reduction of domestic violence in this state.