Journey to Change

TARGET AUDIENCE

This program is for adults who have committed acts of domestic violence.

SUMMARY

Journey to Change, a community-based, computer-administered behavior change program, is designed to improve relationships and reduce domestic violence and physical battering behaviors among participants.

EVIDENCE

Results from one quasi-experimental study among male domestic violence offenders who were attending court-mandated batterer treatment and assigned to usual care (UC) or usual care plus Journey to Change (UC + Journey) indicated that those in UC + Journey were significantly more likely to be in the action stage for using healthy strategies to stay violence-free at the end of the 5-month treatment and to seek outside help and services (e.g., talking to clergy or a medical professional, participating in couple's counseling) compared to those in UC. Among participants who reported having sex, those in UC + Journey were significantly more likely to report using a condom every time they had sex compared to those in UC. According to a limited number of victim reports, those in UC + Journey were significantly less likely to engage in physical violence during the 12-month follow-up compared to those in UC. Participants in both groups were equally likely to drop out of court-mandated treatment and to have additional domestic violence-related police involvement. Results should be interpreted with caution as only about 50% of participants completed the intervention and 5-month assessment, and only 27% of victims were able to be contacted.

COMPONENTS

Journey to Change is a behavioral-change, computer-administered program that is implemented in conjunction with traditional group-based batterer treatment. The program is based on the transtheoretical model of behavior change, which defines change as progress made over time and progressing through a series of stages, including precontemplation, contemplation, preparation, action, and maintenance. The program intends to raise participant's level of readiness to practice healthy behaviors and strategies to avoid violent behavior. Strategies include the following:

- Communicate with partners with clarity and respect;
- Manage stress levels;
- Control anger; and
- Refrain from abusing drugs or alcohol.

The program also includes a printed guide, which provides stage-matched activities designed to reinforce concepts taught during online sessions, such as list benefits of practicing healthy strategies to avoid violence; consider triggers and consequences of behavior; explore self-image and expectations for the future; understand the influence of culture on behavior; create an action plan; acquire support; substitute healthy, positive thoughts and behaviors; avoid people, places, and things that trigger violent behavior; and recognize intrinsic and extrinsic rewards of avoiding violence.

PREVIOUS USE

The extent to which this program has been implemented is unclear.
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TRAINING

This program is delivered by coaches and other health professionals. There is an e-Learning course titled, Basic Transtheoretical Model Training, that costs $150 per user. Please visit https://www.prochange.com/e-learning-stages-of-change-training for more information.

CONSIDERATIONS

Considerations for implementing this program include acquiring participant buy-in and ensuring they have access to a computer and adequate time to complete program sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Journey to Change, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The program is implemented in three sessions and uses a printed guide. Program length is 20 weeks.

EVALUATION PLAN

To move Journey to Change to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation with a strong study design and modest attrition rates should be performed that demonstrates positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Pro-Change Behavior Systems, Inc., by mail 1174 Kingstown Road, Suite 101, South Kingstown, RI 02879, phone 1-401-360-2980, or visit https://www.prochange.com/contact

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