

Core Concepts

POWER AND CONTROL

Domestic abuse is about more than isolated incidents—it's a relationship strategy where fear, humiliation, verbal, and physical assaults are used to gain power and dominance. Abuse is a conscious choice made by the abuser, not an accident caused by external factors like substance abuse or mental health issues.

SURVIVOR-CENTERED APPROACH

Victim safety is our primary concern
Committed to ensuring a victim's reality and experiences are always the basis of the group content

ABUSIVE BEHAVIOR IS A CHOICE

Abuse is instrumental in nature. It is a selective, intentional, and purposeful act aimed at controlling a partner.

ABUSE IS A LEARNED BEHAVIOR

Abuse is a learned behavior that can be unlearned and replaced with respectful, non-violent, and non-controlling behaviors.
Behavioral change does not occur until the consequences of the behavior outweighs its' benefits.

THE SOLE RESPONSIBILITY OF THE ABUSER

Abuse is never a shared fault. The abuser alone is responsible, and interventions focus on ensuring personal accountability.



COUNTY OF BERGEN

James J. Tedesco III
Bergen County Executive

Board of Commissioners
Department of Human Services
Alternatives to Domestic Violence

One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601-7076



Bergen County Department of
Human Services

ALTERNATIVES TO DOMESTIC VIOLENCE

ABUSE INTERVENTION PROGRAM (AIP)



39 Hudson Street, 2nd Floor
Hackensack, NJ, 07601

Abuse Intervention Line:
201-336-7525

All incoming calls go to voicemail
All calls are returned within 24 hours

James J. Tedesco III, Bergen County Executive
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The Abuse Intervention Program

AIP is a highly structured **32-week minimum intervention** built on offender accountability. It's not anger management or traditional therapy—it's a dedicated process focused on exposing and restructuring the thought patterns behind abuse and violence.

KEY PROGRAM FEATURES

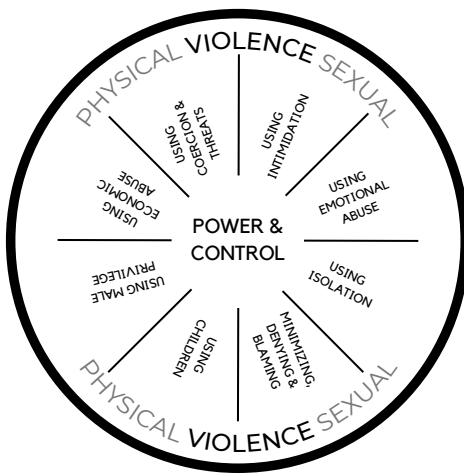
- **Weekly 90-minute Group Sessions**- individual therapy is contraindicated, and couples or family counseling may compromise victim safety.
- **Addressing Distorted Beliefs**- our psychoeducational curriculum and group format addresses core beliefs that fuel control and abuse, providing a powerful foundation for new, non-violent and respectful behaviors.
- **Expert-Led Facilitation**- Sessions are led by experienced co-facilitators with extensive expertise in domestic violence.
- **Inclusive Approach**- facilitators represent diverse gender identities, fostering a well-rounded, supportive environment.

ACHIEVING MAXIMUM EFFECTIVENESS IN AIP

- **Collaborative Risk Management:** Constant support via coordinated efforts among legal systems, community resources, healthcare providers, and survivor services.
- **Consistent Behavioral Messaging:** Clear expectations and consequences ensure accountability from the start.
- **Timely Engagement:** Early intervention—ideally right after the index assault.
- **Survivor-Based Curriculum:** Utilize empathetic understanding and partner perspectives when addressing cognitive distortions.
- **Integrated Substance Abuse:** Addressing substance abuse as part of a holistic recovery process.

What is Coercive Control?

Coercive control is a relationship strategy using physical abuse, sexual abuse, isolation, manipulation, threats, intimidation, humiliation, harassment and social positionality in order to gain and maintain dominance, power and control over a partner.



Program Focus

ACCOUNTABILITY

The program is designed to ensure that the responsibility for behavior change lies with the participant.

EXAMINE BELIEF SYSTEMS AND BEHAVIORS

Look critically at the ideas and actions that sustain violence and control.

EXPAND DEFINITIONS AND LANGUAGE

Broaden the participant's understanding of violence and controlling behaviors.

UNDERSTAND THE IMPACT

Discuss how the participant's violence affects current and former intimate partners, children, and even the perpetrator themselves.

IDENTIFY AND PRACTICE ALTERNATIVES

Learn non-controlling, respectful approaches that build a foundation of equity, respect, accountability, and equality.

About Us

Alternatives to Domestic Violence (ADV) has been serving Bergen County for over 40 years, offering one of New Jersey's largest abuse intervention programs. With a strong commitment to offender accountability and behavioral change, we collaborate with local stakeholders—including victim service providers, probation, superior court, and the Division of Child Protection and Permanency (DCP&P)—to break cycles of abuse and foster safer communities.

As a member program of the New Jersey Coalition to End Domestic Violence (NJCEDV) and the Battering Intervention Services Coalition of Michigan (BISC-MI), we align with national best practices in intervention and prevention.

Program Fees

\$75 ONE-TIME INTAKE FEE

\$25 WEEKLY SESSION FEE

SLIDING SCALE AVAILABLE

No participant will be denied services due to financial hardship.

To schedule an intake appointment with AIP, or for any additional questions, contact our office at **(201) 336-7525**.

**Please email all referrals directly to
ADVmonitoring@bergencountynj.gov**

Office Location

Our office is located on the second floor at 39 Hudson Street, Hackensack NJ, 07601. AIP conducts business by appointment only.

