

## About Us

Oregon Washington health Network strives to integrate physical, mental, behavioral, and public health services to improve rural health outcomes and health equity focusing on access, quality, and cost effectiveness in Umatilla, Morrow, Union and Walla Walla Counties.



**A journey of a  
thousand  
miles begins  
with yourself.**



### Contact Us For More Info

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**For list of fees and more  
class information, visit  
[www.owhn.net](http://www.owhn.net)**



## Justice Reinvestment Equity Programs

Batterers Intervention Program  
Caring Dads • Anger Management

*Intervention programs brought to you by*





*Caring Dads exists to change current practices to better include fathers in efforts to enhance the safety and wellbeing of their children.*

## Batterers Intervention Program

The goal of BIP is to provide clients with the education and skills to address controlling and abusive behaviors and eliminate any form of violence in their life. The intended outcome is that clients can then meaningfully support the family unit, especially the victim and children.

36 sessions- group & individual- variable by progress and measurable change

For men & women | Available in Spanish

Specifically for men who have abused or neglected their children or exposed them to abuse of their mothers

Program Focus:

- Accountability for abuse
- Countering the attitudes linked to abusive and neglectful behaviors
- Promoting healthy relationships between fathers and their child(ren) and child(ren)'s mother

17 weeks, one night a week, 2 hours

Eligibility based on a required screening interview

## Anger Management

Conflict Resolution for Recovery and Prevention is skill-based and focused on the brain; including how the brain works in conflict, and strategies to affect the quality of recovery in relationships.

*12-week, skill-based therapeutic class*

Some of the key topics discussed include:

Instinct or Intellect | Understanding Relationships | Stress and Anger | Power and Control | Learning not to Blame and Shame | Living a Life of Collaboration

