

## Information for Mental Health & Social Service Providers

### Menergy



is a group treatment program for English- or Spanish-speaking adult **men** who abuse their female or male intimate partners.

is a group treatment program for English- or Spanish-speaking adult **women** who abuse their male or female intimate partners.

### When would I turn to Menergy?

- When I have a client who is mandated to attend **anger management** or **domestic abuse counseling** after being convicted of assaulting or threatening a current or ex-partner.
- When I have a male or female client who I witness, who is reported to, or who discloses in a screening process abusing their partner/s.
- When someone discloses that they are being abused, and asks for a resource to see if their abusive partner would be willing to change.
- If I suspect abuse, and want to make sure I'm not ignoring a potentially dangerous situation.

### Why would I refer to Menergy?

- For careful **lethality and risk assessment**.
- For **partner contacts** as an integral part of the evaluation process.
- For thorough exploration of **history of trauma**.
- For assessment of **willingness to change**.
- For treatment focused on **safety** and **accountability** in homes and on the street.

### What can I expect from a referral to Menergy?

- **Quick processing:** Clients who call and follow through with admission requirements should be seen for their first evaluation session within a week.
- Careful **evaluation** of the client's participation and appropriateness for treatment.
- Warnings about the **limitations of treatment** and **connection to local victim resources** for abused partners.
- **Supportive confrontation** of abusive behaviors and attitudes.
- Consultations and recommendations for handling **high-risk cases**.

## What can I not expect from Menergy?

- A **miracle pill**: Treating patterned abusive behavior in adults is a challenging process. From a public health perspective, this is tertiary intervention, with people who are already symptomatic. Much depends on the quality of clients' participation in their own treatment. Research around the work suggests that a percentage of abusive people, even those who go through a solid program, will not stop abusing.

## How long does Menergy last?

**Menergy** clients may be asked to complete any of the following levels of treatment. The most common recommendation is for evaluation and completion of the beginner-level group.

### **Evaluation:**

3 individual 1-hour sessions for evaluation, assessment and contracting.

### **Beginner level:**

10 weeks of 2-hour, once-a-week psychoeducational groups working to stop abusive behavior, emphasizing accountability, taking responsibility and building skills through structured discussions.

### **Advanced level:**

20 weeks of intensive group therapy focused on understanding the roots of the problem and better ways of handling internal and interpersonal conflict.

## How much does Menergy cost?

Like much work with “offenders,” public funding for treatment of people who abuse their intimate partners is limited. Menergy charges on a sliding scale for its services. A small public subsidy allows us to charge little to nothing for some very low-income clients. All fees are pre-paid and no-shows are charged.

### The sliding scale

Individual session fee: \$0 to \$100 per session

Group session fee: \$0 to \$50 per session

## How do I refer to Menergy?

For more information or to make a referral call, or have your client call 215-242-2235 or 267-625-6135 for Spanish speakers.

### **Main office**

7500 Germantown Avenue, New Covenant Campus  
Elders Hall, Suite 5, Philadelphia, PA 19119

### **Spanish-language site**

María de los Santos Health Center  
5th and Allegheny