



Program Description

Alternatives Incorporated has started a virtual support group for survivors who are co-parenting with the person who caused them harm. This can include survivors currently participating in other services (housing or nonresidential services) and those who have moved on and secured permanent housing of their own. Some of the participants are now living in other states. The virtual support group allows Alternatives Inc. and our staff to continue being a source of support while survivors also build relationships with other survivors who are dealing with the same challenges.

Success and challenges

The group started in April of 2022 and it has been well received by the participants. They look forward to the group which is held on Saturdays at 2 pm. The participants offer feedback and group suggestions through a survey link that was created specifically for the virtual group. Actual quotes from participants, “The groups are helping with my mental health.”, “I am not alone in this struggle with co-parenting. It was crazy that each of us are experiencing this.”, “Knowing there are others with similar experiences & the ability to relate holds power and can be empowering.”

The group has also been very therapeutic for the staff. Having multiple survivors experiencing the challenges of court ordered visitations and ongoing manipulation and Gaslighting by the abusive parent and sometimes grandparents can be overwhelming. The survivors are encouraging to each other as well as to staff.

How are we funding and staffing this effort

Currently this effort is staffed by one of our case managers. Their position is funded through VOCA. The virtual meeting platform-GoToMeeting- is also covered through grant funding.

Contact information:

Rene' Fuller (rfuller@alternativesdv.org)