

Family Safety Programs: A Quick Guide for the Court

WHICH PROGRAM FITS THIS CASE?

- ▶ **Intimate-partner violence** — the person ordered used coercive or abusive behavior toward a partner → **D.O.S.E.**
- ▶ **Custody / DV case** needs safe, supervised child-parent contact or a neutral exchange point → **Supervised Visitation**
- ▶ **Isolated anger or emotion-regulation issue**, any relationship — not an intimate-partner DV pattern → **S.T.E.A.R.**

Not sure which fits? Call 919-821-0790 — TFS staff can help match the right service before the order is finalized.

Time Together

Supervised Visitation & Exchange Center

BEST FOR

Safe, supervised parent-child visits or a neutral custody exchange location

HOURS

Fri 4-7pm · Sat & Sun 11am-5pm (evenings/weekends only — refer early)

COST

\$60 intake/client · \$75/hr supervised visit · \$35 monitored exchange · \$75 case report. Reduced fees available for need.

GETTING STARTED

Client calls to schedule intake (Zoom) → child orientation at the Center → first visit scheduled

"The parties shall utilize Triangle Family Services' Time Together Center for supervised visitation / safe exchange, and shall complete intake within ___ days of this order."

DOSE

Domestic Violence Intervention Program

BEST FOR

The person who used violence in an intimate-partner relationship — accountability & behavior change

FORMAT

26-week facilitated group program · evening/weekend groups · virtual & in-person · English & Spanish

COST

\$60 registration + \$25/class (~\$710 total across 26 weeks)

COMPLETION

Weekly sessions → final presentation & completion forms → completion certificate

"Respondent shall complete DOSE, Triangle Family Services' Domestic Violence Intervention Program (919-821-0790 x150), and provide proof of enrollment within ___ days."

Confirm current NC DVIP approval status directly with TFS when drafting the order.

S.T.E.A.R.

Skills & Tools for Emotion & Anger Regulation

BEST FOR

An isolated anger / emotion-regulation issue — family, coworkers, neighbors. Not a DOSE substitute for a DV pattern.

FORMAT

One day · four 1-hour segments (4 hrs total) · in person

COST

\$50 flat fee

ELIGIBILITY

Adults 18+ · court, DSS, CPS, other referral, or self-referral accepted

COMPLETION

Completion certificate issued same day

"[Party] shall complete the S.T.E.A.R. anger-management course through Triangle Family Services (919-821-0790 x150) and provide the completion certificate within ___ days."

**Program costs are current as of August 2026 and subject to change.*

Before You Sign the Order

- TFS is a private provider, not a party to the case — it operates under its own written policies and may accept, decline, or terminate a client. If services end before the case concludes, the matter returns to court; consider building in a review date.
- Sliding-scale / reduced fees are available for financial need across all three programs — cost should not bar an otherwise appropriate referral.
- Generic order language (e.g., "an approved domestic violence intervention program") preserves flexibility if a specific program has a waitlist or scheduling conflict.
- Time Together's hours are evenings and weekends only — refer as early as possible to avoid delay.

Time Together

Supervised Visitation and Exchange
Karen Swinehart, Program Manager
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kswinehart@tfsnc.org

DOSE

Michael Adams, Program Manager
919-821-0790 x150
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S.T.E.A.R.

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Triangle Family Services

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