



THE CAPELLI GROUP

INNOVATION & POWER

January 2019 Issue
Quarterly Newsletter

INSIDE THIS ISSUE:

DOMESTIC VIOLENCE AND VICTIM SAFETY 1

DWI EDUCATION EDUCATIONAL CENTER RATIONALE

THE POWER OF THOUGHT 2

WELCOME OUR NEW CAPELLI TEAM MEMBER 2

THE CAPELLI CORNER: BRAIN POWER RIDDLES 2

ANGER AND ITS EFFECTS 3

DEPRESSION: SOME FACTS FOR AWARENESS 3

PROFESSIONALS MAKING A DIFFERENCE: JUDGE ROBERT S. ANCHONDO 3

LETTER FROM THE PRESIDENT AND VICE PRESIDENT 4

DOMESTIC VIOLENCE & VICTIM SAFETY



We continue to provide education and awareness in domestic abuse and domestic violence. We now have the only 18 week BIPP program in El Paso, Texas and we have reached many individuals in helping them change the way they think. We are on the forefront of innovative programming with powerful, direct and real education. The goal of BIPP (Battering Intervention & Prevention Program) is to solidify overall victim safety. We accomplish this task by teaching participants of BIPP the accountability of their actions and show them how true respect and equality play a role in their lives and that of their families.

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic violence can happen to anyone of any race, age, sexual orientation, economic class, immigration status, religion, or gender. It can happen to couples that are married, living together, or who are dating. Domestic violence affects people of all socioeconomic backgrounds and

education levels. This is why The Capelli Group takes a vested interest in holding offenders accountable, challenge their beliefs and the belief system they were conditioned to, and teach new skills to help offenders change their behavior. We are improving our society with goals that keep victims of domestic violence safe from abusers. Our main goals for our community is to:

- Provide role models while educating offenders about non-controlling behaviors.
- Collect data to assist with evaluations of program effectiveness and recidivism
- Confront collusion and victim-blaming by offenders and others and overall:
- Challenge myths about domestic violence

DWI EDUCATION EDUCATIONAL CENTER RATIONALE



DWI is an epidemic of mass proportions. As a retired *Advanced Emergency Medic* after 24 years of service, I witnessed many deaths, lives that were destroyed and the rising cost of courts, hospitals and mental health facilities, all due to drinking and

drugged driving. The Capelli Group made a conscious decision to formulate the *DWI Education & DWI Intervention Educational Center*. We are now licensed and accredited by Texas Department of Licensing and Regulation to provide awareness, education and to combat DWI offenses

to our community. Of the many traumas I witnessed in my medic career, the most impacting were DWI traumas. I was an instrument of saving many lives then, and we The Capelli Group will continue to be an instrument of education and awareness to those who walk through our doors. We are Innovation & Power!

THE CAPELLI GROUP
EL PASO, TEXAS
EDUCATION AT ITS BEST

THE POWER OF THOUGHT

Our world runs only on three factors: Energy, Vibration and Frequency. Thoughts are energy that produce physical world outcomes, for you become what you think. "We all carry with us a mental blueprint or picture of ourselves. It has been built up from our own beliefs about ourselves. But most of these beliefs about ourselves have unconsciously been formed from our past experience, our suc-

cesses and failures, our humiliations, our triumphs, and the way other people have related to us, especially in early childhood.

From all these we mentally construct a "self" (or a picture of a self). Once an idea or a belief about ourselves goes into this picture it becomes "true" as far as we personally are concerned. We do not question its validity, but proceed to act upon it just as if it

were true"-Maxwell Maltz . Remember that 95-99% of our behavior is automatic, subconscious energy. This is one of the greatest discoveries of the past decade of neurological research. As much as 95-99 % of all our behavior is automatic. This is why we set goals, but don't reach them. Setting them is a function of the conscious mind. Reaching them is a function of the non-conscious mind - the beliefs.



WELCOME OUR NEW CAPELLI TEAM MEMBER

Dominick E. Capelli brings to the group a sense of youth and vigor. He has a Bachelors of Science in Business Management and is also a Certified Anger Resolution Therapist. He has been in charge of 1 on 1 intense anger resolution sessions and has been involved with domestic violence programs,

as he's taken the initiative to become part of the BIPP Facilitators Team. He has completed his hours as a facilitator and has advocated for victims of domestic violence by helping educate the abusers with life skills and accountability. Dominick has a realistic teaching style and is an existentialist, one who be-

lieves we are in our current position of life because we ultimately choose to. He has been growing as an individual and is getting ready to enroll for his Masters degree as a clinical psychotherapist, so that he can continue to help his community, and society as a whole to a better and healthier way of thinking.



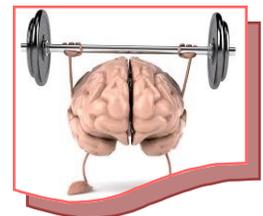
"MY DEDICATION IS TO EDUCATING OUR COMMUNITY, TO HELP THEM LIVE BETTER LIVES THROUGH THE POWER OF CHANGE"
DOMINICK E. CAPELLI

THE CAPELLI CORNER: BRAIN POWER RIDDLES

- | | |
|--|--|
| <p>1. If you have me, you want to share me. If you share me, you don't have me. What am I?</p> <p>2. 5. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?</p> <p>3. You walk into a room</p> | <p>with a match, a kerosene lamp, a candle, and a fireplace. Which do you light first?</p> <p>4. What word begins and ends with an E but only has one letter?</p> <p>5. Which letter of the alphabet has the most water?</p> |
|--|--|

Answers

1. A secret
2. The number 8
3. The Match
4. Envelope
5. C



"In the same way physical exercise can delay many of the effects of aging on the body, there's some evidence cognitive exercise can at least delay the onset of Alzheimer's."

ANGER AND ITS EFFECTS



<u>Anger Destroys</u>	Anger is a major Cause of	Anger Violates
Personal Relationships	Family Violence	The rights of others
<u>Anger Destroys</u>	<u>Anger Kills</u>	If you have anger issues, and are in need of help, do not hesitate and wait for the effects of your negative choices to reflect on your life. Take control of it we can help you to do so, invest in your mind, your life, call us today, make the call...and learn awareness.
School and Work Relationships	Emotions & Love	
<u>Anger Makes</u>	<u>Anger Devours</u>	
Bad Situations Worse	Your energy and well-being	
<u>Anger Often</u>	<u>Anger Lives</u>	
Leads To Aggression	If you chose to allow it	
Depression & Anxiety		

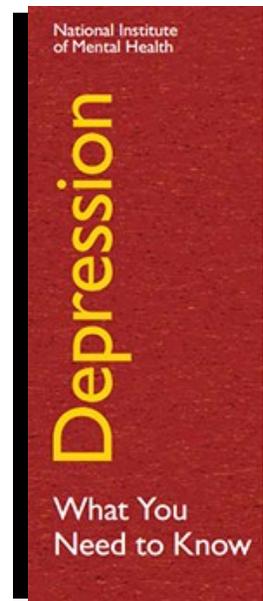
Stay In Control Of Your Anger!
Don't Let Your Anger Control You!

ABOUT DEPRESSION

Depression is a mental illness that has a significant effect on a person's ability to function normally, and is marked by persistent feelings of sadness, emptiness, worthlessness, and hopelessness. These feelings can continue for years if left untreated. Depression often does not occur alone—many people living with depression experience some other mental illness as well. Depression has a high rate of co-occurrence

with both anxiety (up to 60%) and substance use disorders. All too often, people who are depressed isolate themselves from those they love or others who may be able to help. Isolation can make depression feel worse and increase the risk that a person will experience suicidal thoughts or behaviors. If your depression has caused you to lose a job, drop out of school, lose touch with family

or friends, or if you've noticed changes in your sleep and appetite that have not improved, contact one of these free resources to learn more about treating your depression.
(SAMHSA): 1-800-662-HELP (4357)
1-800-SUICIDE (784-2433)
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
Sources:
National Institute of Mental Health. (2016). Depression.



PROFESSIONALS MAKING A DIFFERENCE

County Criminal Judge Robert Anchondo with the El Paso DWI Drug Court helped start the Intervention and Treatment Program 10 years ago. He has been a voice for our community and has been tough on DWI offenders. His leadership qualities have positively affected the criminal justice system and has helped

families have closure when it comes to sentencing offenders who victimize other through poor choices in DWI. "The system works, because everybody that's stopped has their rights. It's unfortunate lives have been lost. I also think of those victims and their families," -Judge Anchondo
Judge Robert S. Anchondo is a

positive role model for the community of El Paso, Texas and has taught offenders about accountability and respect through tough sentencing and compassion for victims and their families. We congratulate Judge Robert S. Anchondo for being this quarters professional making a difference in the community!



Judge Robert S. Anchondo

JANUARY 2019

QUARTERLY NEWSLETTER

The Capelli Group

9739 Socorro Rd

El Paso, Texas 79927

Phone: 915-799-0614

Fax: 915-260-4758

E-mail:

thecapelligroup@gmail.com

www.thecapelligroup.com



The Capelli Group Programs

- * Professional Psychotherapy & Mental Health Consulting
- * Anger Management & Conflict Resolution Therapy
- * Battering Intervention & Prevention Program (BIPP)
- * DWI Education & DWI Intervention Educational Center
- * Life Coaching Skills Programs for Choice Theory Training
- * Mobile Outreach Crisis Intervention and Crisis Debriefing for Critical Incident Response
- * Community Outreach Education & Presentations
- * Pre-trial Mental Health Assessments
- * Immigration and Naturalization Mental Health Evaluations

I N N O V A T I O N & P O W E R

LETTER FROM THE CAPELLI GROUP FOUNDERS



Prof. Samuel V. Capelli

President/CEO/Founder

We thank all of the community for continuing to visit and experience our programs and psychotherapy clinic. We have solidified several very important programs for our community. We believe in

helping other with education and awareness. We are very proud to serve our community and to work with our probation department and courts to change the lives of our clients. We have added new programs this year. Our new DWI Education and DWI Intervention Programs will help impact the choices that people make before deciding to drink. We have also added our Victim Impact Panel (VIP) to show the terrible effects of DWI or other crimes to offenders, showing the offender the effects on victims and their families. The Capelli Group has taken on a new facilitator this year and we

are very proud of Dominick's progress. We will continue to put El Paso, the El Paso Courts, our probation department and our judges as well as our patients in the forefront of new unstoppable change for the betterment of society.

Our goal this year is to continue the reduction of mental health issues, to increase education in drinking and drugged driving, and to keep victims safe from domestic violent perpetrators. Working together with our community is our mission.

Prof. Samuel V. Capelli

Sandra Capelli



Sandra V. Capelli

Vice President/Founder


The Capelli Group
Innovation & Power