

Your Questions Answered

Who will be in the group?

- ◆ there will be a wide range of people from different cultural backgrounds and experience to you in the group. It is important that everyone treats everyone else with respect
- ◆ there will be up to 12 people in your group, and all will have committed offences related to their substance use
- ◆ there will be two or more facilitators who have been trained in running this programme and have had to prove they can do the job.

What if I can't attend?

- ◆ inform your Probation Officer immediately.

What if I'm ill?

- ◆ get a doctor's sick note (not a self-certificate) and give it to your Probation Officer within 7 working days after the missed appointment.

What happens if I do not attend or participate?

- ◆ you will need to give your Probation Officer an explanation straight away. If this is not accepted you will be:
 - a) given a formal warning and required to continue with the programme, or
 - b) returned to court.

Remember - always keep your Probation Officer informed.

What are my rights?

You have various rights whilst you attend the programme.

You have the right to be treated fairly and without discrimination. The Probation Service will not accept any racist, sexist or other discriminatory behaviour towards you from either staff or fellow group members.

If at any time you feel you have been unfairly treated, you have the right to make a complaint. You should complain first to the Programme Manager.

If you are not satisfied with the way your complaint has been dealt with, you have the right to complain to the Chief Officer at the address below.

6th Floor, Oakland House, Talbot Road, Old Trafford, Manchester, M16 0PQ

Tel: 0161 872 4802 Fax 0161 872 3483

Further information

For more information about anything in this leaflet, please talk to your supervising officer.

Updated July 2009

OP-GMPT-IGP001

ASRO

Addressing Substance Related Offending



Information for GROUP PARTICIPANTS



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TRUST**

What is ASRO?

ASRO is a group work programme, which aims to reduce or stop substance use and the offences that are committed as a result.

It will

- ◆ encourage you to change
- ◆ help you understand how to change
- ◆ help you to learn the skills you need to make those changes
- ◆ help you to stay substance-free
- ◆ help you to improve the way you live, so that you can carry on the changes you've made.

What's in it for me?

You will

- ◆ know how to control your thoughts, feelings and actions
- ◆ know that you have an ability to change
- ◆ improve your self-confidence and motivation to change
- ◆ know what you have to do to solve problems using a step-by-step approach
- ◆ have the opportunity to improve your education and chances of getting a job
- ◆ know what you have to do to reduce or stop substance use and offending
- ◆ know what to do to prevent relapse.

What will I have to do?

You must attend

Before the group:-

- ◆ all weekly appointments with your Probation Officer
- ◆ all weekly appointments to complete a series of questionnaires and to do certain exercises.

During the group:-

- ◆ each session will last two and a half hours
- ◆ you will attend two sessions a week for 10 weeks
- ◆ you will complete and collect all of your assignments
- ◆ complete a series of questionnaires. The results will tell you how well you have done, and how well we have done our job.

After the group you will be required to:-

- ◆ complete a further series of questionnaires
- ◆ attend a three-way meeting with you, your Probation Officer and the group tutor
- ◆ attend all appointments with your Probation Officer.

You must agree to

- ◆ arrive on time and stay to the end
- ◆ take part in the exercises
- ◆ talk about your offending
- ◆ talk about your substance use
- ◆ arrive clear headed, not under the influence of drugs, alcohol or solvents
- ◆ treat facilitators and other group members with respect
- ◆ respect confidentiality
- ◆ turn off mobile phones.

How do we do it?

During the ASRO programme the following methods are used:-

- ◆ group exercises
- ◆ discussion sessions
- ◆ self-assessment.
- ◆ problem solving exercises
- ◆ active learning exercises
- ◆ assignments to complete between sessions.

All sessions are recorded on videotape and used to monitor the work done in the group, primarily that of the facilitators. The tapes are stored and used under strict rules of confidentiality.

Under no circumstances are the videotapes used in any way that is public.