

# Your questions answered

## Who will be in the group?

There will be a range of people from different cultural backgrounds in the group. It is important that everyone treats each other with respect.

There will be up to 12 people in your group, and all have committed offences relating to poor management of anger or other strong emotions.

There will be two experienced facilitators trained in the programme.

## What if I cannot attend?

Inform your responsible officer immediately.

## What if I am ill?

Get a doctor's note (not a self certificate) and give it to your responsible officer within 7 days of your missed appointment.

## What happens if I do not attend?

You will need to give your responsible officer an explanation straight away. If your explanation is not accepted you may receive a warning letter or be dealt with by a return to Court, or for breach of Licence.

## 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 Greater Manchester Probation Trust 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**

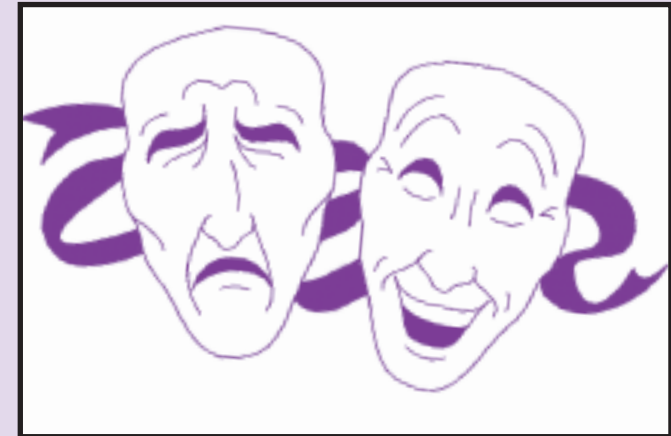
**Tel: 0161 872 4802 Fax 0161 872 3483**

## Further information

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

# CALM

## Controlling Anger and Learning to Manage It



## Information for GROUP PARTICIPANTS



## What is CALM?

Controlling Anger and Learning to Manage It (CALM) is a programme to help you manage your anger and other emotions that could lead to offending.

## What will I gain?

- ◆ the programme will help you to reduce the chances of you offending, especially in a violent way
- ◆ it will help you realise the impact of your offending on victims, your family, the community and yourself
- ◆ it will help you to develop your skills to manage your anger in a better way
- ◆ it will help you to understand and control your anger and other emotions
- ◆ it will help you understand how stress and anxiety can make your anger worse
- ◆ it will help you to deal with disputes appropriately
- ◆ it will help you to learn ways to relax
- ◆ how much you gain from the group depends on how much you put in, and how much you practice your new skills.

## Before the group

- ◆ you need to attend all appointments with your responsible officer
- ◆ you will attend an introductory meeting
- ◆ you will attend to fill in some questionnaires.

## During the group

- ◆ there are 24 group work sessions
- ◆ each session is two hours plus a break
- ◆ there will be assignments to complete between sessions.

## After the group

- ◆ you will complete another set of questionnaires making 27 group attendances in total
- ◆ a final report will be written regarding your progress on the group
- ◆ you will attend an appointment with your responsible officer and a facilitator
- ◆ you will need to keep appointments with your responsible officer.

## You must agree to

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

## How do we do it?

Trained facilitators will guide and encourage participants to develop the skills for themselves.

We use:

- ◆ group exercises
- ◆ discussion sessions
- ◆ self assessment
- ◆ problem solving exercise
- ◆ active learning exercises
- ◆ skills practice
- ◆ assignments between sessions
- ◆ relaxation exercises.