



Controlling Anger and Learning to Manage it (CALM)

What is CALM?

CALM is a group programme which will teach you new skills to manage your anger and other emotions. It will help you stay out of trouble in the future.

The court may have ordered you to follow this programme as part of your sentence or it may be a condition of your prison licence.

How will it help me?

CALM will help you to learn how to speak to others, how to express your feelings and how to solve problems without becoming aggressive.

What will I do in the group?

You will:

- work with other people in the group on how to manage your anger and deal with problems without losing your temper
- look at your behaviour and try new ways of thinking so that you keep out of trouble

You must:

- attend all sessions, arrive on time and stay to the end
- actively take part and do work between sessions if asked
- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- treat tutors and other group members with respect

- respect confidentiality
- turn off your mobile phone

How long does the group last?

The group runs for 24 sessions. Each one lasts for two hours and you will usually have to attend at least two sessions a week. They can be during the day or the evening. You will also have meetings with your offender manager before, during and after the programme to help you get the best out of it.

What happens if I miss a session?

You have to come to every session. If you miss one, you will need to do a catch-up session before you can carry on with the group. If you miss sessions without good reason and you are on a Community Order you will be in breach of your Order. We will take you back to court. If you are on licence and you miss sessions you may be recalled to prison.

How will I know if I am making progress?

We will report back regularly to your offender manager who will discuss your progress with you. We will ask you a set of questions before the start and at the end of the programme. This will show how much your skills and views have changed.

Who do you share information with?

Our staff keep information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your offender manager for details.

Do you record sessions?

We record all programme sessions. We watch the recordings to check how programme tutors have delivered the programme. Offender managers may use the recordings, for example if someone's behaviour in the group leads to enforcement action.

Diversity

The Probation Service is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues, please discuss this as soon as possible with your offender manager.

Remember.....

We must take you back to court or you may be recalled to prison if you fail to attend group sessions or other probation appointments without good reason.