

Equal Opportunities

Derbyshire Probation Trust is committed to ensuring that it operates fairly and consistently and avoids discrimination on the grounds of race, nationality, ethnic origin, gender, age, disability, religion, sexual orientation or any other improper ground.

If you feel you have been discriminated against, please discuss this with a member of staff and this will be dealt with accordingly.

Dealing with Complaints

If you have a problem, please speak to a member of staff.

If you wish to take the matter further, please ask for the leaflet which tells you about our Complaints Procedure.

Your Views are Important

We are committed to continuous improvement in all areas of our work. Your views on how we might provide a better service are most welcome.

Contact:

The Chief Executive
Derbyshire Probation Trust
18 Brunswood Road
Matlock Bath
Derbyshire
DE4 3PA Tel: 01629 55422
Fax: 01629 580 838

www.dpsonline.org.uk



May 2010

Derbyshire
Probation Trust



Alcohol Specified Activity Requirement (ASAR)

Available only to those
residing in Derbyshire
county area

Information for offenders

Alcohol Specified Activity Requirement (ASAR)

ASAR is run by Derbyshire Alcohol Advisory Service (DAAS).

ASAR is a one-to-one cognitive behavioural programme for problematic drinkers, where that drinking is linked to offending. In order to be accepted onto this programme you will first have to be assessed as a suitable, following referral by your Offender Manager. You will then be allocated an alcohol worker.

The Programme

A 6 week programme of individual, short sessions (1 per week) starting with a one-to-one assessment with your alcohol worker.

Programme aims

- To gain you improved understanding of the cues and triggers to relapse
- To reduce your levels of alcohol consumption
- To increase your knowledge of the links between your offending and your alcohol use
- To increase your knowledge and

understanding of the effects of alcohol use

- To enable you to identify more accurately the alcohol unit content in drinks, and to be able to improve your control and self monitoring of alcohol use (or abstinence if agreed)
- To improve your relationships with family and/or significant others
- To improve your emotional / psychological health
- To improve your physical health
- To enable you to have a clear onward plan for continuing support / development

Programme content

Week 1: A full assessment of your needs and the creation of a plan of interventions to enable you to change your offending behaviour

Week 2: Alcohol education (the social effects on yourself, relatives and friends), and an understanding of the definitions of alcohol misuse and its effects.

Week 3: Understanding of alcohol units; the use of an alcohol diary; understanding the effects of alcohol on

your moods and actions / reactions

Week 4: Understanding the cues and triggers of alcohol misuse, and how these link to resultant behaviour. The creation of an action plan to enable you to challenge your current behaviour.

Week 5: Changing your behaviour through problem solving work, drink refusal skills, assertiveness and life enhancement skills. Create an action plan for you to take forward.

Week 6: Create an individual onward plan. Assess ongoing one-to-one support or follow-up if needed, and any need for support for relatives. Undertake a positive thinking exercise. Review meeting with your alcohol worker and offender manager.

If you successfully complete the programme, you may be offered 6 further voluntary sessions with an alcohol worker from DAAS.

Completing the programme

As this programme is a requirement of your court order, you must attend all sessions. Failure to do so may result in your return to court.