

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.

If there is anything contained in this leaflet that you do not understand, please ensure you discuss this with your key worker or Probation Officer.

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



Amd March 2009

Derbyshire
Probation Trust



CALM

(Controlling Anger And Learning to Manage it)

Information for Offenders

CALM - Controlling Anger and Learning to Manage it

Information for Offenders

This leaflet tells you about CALM, the rules you need to follow and how the Probation Service will help you complete the group work.

Please read this leaflet and keep it in a safe place.

Understanding CALM

CALM is a groupwork programme of 24 sessions each lasting 2 hours. There will usually be 2 sessions per week. There will be between 4 and 12 people in the group with 2 staff.

At the start and end of the group you will complete a number of questionnaires. They are not hard and you will be given help if you need it. The questionnaires help us to see if the group is working.

Every session of the group will be video taped. This is not about you. It is to allow us to check how the staff run each session.

CALM is based on the idea that behaviour, thinking and emotions are related. It will help you understand why aggressive behaviour happens and how you can control it in future.

The group will help you to:-

- Reduce aggression by managing your emotions better
- Understand what triggers your anger and aggression
- Learn how to prevent getting too worked up
- Resolve conflict better in future
- Manage negative emotions that are linked to aggression
- Identify ways to stop offending in future

Does it work?

CALM has been run in prisons and is now being delivered by the Probation Service in the community. It is designed to help men look at their anger and understand how this leads to aggressive behaviour. The intention is to stop people offending and reduce the number of people who are victims. Many of those who have completed CALM have stopped offending. Most people who have attended the programme say it is hard work but they enjoyed it and found it useful.

What must you do?

- You will be required to sign a contract which sets out the conditions of attendance at the programme
- Attend every session
- Turn up on time: if you are late you will not be allowed to start
- Behave acceptably: do not use substances, be aggressive or disruptive
- Take part in the sessions
- Do some work in between sessions
- Keep appointments with your supervising Probation Officer

If you do not observe these rules you may be breached and/or suspended from the group. Your supervisor will usually decide what should happen.

If you are not able to attend a session YOU MUST

Contact the groupwork centre urgently and let your supervising Probation Officer know, giving them proof of any reason you give.

Your Probation Officer will decide if your reason is acceptable.

Derby Groupwork Centre
Tel: 01332 361200

Chesterfield Groupwork Centre
Tel: 01246 279 928