

# 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.

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 276171

## Equal Opportunities

The Probation Service in Derbyshire 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.

We expect you to avoid conduct or language that might reasonably give offence to Probation staff, other persons on supervision or the public.

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 groupwork tutor or to your supervising officer about your concerns.

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

## Your Views are Important

The National Probation Service is committed to continuous improvement in all areas of its work. Your views on how we can provide a better service are most welcome.

### Please send a letter to:

**The Chief Officer  
National Probation Service – Derbyshire  
18 Brunswood Road  
Matlock Bath  
Derbyshire  
DE4 3PA  
Tel: 01629 55422  
Fax: 01629 580838  
Website: [www.dpsonline.org.uk](http://www.dpsonline.org.uk)**



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## National Probation Service - Derbyshire

## Your Guide to the CALM Programme

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**NOMS** National Offender Management Service  
Working together to reduce re-offending