

? Do I have any rights while I am on the programme?

You will be treated fairly and with respect. You are expected to behave, in the same way, to staff and others attending the programme.

If you feel you have been treated unfairly, or shown a lack of respect by staff, you can make a complaint. You should try first to speak to staff or their manager. If you are still unhappy you can write to the Chief Officer at:

National Probation Service,
West Mercia Area,
Stourbank House,
90 Mill Street,
Kidderminster
DY11 6XA

? What if I have any problems or questions?

If you have any questions or problems speak to your Supervising Officer or the programmes staff. They will try to help sort things out with you.

West Mercia Probation



WEST MERCIA

Accredited Programmes For Offenders



The CALM Programme (Controlling Anger and Learning to Manage it)

NOMS National Offender
Management Service

Working together to reduce re-offending

CALM Programme



What is the CALM programme?

'CALM' stands for Controlling Anger and Learning to Manage it. It is a groupwork programme for men who commit offences when they lose their temper.



What will I have to do on the programme?

The programme will teach you the skills you need to control your temper. It will help you to understand and recognise when and why you become angry, and things you can do to prevent it becoming a problem.



How long will the programme last?

There will be 24 sessions, plus 2 extra sessions at the beginning and end of the programme.

Each session will last for 2¼ hours, with a short break in the middle.



When will the programme run?

The programme will usually run in the evenings. If you are late you may not be allowed to attend the session. This will count as a missed session.



What happens if I miss a session?

You will be expected to attend all the sessions, on time, in order to complete the programme.

If for any reason, you are unable to attend a session, you must contact your Supervising Officer as soon as possible.

If you miss sessions without good reason, you will be returned to Court. Your supervising officer will decide if your reason is good, or not.

You may also be returned to Court if your behaviour in the group is poor, or if you turn up late.



Use of video

Sessions are recorded on videotape. The tapes are used to ensure that the programme is run, by the tutors, in the right way.

The Sentence

- The programme forms an important part of a broader supervision process. Other factors, which contribute to offending behaviour, are dealt with generally on an individual basis. This reflects an integrated approach adopted in work with offenders.
- Community orders should therefore include a supervision requirement, alongside the programme requirement, to provide day to day offender management continuity.

Enforcement

- Regular attendance is required to successfully complete CALM and maximise the benefits of the programme. Absences will therefore trigger enforcement procedures.

West Mercia Probation



WEST MERCIA

Information for Sentencers



The CALM Programme (Controlling Anger and Learning to Manage it)

CALM Programme

The Programme

- CALM is an abbreviation for Controlling Anger and Learning to Manage it. The programme has been accredited, by the National Prisons and Probation Accreditation Panel, as an effective intervention.
- Anger, in itself, is a normal emotion. However, it can become problematic when it results in a loss of control. This can, in turn, manifest itself in aggressive, intimidatory and/or violent behaviour.
- CALM provides a highly structured programme of work designed to help men more effectively manage their anger. This, in turn, will help to reduce the likelihood of loss of emotional control and therefore levels of aggressive violence.

What does the session include?

- Specifically, the programme trains offenders to monitor and control anger arousal, to examine and correct thinking errors behind emotion based aggression, to resolve conflicts and to increase self control.

Areas covered include:

- Motivation
- Self regulation
- Rational communicating and social skills
- Problem solving
- Relapse prevention

Duration of the programme

- The programme consists of 24 sessions, each of 2¼ hours duration. In addition there are sessions at the beginning and end of the programme, which form part of the evaluation process
- The sessions are delivered, by trained tutors, twice weekly and usually in the evening.

When is CALM appropriate?

- CALM is designed for male offenders, who have committed a criminal offence of reactional violence, not instrumental violence, specifically as a result of anger or poor emotional control. Typical offences might include offences against the person, public order and criminal damage.
- It is appropriate when there is a medium/medium high risk of re-offending and medium to high risk of harm.
- The programme is not suitable for individuals whose motivation for offending is:
 - Sexual
 - Financial
 - Thrill seeking and purposeful
 - Violence towards a partner