SERVICE NAME	ANGER MANAGEMENT SKILLS GROUP
Funding Source	Reporting Center funding, or if available, Behavioral Health funding
Setting	Reporting Center/Service Center/Satellite Center
Basic Definition	Support individuals with substance use and/or mental health needs to better manage anger, reduce violence, and develop increased self-control. This group focuses on changing thought patterns and behaviors by understanding the link between one's thoughts, feelings, and behaviors.
Service Expectations (include EBP)	• Closed • Use of Motivational Interviewing • Cognitive behavioral therapy model that incorporates unified principles of social learning theory to include • Relaxation Training • Cognitive Interventions • Communication Skills Interventions • Combined Interventions • Development of an Anger Control Plan • Group facilitator shall complete documentation within 3 business days of completion of weekly session and immediately relay any concerns to supervising officer and/or Reporting Center Coordinator • Incorporate the stages of change when completing group notes. • Provide referral recommendations to supervising officer, if applicable. • All facilitators must submit a *Program Plan Overview* with their RFQ application to AOCP at the beginning of each procurement cycle and utilize the approved AOCP curriculum • <u>AOCP Approved Curriculum:</u> 1. SAMHSA Anger Management for Substance use Disorder and Mental Health Clients; A Cogitative-Behavioral Therapy Model Facilitator Guide and accompanying participant workbook. • Curriculum, workbooks, and handouts utilized are to be provided by the facilitator.
Length of Services	Minimum of 12 weekly sessions per group cycle 1.5-hour session per week .75 hours preparation/documentation per 1.5-hour weekly session (.50hrs per 1.0hr of group, if group time is shortened in any way, doc/prep time shall also be shortened) 1 hour staffing/consultation with supervising officers per month. Participants successfully completed the group when they've successfully completed all 12 weekly sessions.
Staffing Requirements	Appropriately licensed and credentialed professionals (Psychiatrist, APRN, P.A., Psychologist, Provisionally Licensed Psychologist, LIMHP/LICSW, LMHP/LCSW, PLMHP/PLCSW, LADC/ PLADC) A **dually licensed clinician is preferred** for any individual with a co-occurring diagnosis. All provisionally licensed/credentialed professionals must be supervised by an appropriately licensed professional pursuant to State licensing requirements. ***All facilitators and any clinical supervisor must be a Registered Service Provider with Probation.***
Maximum Class Size	12
Minimum Class Size	6 *Minimum Class Size* refers to the number of referrals needed to schedule the group. If fewer than the minimum (6) attend, the class may still be held. However, if attendance falls below the minimum (6) for two consecutive weeks, the class cannot be held in the third week until at least the minimum number of participants are present. As a result, a class may need to be temporarily suspended due to insufficient attendance.

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Hours	Most groups will be scheduled outside of normal working hours, including evenings and weekends.
May be facilitated through Teleservices	Yes- with a maximum of 12 participants between all sites
Desired Participant Outcome	• Improved management of anger • Implementation of new coping strategies • Increased self-awareness and personal growth • Increase in positive support network
Rate	$110.0 per hour

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