

Anger Management Treatment Short-Term Group Treatment Contract

The “Short-Term Anger Management Treatment Group” is designed to assist each participant to develop an awareness of the impact of “anger” in their life, develop an understanding of what causes anger, and to provide each participant with some basic tools to manage anger more effectively. The treatment concepts and anger management tools presented in this group have demonstrated effectiveness in helping individuals manage anger. As with learning any new skills and behaviors, practice is an essential part of getting the most from this group.

1. All participants will complete a diagnostic assessment prior to placement in the Anger Management Group.
2. All participants must sign a Release of Information (ROI) for the Court of supervision. If you are unwilling to sign an ROI or revoke your ROI to the Court, notification will be made to your Court and you will no longer be able to attend group until you have discussed the issue with your probation officer.
3. Participant progress and attendance at each group (including your completion of the Diagnostic Assessment) is reported to the Court of supervision and/or responsible probation officer.
4. Anger Management Group meets weekly on Tuesdays, from 6:00pm to 7:30pm. Group participants will be provided one Group Manual, without cost. A fee of \$5 will be charged if you need another manual.
5. You will need to bring your Group Manual each week. There is a brief “homework” assignment to be completed after each group session.
6. Anger Management Group consists of 12 sessions. To successfully complete the group, a participant must 1) attend 10 or more sessions; 2) complete and present their “homework” each week; 3) have no new criminal charges.
7. A participant will not be admitted to a session or may be dismissed from a group session if, 1) They present as intoxicated or “high”; 2) Become verbally disruptive and/or threatening during the group. You will not be admitted to a session if you do not arrive prior to the beginning of the group session and will not be given credit for the session if you leave before the end of the session.
8. If you are dismissed from a group session, you will be permitted to return to the next group session after discussing the situation with your Court of supervision and/or probation officer. If you have been dismissed from a group session, this will count as one absence.
9. Failure to attend 10 or more group sessions will result in “unsuccessful completion” of the group and notification will be forwarded to your Court of supervision and/or probation officer.
10. If you miss more than 2 sessions prior to the completion of the program, a \$35 “reinstatement fee” must be paid in full (this fee is not covered by Medicaid or the Sliding Scale) before you will be permitted to re-start attending group sessions. Further, you will be required to start group over from the beginning.
11. You are responsible for payment for services (this includes - one diagnostic assessment session and 12 group sessions).

12. Payment for services is required prior to the start of each session.
13. If you are seeking assistance with payment of services through the “sliding fee” scale, you must 1) Present two recent pay stubs or the previous years tax return, and 2) Sign the Sliding Scale Fee Agreement indicating the percentage of the fee you are responsible for. Your diagnostic assessment and additional services will not be initiated until these forms are complete.

Group Rules

1. **Group Safety.** No violence or threats toward staff and other group members is allowed. It is important that members perceive the group as a safe place to share their experiences and feelings without threats or possible physical harm.
2. **Confidentiality.** Group members should not discuss outside the group what group members say during group sessions. There are limits to confidentiality. In some situations, agency staff are legally obligated to take actions which we believe are necessary to attempt to protect others from harm. These actions may include contacting local law enforcement, providing a report to Child or Adult Protective Services, contacting the local mental health crisis intervention staff, and/or notification to an individual at risk of being harmed. These situations include:
 - Abuse/neglect of a child under 18 years of age.
 - Abuse, neglect, exploitation of an elderly person.
 - Reason to believe that a person presents a clear and substantial risk of imminent serious harm to him/herself or someone else.
 Information contained in your Client’s Guidelines provides complete and thorough details regarding any disclosures of information.
3. **Homework Assignments.** Brief homework assignments will be given each week. Doing the homework assignments will improve group members’ anger management skills and allow them to get the most from the group experience. Like any type of skill acquisition, anger management requires time and practice. Homework assignments provide the opportunity for skill development and refinement. You will not be given credit for attending a session if you have not completed the assigned homework prior to the group session. If you need assistance with the homework assignment, let you group leader know, and arrangements for assistance can be made.

I agree to these group rules/expectations. I further understand that these rules are in addition to the information contained in the *Client Guidelines* that were signed, authorizing the service to be provided to me.

Client Signature

Clinician Signature

Client Name (print)/Date

Clinician Name/Date