

**SELF-MANAGEMENT AND EMOTION REGULATION PROGRAMMING**  
**ANGER MANAGEMENT / BEHAVIORAL HEALTH / SELF-MANAGEMENT / EMOTION**  
**REGULATION / DUAL DIAGNOSIS**

<p><b>Anger</b></p> <p>MH with ER</p>	<p>The primary focus of this unit is awareness and self-management of symptoms and triggers to anger. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT mindfulness activities, emotion regulation and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.</p>
<p><b>Fighting and Violence #1</b></p>	<p>Goals: (1) Reduction in assault and acting out behaviors. (2) Success in handling feelings from specific problem situations, including aggravation and disrespect. (3) Demonstrated understanding of key issues and concepts (CBT). (4) Movement to Contemplation stage of change. Includes practice in key emotion regulation/self-management skills. <i>(CRB a or j) Community version.</i></p>
<p><b>Managing your anger</b></p> <p>Aggression and violence (skills version)</p>	<p>Increased self-awareness and improved interpersonal and self-management skills. Reduction in violence through effective anger management skills.</p> <p>Session elements include worksheets which identify specific anger issues, symptoms, triggers, and risk factors, and MI elements assessing the current state of the importance, confidence, and readiness for making changes in how they handle their anger. Each lesson includes a skills development lesson element (MAV) with complete lesson plans, participant practice activities and additional problem solving scenarios. <i>(CR-G) Community version.</i></p>
<p><b>The Bridge Unit A</b></p> <p>MH with ER</p>	<p>The primary focus of this core change-focused mental health program unit is awareness and self-management of symptoms and internal risk factors which contribute to problems. Key elements include a basic cognitive-behavioral approach, supplemented by DBT mindfulness activities, emotional regulation and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.</p>
<p><b>The Bridge Unit B</b></p> <p>MH with ER</p>	<p>The primary focus of this core change-focused mental health program unit is awareness and self-management of triggers and external risk factors which contribute to problems. There is a specific emphasis on anxiety, depression, and anger/aggression, as well as a basic cognitive-behavioral approach, supplemented by DBT mindfulness activities, self-management skills, and tools designed to assist awareness and motivation for successful symptoms self-management.</p>
<p><b>The Bridge Unit C</b></p> <p>MH with ER</p>	<p>The primary focus of this core change-focused mental health program unit is assessing and establishing balance - emotional regulation/stability and the capability to respond in appropriate ways to events. There is major emphasis on dealing with specific feelings and triggers. This unit is an excellent stress management resource, as well. The final elements address protective factors, resilience and building personal confidence.</p>
<p><b>Dual Diagnosis</b></p> <p>Program option</p>	<p>We provide an integrated dial diagnosis resource of 40-60 sessions, building on the OPEN to Change and Bridge resources. Please contact us for more details.</p>