ANGER, AGGRESSION, AND VIOLENCE: special programming for residents with these issues

Assess level of need and readiness (MI).

Core A: 130-session core resource provided to all residents. The full resource is recommended.

Core B: this MAV 50-session (card skill set) resource is provided all residents. While programming for special needs or mental health overlays may be scheduled at this time, residents with significant behavioral issues with aggression and violence, or anger, should participate as fully as possible in this program element! The Core B resource is a 50-session loop.

OPTION:

If needs more intensive MI preparation use Core C1.

MAV -MI -1 resource

Anger level 1 resources (link) for all residents in this track.

Core C2 (CBT resource) - strongly suggested for these issues.

Core C3 (comprehensive CBT coping skills resource) - strongly suggested.

Workbook F2 Anger *(6 sessions)*

Assess need for Level 2

MAV -MI -2 resource

Anger level 2 resources (link)

Workbook options:

"Living a non-violent life" #1 and #2 (GG4, GG5), "Understanding yourself" #1 and #2 (GG7, GG8).

"What's wrong with being tough-minded?' (Di12) and "What's wrong with holding in my anger?"

(up to 35 additional sessions)

Assess need for Level 3

MAV -MI -3 resource

Anger -level 3 resources (link)

Workbook options: "Resource TP1 identifies a range of additional specific CBT worksheet options (ST). Resource ST2 may be especially helpful.

Review Anger TP resource (TP1) for suggestions.

The TP 1 "Anger" resource includes a range of specific MH resources for counselor and client. It provides an orientation to treatment of this issue, a comprehensive set of treatment planning and implementation suggestions, suggestions for effective use of Motivational Interviewing (MI), and multiple handouts and worksheets for client and counselor addressing symptoms, triggers, incident worksheets, and coping skills tools. *Highly recommended.*

Assess need for additional attention to aggression and violence

The TP 16 "Aggression and violence" resource includes a range of additional suggestions and resources for counselor and client.

Competency checklists may be used to document outcomes.

MAV -MI -4 resource: confidence, self-efficacy, specific action plans for maintenance

COLOR KEY

- SOCIAL WORKERS
- YOUTH SPECIALISTS
- SPECIALISTS - AS ASSIGNED
- MENTAL HEALTH PROFESSIONALS
- RECEPTION STAFF