

Group Programmes

Alcohol Study Group (ASG or ASG Female)

The aim of the ASG is to provide participants with information about alcohol, encourage them to look at their own drinking and what problems it causes and formulate a plan that will reduce the negative impact alcohol has on their lives.

The group consists of six sessions, about one and a half hours long and covers

- Basic facts about alcohol,
- How to calculate units,
- Binge drinking,
- Some of the physical effects of alcohol and how it works on the brain.
- The Cycle of Change, where they are and what may make them/what made them think about changes
- Problem solving and goal setting
- Assertiveness and saying No
- Drink driving and the victims
- Dealing with risky situations

There are quizzes, questionnaires, videos and discussion and group members are expected to keep a weekly drink diary during the course.

Aggression Control Training (ACT)

This twenty-five session programme focuses on dealing with destructive levels of male aggression. The programme focuses on **expressive** (effective or emotional) anger or aggression rather than **instrumental** (systematic, planned) violence that inflicts injury to achieve an associated goal (e.g. domestic violence to frighten, control and use power over women within the home). An offender referred for this programme should have been convicted of two offences of violence.

The programme consists of five modules:

- Aggression and violence as a social construct.
- Cognitive skills
- Action/skills
- Action Replays – Conflict situations, offence analysis.
- Personal Projects.

Self Management and Rational Thinking (SMART)

The Reasoning and Rehabilitation Programme (known locally as SMART) is a Canadian Programme which is being used all over the world. It is designed to work with offenders who are at high risk of offending whose lack of reasoning or thinking skills have been a key factor in their offending.

The programme comprises of thirty-five sessions. The programme assists offenders to help themselves avoid re-offending by teaching:

- Self control – to stop and think before they act and to consider all the consequences before making decisions.
- Thinking skills – to critically assess their own thinking and regulate their own behaviour through their thinking strategies.
- Social skills – to develop acceptable social skills, eg, responding to criticism, apologising and negotiating instead of demanding and acting aggressively.
- Victim awareness – to consider the feelings of others and understand how their behaviour affects other people, especially their victims.
- Problem-solving skills – to recognise the problems surrounding their offending and come up with ways to resolve these problems in a positive way.
- Creative thinking – learning alternative ways of thinking so they can respond in positive rather than anti-social ways to the problems they encounter.
- Critical reasoning – logical thinking, objectively and rationally without distorting the facts or putting the blame on others.
- Social perspective taking – the programme focus is on teaching offenders to think about other people's views, feelings and thoughts. The emphasis is on development of empathy.
- Values enhancement – group discussions and other methods teach offenders to think about their own values and in particular those that may lead to them offending.

Offending is not the Only Choice (OINTOC or OINTOC Female)

This programme has been obtained through the Cognitive Centre Foundation. It comprises of twenty sessions and is suitable for offenders at medium risk of offending. The programme assists offenders to help themselves avoid re-offending by teaching:

- Problem solving
- Making the link between thinking and behaviour
- Value Enhancement. (Levels of morality).

ADAPT adapt domestic abuse prevention training

ADAPT is run through the Domestic Violence programme. Referrals are made through the ADAPT co-ordinator (Nigel Collier-Webb – based at the Probation Office). These can be self-referrals or referrals through different agencies, GPs etc. The ADAPT co-ordinator will assess the man's suitability for the programme. This is based on motivation and level of acceptance of abusive behaviour towards their partner.

The ADAPT programme is based on the Duluth model of power and control. The programme is made up of five modules of six sessions.

The five modules are:

- Sexual respect
- Emotional abuse
- Physical abuse
- Rebuilding Trust and respect
- DV and children.

Sex Offender Treatment Programme (SOTP).

This is a programme carried out on a one-to-one basis. The programme was devised by Dr David Briggs a Specialist Psychologist who Jersey Probation and After Care Service use as a consultant and trainer in working with sex offenders.

The programme comprises of eight modules and the emphasis of the programme will be guided by an individual assessment which is carried out at the beginning of the programme.

The eight modules are:

- Psychometric Evaluation and personal history taking.
- Information e.g. implications of being a sex offender.
- Motivation
- Addressing attitudes supportive of offending
- Promoting social functioning and intimacy
- Promoting behaviour control
- Managing offence related sexual interests
- Relapse prevention.