



Stronger Families...Brighter Futures

Anger Management / Conflict Resolution

Families in Partnership

A Community Service of Vista Hill

FORMAT:

- ◆ 2-hour weekly sessions lasting 6 weeks
- ◆ The first hour topic is presented to both parents and teens together
- ◆ The second hour, teens and parents break into separate groups

TARGET POPULATION:

Middle and High School youth with anger management problems which result in expulsion by the school district (or an expulsion alternative to attend a program with parents). One parent or adult family member or friend should attend with each youth. This group includes students who may be victims who are bullied by peers to high school gang-related fighting.

TOPICS:

- ◆ Determine needs of identified group
- ◆ Use of an assessment tool for self-rating personal coping skills
- ◆ Handling anger, using a rating scale 1-10. Pre-planning positive alternatives to violence
- ◆ Identifying passive anger and consequences of passive anger
- ◆ Family anger issues and learned behaviors, patterns in families
- ◆ Maladaptive reactions to anger (drugs, alcohol, eating disorders)
- ◆ Anger as fear

PROGRAM EVALUATION:

- ◆ Students will self-report on their progress upon course completion and after six months
- ◆ Number of students successfully completing course
- ◆ Reduction in referrals back at school site
- ◆ Parent evaluations
- ◆ Counselor evaluation

Vista Hill Community Service Programs

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