

Chester County Juvenile Probation

Crossroads Youth Anger Management Program

Crossroads Youth Anger Management curriculum:

- Evidence-Based curriculum
- Each youth works to develop a plan for safety, coping skills, and a general understand of their anger.
- Uses role plays and scenarios to assist individuals in learning what they must do to avoid confrontational situations
- Assists participants in learning ways to manage their emotions and develop alternative behavioral responses.
- Uses Real Colors® workbook to help youth identify their own personal communication style and understand the communication styles of others

Program Objectives:

- Understand the influence that strong emotions have on behavior.
- Improve interpersonal communication skills.
- Gain better self-control.
- Make a commitment to avoid the use of anger or violence to solve personal problems.

Group Requirements:

- Sessions are held once a week for 8-10 weeks. Sessions are 2 hours in length.
- There will be a maximum of 10 youth per session.
- Facilitators are mandated reporters and will follow all mandated reporting laws. Group participants will be informed of these responsibilities under the law.
- Participation does not have to be court ordered but must be added to supervision plans/conditions of probation.
- Snacks will be provided.
- Participation stipends can be earned - \$10 per session, maximum \$100 for successful completion.