



Case Study 3
Organization: New Directions
Program: Training Resources for Youth (TRY) - Anger Management

Classroom: 118 St. John's College
Agency key informant: Rosanne Turski
Facilitator: Aynslie Hinds

Anger Management

1. Program description

Provide background information about your organization and program.

Anger Management classes are offered to participants who are part of the Training Resources for Youth (TRY) program within New Directions. New Directions provides supports to children, adolescents, and adults in a variety of settings. TRY assists young people in developing job readiness skills, and was established in 1978 to meet the needs of youth for whom attending school was no longer an option, due to either their own barriers or those presented by the school system. TRY has evolved over the years to respond to service gaps identified by community stakeholders. The original TRY program and its' offshoot programs have grown to include the following programs: The original TRY, HEAT (Help End Auto Theft), Work2It, WEST (Work Experience Skills Training), Genesis, Café 6, TEP (The Empower Project), and Anger Management Classes. All programs except Genesis and Café 6 include classroom work.

Anger Management classes are designed as a group-based activity and facilitated by one of the counsellors in the TRY program. The group has a curriculum and clearly outlined objectives. A Psychiatric Nursing Student who did a placement at New Directions wrote the workbook/curriculum. Strategies covered in the program are based on cognitive behavioral therapy. Participants are taught from a psychoeducation model about how thoughts affect feelings, which in turn affect behaviors. This model is used to teach skills that will assist students in learning strategies to identify and express anger without resorting to aggression. Students discover what their anger triggers are, recognize unhelpful thoughts that promote anger expression, and learn helpful anger-control strategies. Three main components are discussed: Cognitive, Feelings, and Behavioral.

Participants from the original TRY and Work2It programs may attend the Anger Management group, which is delivered separately to these two groups of participants. Participants in the original TRY program are youth between the ages of 16 and 19 years who are no longer attending school, are not employed, and have multiple barriers to success. Participants in the Work2It program are young people between 15 and 25 years who have multiple barriers and are considered 'High' or 'Very High' risk as assessed by the Manitoba Corrections Risk Assessment tool. Participants of the Work2It program are all justice-involved youth; these young people are on probation. Participants of the original TRY program may be justice-involved (approximately 30%).

The Anger Management group for participants in the original TRY program is a closed group with a duration of 6 weeks. Participants receive 1.75 hours of anger management instruction per week, delivered in one session per week. This is a mixed gender classroom.





The Anger Management group for participants in the Work2It program is an open group as it runs continuously and participants can join or stop attending as they wish. This group consists of 1 hour of class every week and is a male only classroom. The presentation style in this group is circle sharing and addresses typical male socialization alongside all anger management topics.

The Anger Management group attendance rates can be seen in the graph below:

| Program | # of participants that start the group (average) | # of participants that attend on regular basis (average) | # participants that complete the group (average) |
|---------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------|
| Original TRY <i>(closed group)</i> | 21 | 15 | 9 |
| Work2It <i>(open group)</i> | -- | 2-10 | 2-6 |

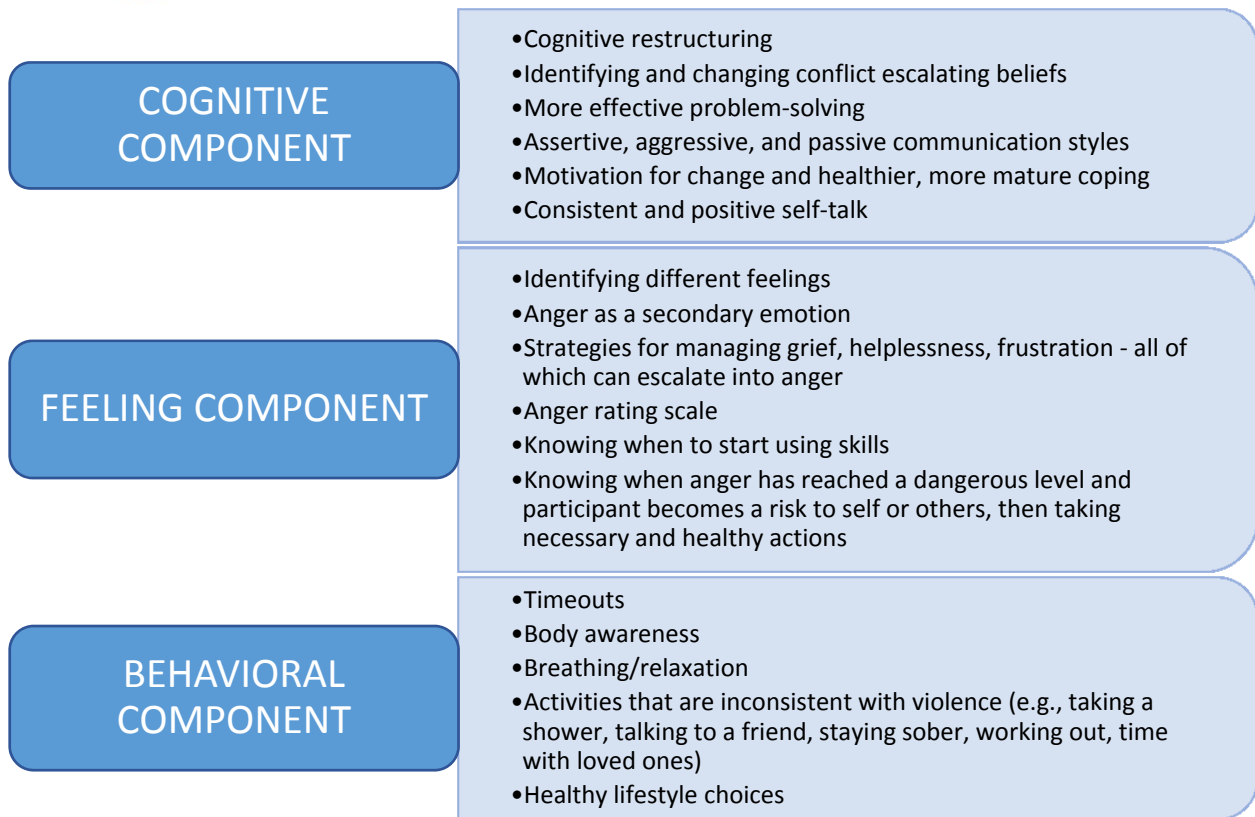


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Anger Management 12 Session Group Outline:

The visual below describes the three main topics covered in both the TRY group and the Work2It group:





2. Reason/s for the evaluation

Briefly explain why you want/need to evaluate this program (including who the intended users of the information are and how the information may end up being used).

Anger Management classes have been offered for a few years and an evaluation has not yet been completed. Users of the information will include the Anger Management class facilitator, program management and staff, the New Directions evaluation team, program participants, and funders. The information will be used to assess the effectiveness of the Anger Management groups' activities and outcomes, including which areas are beneficial to participants and which areas could be improved upon. If necessary, the information will enable program management and staff to implement new changes to further improve the Anger Management classes. The information may also be used to enrich evaluation reports for funders.

3. Evaluation questions

What would you like to know (find out) from the evaluation?

We would like to know whether Anger Management classes are assisting participants to learn and develop healthy and effective ways to manage their anger and solve everyday problems. Are the classes helping participants cope with anger by learning strategies that will empower them to communicate their needs without resorting to aggression?

There currently are activities in the group process that could be used as samples of pre & post measures of success (e.g., a self-portrait that group participants do at the beginning of the





group and a self-portrait that is completed at the end of the group. In addition, a pre & post anger management questionnaire has been drafted but not yet piloted.

Anger Management Workbook/Self-Portrait Pre-Post:



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Anger Management Pre-Post Questionnaire (draft):



Adobe Acrobat Document

