



LINN COUNTY JUVENILE DEPARTMENT

104 4th S. W. Room 200, P O Box 100 Albany OR 97321

Phone: 541-967-3853 Fax: 541-967-4268

ANGER REDUCTION GROUP (ARG)

Anger Reduction Group, known as (ARG), is an eight-week course designed to help medium and high-risk offenders understand that how they respond to their anger is a choice. Two Probation Officers facilitate and model appropriate approaches to dealing with anger in a group setting. Groups meet for 90-minute sessions, once a week, over an eight-week period. Active participation of group members is required to successfully complete the course. Learning objectives include:

- 1) Identify the difference between anger and aggression;
- 2) Identify the three ways people deal with their anger;
- 3) Identify personal triggers that cause anger;
- 4) Identify the STARR principle (Stop-Think-Ask-Reduce-Reward);
- 5) Identify three styles of communication;
- 6) Understand and correctly use I-Statements;
- 7) Correctly role-play assertive communication; and
- 8) Create a personal plan for handling anger.

The program teaches and coaches youth, giving them new tools to deal with anger in pro-social ways.

Torri Lynn
Director
Juvenile Department

tlynn@co.linn.or.us

Rob Perkins Jr.
Supervisor
Community Programs

rperkins@co.linn.or.us

Lisa Robinson
Supervisor
Probation Services

lrobinson@co.linn.or.us

Tracy GraVette
Office Mgr/Admin
Juvenile Department

tgravette@co.linn.or.us

Troy Fuller
Detention Manager
Linn Benton Detention Center
(541) 791-9397

tfuller@co.linn.or.us