ANGER MANAGEMENT CURRICULUM INCLUDES:

- Discussing Cognitive Behavioral Concepts as a Means of Managing Anger
- Understanding Triggers
- Understanding the Connections Between Beliefs, Feelings, Thoughts, and Behavior
- Recognizing Physiological Responses in order to Implement Deescalating Strategies
- Developing Coping Strategies
- Promoting Accountability and Self- Examination

Referrals

Referrals can be made by the Commonwealth § Attorney, Court Services, Probation and Parole offices, Public Defenders, local area shelters and other community-based organizations.

703-246-3033

www.oarnova.org

info@oarnova.org

Fairfax Office

M-F 9am-5pm

10700 Page Ave., Suite 200

Fairfax, VA 22030

703-246-3033

Loudoun Office

By appointment only

899B Harrison St., SE

Leesburg, VA 20175

Prince William Office

By appointment only

Scan here to learn more!

O·A·R

Established 1971

BREAKING THE CYCLE OF CRIME WITH OPPORTUNITIES, ALTERNATIVES, AND RESOURCES

ANGER MANAGEMENT PROGRAM

Providing education, alternatives, and reentry resources that empower individuals and families impacted by the legal system.

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OAR NOVA has provided skills-based programs for persons involved with the criminal justice system since 1971. OAR offers programs such as life skills and anger management as well as pre-release case management at the Loudoun Adult Detention Center and at a variety of community locations for persons involved with the criminal justice system.

In 2001 statewide standards for domestic violence intervention programs were adopted by the Commonwealth of Virginia and OAR applied for certification under the standards. OAR ś Violence Intervention Program (VIP) was granted certification and has maintained full certification under the statewide standards ever since.

OAR believes in providing program participants with the necessary skills and insights to change their behaviors and attitudes in order to eliminate violence from their lives.

WHAT IS THE ANGER MANAGEMENT PROGRAM?

OAR ś Anger Management Program is a seven week, co- ed, interventional program designed to teach anger management techniques according to the cognitive behavioral model. OAR accepts agency referrals as well as self-referrals.

WHAT IS THE COST?

Program participants are required to pay a $175 fee, plus a $50 intake fee at the time of assessment. If a participant is determined to be indigent, the participant may exchange community service for all or part of the fee for the course, or make arrangements for a ‟pay as you go ″plan.



ANGER MANAGEMENT WITH OAR OFFERS:

Comprehensive assessments

A comprehensive assessment, including the participant ś patterns of violence, psychosocial factors and commitment to change is conducted at an intake interview.

Collaborative relationships with community organizations and the Court system

OAR provides the referral source with monthly reports, notice of noncompliance with program requirements, and a final report.

OAR maintains liaison relationships with the Department of Corrections, the Department of Criminal Justice, and the Commonwealth ś Attorney. OAR is a member of the human Services Coalition of Northern Virginia and the Fairfax County Domestic Violence Coalition.

Accountability

OAR uses a range of methods so that participants: Understanding the connections between beliefs, feelings, thoughts, and behavior. Clients will also understand the interpersonal and legal consequences for these behaviors, and are aware of the options available to change these behaviors and eliminate violence from their lives.