



### Agreement

By having read this pamphlet and signing below you are agreeing that your child will participate in all sessions of the program. You also agree that you understand the program and the consequences of not attending.

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Juvenile

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Parent/Custodian

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Deputy Juvenile Officer

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### Consequences:

Your child will be expected to attend all five sessions for two hours per week. If your child misses a session he will be expected to make up missed program and complete additional assignments. If your child misses a second program a petition or motion to modify will be filed. If you child misses any additional program dates, a petition/motion to modify will be filed recommending placement at the Robert L. Perry Juvenile Justice Center.

### Boone County Juvenile Office

**705 East Walnut  
Columbia, MO 65201  
Phone: 573-886-4200**

### Program Dates

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### Program Time

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## Options to Anger

### Information and Agreement Pamphlet



### Helping to Break the Cycle of Anger

**Phone: 573-886-4200**

## Program Description



### Overview

Options to Anger is a five week program designed to help your child develop positive ways in dealing with his/her anger. Your child will be introduced to a variety of alternatives to anger and then your child will be expected to demonstrate the skills he/she has learned in his/her daily life in the community, and school. It is important for you as a parent to speak with your child after each session and to review the homework with your child so you have an understanding as to what your child is learning.

### Program Goal

Our goal is to have people leave our program with more pro-social skills than they came in with. The skills presented can be taught in group or individual settings. Our preference is a group setting because peers influence each other. Although we may focus our attention on one person, other participants are learning by watching each other master these skills. We are teaching indirectly to all participants. Although we may be directing comments toward one person all those present are hearing and, to a certain degree,



processing the information. Also, there is increased brain power when a group of people get together.

### An Alternate Approach

As a skill based group this is not an insight oriented program. We want to teach skills that the participants can use in every day real life experiences. We build skills upon skills much like one builds a house, learns to hit a base ball or cook. Step five would be irrelevant if you don't master step one. The particular skills this program addresses are to help people realize when they are on the road to anger and find courageous alternatives for a satisfactory resolution.

*Information taught in this program will be talked about during supervision meetings with you and your child. Feedback is extremely important. It is important that we do so in a positive and supportive manner. This is not easy work for the participant, and we need to recognize their courage in working on something new.*