



Information for participants

Managing Alcohol Related Aggression (MARA)

What is MARA?

MARA is an activity aimed at reducing the type of violence or aggression, which happens when you've been drinking and things get out of hand. The court has ordered you to attend MARA as part of your sentence.

How will it help me?

-  We will teach you ways to better manage yourself so you don't get into situations where anger and alcohol leads to violence and people get hurt.
-  We'll look at what happens, how you react and what happens next. We'll look at a whole range of things, including your thinking, emotions and events which might make you feel angry. We'll also look at the way you respond and how alcohol contributes to the situation.
-  The skills you learn will also be useful in dealing with other problems and difficult situations you may face in your life.

Work with other people in the group on how to deal with drunken aggression
-  Try new ways of reducing the chances of you using aggression or violence outside the sessions
-  Learn to manage anger and stress so you don't get wound up

What will I do?

-  Learn how to deal with high risk situations or problems without offending
-  Think about what you have done and what changes you may need to make to your life and lifestyle to avoid re-offending.
-  **You must agree to:**
 - Attend all sessions, arrive on time and stay to the end
 - Take part in the exercises
 - Arrive with a clear head, not under the influence of drugs, alcohol or solvents
 - Treat staff and other group members with respect, and not talk about group members
 - Turn off your mobile phone
 - Do work at home between sessions.

How long does the group last?

There are 10 sessions to the activity, plus a pre-activity introduction and a post-activity 3-way meeting. You must attend all 12 sessions. The sessions each run for about 2 hours. There will be around 10 people in the

more overleaf



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group (the exact number may vary). You will be told when to attend.



What happens if I miss a session?

You have to come to every session. If you miss a session you will have to catch up on the work you have missed before you can carry on. If you miss too much, you will have to start the activity again. However, missing sessions without good reason will lead to a return to court.



How will I know if I am making progress?

How you get on in the group will show how much your skills and views have changed. We also report back regularly to your Offender Manager who will talk to you about what you have learned. At the end of the activity, we will meet with you and your supervising officer to discuss your progress report.



Who do you share information with?

Our staff keep information about you in paper records and electronically. We keep all records safe and secure. Before the group starts we will ask you some questions. We will ask the same questions when the group ends. This confidential information is used to help us measure the value of the programme. If you wish to know more,

please ask your supervising officer for details.

Diversity



Thames Valley Community Rehabilitation Company recognises that everyone is different and that, sometimes, difference can be seen as an obstacle to learning.

We will do all we can to help you make best use of this activity. If you have any concerns or questions about it, or if you have any learning or specific difficulties, such as childcare or travel issues, please discuss this as soon as possible with MARA staff or your supervising officer.

Remember...



You must attend this activity. If you don't, we will arrange to have you taken back to court if you fail to attend two group sessions or other appointments without good reason.

For more information about Thames Valley Community Rehabilitation Company and the work we do, visit our website at: www.thamesvalleycrc.co.uk