

Addiction Recovery Support Systems

Anger Management Program | Program Description & Referral Information

PROGRAM PURPOSE

ARSS's Anger Management Program is designed to help court-mandated and voluntary participants identify and interrupt destructive anger patterns, develop prosocial coping strategies, and build self-regulation skills. The program meets California court and probation standards for anger management intervention and is recognized by referring agencies statewide. Participants develop the emotional intelligence needed to prevent future legal involvement.

California Compliance Alignment

ARSS's Anger Management Program is aligned with California Penal Code requirements governing anger management diversion programs and court-ordered probation conditions. The program utilizes evidence-based, structured curricula consistent with the standards recognized by California Superior Courts, county probation departments, the Department of Child and Family Services (DCFS/CPS), and family law attorneys. Documentation and reporting practices meet or exceed the expectations of all referring judicial and administrative bodies.

Core Curriculum Components

Emotional regulation and identifying anger triggers Cognitive-behavioral restructuring of distorted thinking Accountability and personal responsibility Power and control dynamics in relationships Communication skills and assertiveness training Stress management and de-escalation techniques Conflict resolution strategies Relapse prevention and anger cycle interruption Skill-based psychoeducation and behavioral rehearsal

ARSS Clinical Approach
ARSS employs a trauma-informed, evidence-based approach that recognizes the intersection of trauma, substance use, and anger dysregulation. All facilitators are trained in cognitive-behavioral and motivational interviewing techniques. The program environment is structured yet supportive, promoting genuine behavioral change rather than mere compliance.

Attendance & Program Requirements

26-week or 52-week formats available (per court order) Weekly group sessions — 90 minutes per session Individual intake and exit assessments conducted Attendance tracked and verified at each session Consistent attendance required to receive program credit

Documentation Provided to Referring Agencies
ARSS provides timely, court-ready documentation to all referring parties throughout and upon completion of the program. Available documentation includes: Enrollment verification letters Progress reports (upon request or at court-specified intervals) Completion certificates (upon successful program graduation) Non-compliance notifications sent promptly to referring party Court-admissible attendance records

Accepted Referral Sources
Superior Court — Criminal & Family Law Divisions County Probation Departments Child Protective Services (CPS / DCFS) Defense and Family Law Attorneys Voluntary self-referral

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For referrals, enrollment, or documentation requests, contact ARSS |

Phone: [Phone Number] | Email: [Email Address] | Website: [Website URL]