

What is RESOLVE?

RESOLVE is a group programme which can help you look at problems you may have. It will help you look at your problems and learn how to solve them before they lead you into crime.

The court may have ordered you to follow this programme as part of your sentence, or it may be a condition of your prison licence.

How will it help me?

The programme will teach you new skills and ways of coping with problems and techniques that can manage anger and other negative emotions.



It gives you the chance to 'rehearse' real-life situations and how to cope with them before they get out of hand. This will help you reduce offending, and the skills you learn will also help you deal with other problems and difficult situations you may face.

What will I do in the group?



You will:

- Learn more about the sorts of behaviour that can lead to violence
- Get a better understanding of yourself
- See how your personal issues play a part in your violence
- Find and build on your strengths and use these to achieve your goals
- Develop the skills you have and learn new ones to overcome the difficulties you face.

Some things you need to know about before taking part in the programme:

- Each session of the programme will be recorded on video. This recording will focus on the staff not on group members. It is used for checking the programme is running well. Recordings will be stored safely and will never be seen by anyone not connected to the programme.
- We expect group members to stay respectful and open to hearing what other people think during the RESOLVE course otherwise group members may be asked to leave the programme

- You will need to come to every session and do some work in between
- If you decide you do not wish to start the programme or want to leave before the end then you will be asked to talk about the reasons for this. We will need to talk to you about what might happen next.
- During RESOLVE, facilitators will keep a record of everything you have done in the programme. Facilitators will write up information as you go along. You will get a copy of the final post programme report when the programme finishes.

How long does the group last?



The group programme runs for 26 sessions, these consist of group and individual sessions. Each one lasts for between two and two and a half hours and can be during the day or in the evening. You will also have meetings on your own with your supervising officer before, during and after the programme.

What happens if I miss a session?

You have to come to every session. If you miss a session, you will need to do a catch-up session before you can carry on with the group. If you miss two sessions without good reason you will be in breach of your Order and you may have to go back to court.

How will I know if I am making progress?



We will ask you some questions at the start and the end of the programme. This will show how much your skills and views have changed. We will report back regularly to your supervising officer who will discuss your progress with you. You will also learn how to monitor your own behaviour throughout the programme.

Who do you share information with?

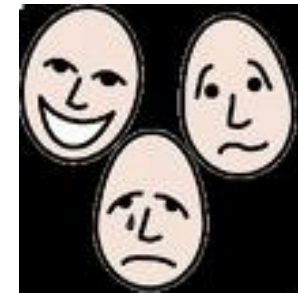
Our staff keeps information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your supervising officer for details.

Diversity



BeNCH Community Rehabilitation Company is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues please discuss this as soon as possible with your supervising officer.

RESOLVE



Information about the Resolve Programme for Service Users



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