The Resolve Programme is available to male service users who are convicted of violent or aggressive offences and assessed as medium risk of harm and above and who score 25% or higher on OGRS and 30% or higher on the OASYs Violence Predictor (OVP). Service users convicted for using impulsive or instrumental violence or a combination of both are eligible.

“Looking back, I realise that my violence was getting out of control...

...I never realised just how much anger, aggression and violence dominated my life. I was always in trouble for fighting in school and it was something I never grew out of. In hindsight, my arrest came at the perfect time; if I had carried on like I was, I would have probably have really hurt someone, or hurt myself. I cannot believe how much the Resolve programme has helped me. It gave me a chance to think a little about my life; about why I have, until now, always seen violence as the answer. I have learned some pretty useful skills which means I can control my anger a lot better. My family and friends have noticed a difference in me and it’s all because of the programme.”

Former Resolve group member
The Resolve Programme

WHAT IS RESOLVE?

Resolve is designed to promote lifelong changes in behaviours and attitudes which, in the past, have resulted in male service users being convicted of violent offences.

The Resolve programme helps service users develop skills of self-control so they can be better prepared to deal with the conflicts that lead to aggressive behaviour. It gives participants the opportunity to develop their understanding of when and why they use violence and aggression and explore the thinking, emotions, attitudes and beliefs that determine their behaviour.

PROGRAMME COMPOSITION

The 25 sessions in the Resolve programme involve both group and one-to-one sessions and are broken down into 6 modules:

- Foundation
- Understanding My Aggression
- Thinking and Attitudes
- Emotions and Conflict Management
- Lifestyle and Associates
- Relapse Prevention

BY THE END OF THE PROGRAMME

Participants will have had the opportunity to:

- Develop skills of emotional control
- Gain an understanding of the ‘triggers’ that can lead to violence
- Build an understanding of the values and beliefs they hold and how they might relate to their use of violence and aggression
- Become more aware of their strengths and how to use these to achieve their goals
- Plan effective risk management strategies

LOCATION AND TIMES

This programme is available across London and usually comprises of two day or evening sessions every week.

CONTACT

For further details on the Resolve programme, or any other services delivered by RISE, please visit www.risemutual.org, email us at info@risemutual.org or call us on 07535 654244.