



Inner Fireworks: Anger Management Program

Information for Referring Agencies

INNER FIREWORKS

The Inner Fireworks program has been designed to help young people aged between 12 to 18 effectively deal with anger and other difficult emotions, and in-turn avoid the negative and destructive consequences that often occur.

The program identifies the triggers and self-talk that leads to aggression and violence, and teaches techniques to navigate anger (and other difficult emotions) in a positive way.

ENTRY INTO THE PROGRAM

The program operates by referral either through self-referral or agency referral. Target groups include young people experiencing anger problems at home, in school, or with peers, and those in trouble with the police and judicial system.

HOW DOES THE PROGRAM WORK?

Inner Fireworks is a five session program typically run in 90 minute sessions over five weeks.

The program covers topics like self-awareness, making positive choices, emotions and how we can respond to them, positive communication, triggers, self-responsibility, behaviours and why we do what we do.

Each session is designed to help young people learn skills and knowledge around understanding themselves better. This can help lead to better choices which will lead to more positive outcomes.

Inner Fireworks is about empowerment through increased knowledge, skills and self-control.

HOW DO WE WORK WITH YOU?

You and your caseworker will develop a plan based around your personal goals with an aim to achieve independence through ongoing support.

WHAT CAN YOU EXPECT?

Youth workers at The DECK have agreed to adhere to the Youth Work Code of Ethics.

Therefore you can expect they will:

- listen to you
- support you in your choice
- involve you in decisions about your life
- advocate for your access to resources and facilities
- educate young people both formally and informally
- promote the contributions of young people to their community

HOW DO YOU REGISTER YOUR INTEREST FOR THE INNER FIREWORKS COURSE?

It is best to call our service and talk with the relevant workers (below) before making a referral. We are currently running the course between the 2 local Raymond Terrace High Schools (Irrawang High and Hunter River High) with year 8 & 9 students. Please still call if you (or your young person or client) doesn't go to these schools as we may run more groups outside of these 2 schools in the future. We are also able to provide 1-on-1 support for young people (12 to 18 years) who are looking for help to deal with difficult emotions (such as anger), so that is also a possibility there isn't a group available.

For further info please contact Matt Breen (DECK coordinator): working Wednesday, Thursday & Friday

Mobile: 0422575586 DECK landline: 49876204 Email: matt.breen@psfans.org.au

Or

Or please contact Colleen Whittle (Manager) on 49871331 (colleen.whittle@psfans.org.au)