

A Newsletter by Advocates Community Justice Services for the Framingham Regional Re-entry Center

## Facts From the Field

According to the Archives of General Psychiatry, 5.2 percent of the general population suffers from **Intermittent Explosive Disorder**, a diagnosis that is associated with anger management.

People diagnosed with Intermittent Explosive Disorder typically endorse more assaultiveness and resentment as well as more impatience and show trends to have more hostility and angry temperament.

A recent study showed that *92% of individuals who attended an anger management course and completed it were free of serious violence in their household within the first year.*

*43% of individuals who enroll in anger management have an alcohol or drug problem.*

A "Core Value" study showed that a *12-week workshop was more effective in reducing anger and violence in individuals than a 24 week program.*

## Resource Spotlight

Genesis Counseling  
24 Union Ave, Suite 11  
Framingham, MA 01702  
Phone: 508-620-2992

*Genesis Counseling Services, Inc.* is a non profit organization committed to community service. They provide outpatient substance abuse treatment for adolescents, women, men and families. These services include comprehensive evaluations for substance abuse as well as anger management/domestic dispute groups. They also provide outreach, emergency assessments, referrals, information, and brief treatment

for those individuals and families who need assistance and have limited resources.

All services are available in a bilingual format (English/Spanish).

## Updates

- The Anger Management Group will start up again on April 25th. It will be moving to a 12-week format. Please let me know if you have any referrals. I will always prioritize referrals from this office. I am also hoping that a women's anger management group will be starting shortly at Advocates.
- I will be attending the GAINS conference on April 5, 6, and 7. This is a national conference that joins together criminal justice and mental health professionals. I will be sharing any relevant information I find at this conference with you.
- MassHealth has been a huge issue recently with individuals needing medications, especially when they are first released. If you have anyone who needs medications and MassHealth has not contributed, please let me know.

## Who to Contact

Steve Bisson  
Substance Abuse Coordinator  
VM: 508-661-0283  
e-mail: [sbisson@advocatesinc.org](mailto:sbisson@advocatesinc.org)