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A NON-PROFIT SUBSTANCE ABUSE TREATMENT AND COMMUNITY CORRECTIONS AGENCY

PRESS RELEASE

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Rigel Recovery Services offers telehealth anger management

Uncontrolled anger can be damaging to relationships and health. Oriana House's Rigel Recovery Services is now offering telehealth anger management to help people learn to control their responses to anger.

"Anger should never result in physical aggression or harm and should not cause others to be fearful. Throwing an object in response to anger is not appropriate and those explosive reactions are not a healthy way for your body to experience anger," said Rigel Recovery Services Clinical Manager Deanna England.

"There are appropriate ways of expressing anger, and you can change the way your nervous system reacts after you get angry. You can learn to calm down more quickly with practice," England added.

The anger management program involves ten, weekly, 90 minute sessions that take place through telehealth. Using curriculum from the Substance Abuse and Mental Health Services Administration (SAMHSA), participants will examine aspects of anger and learn appropriate responses and control.

Participants learn specific strategies for managing and controlling their own anger. Deep breathing and relaxation through progressive muscle relaxation is practiced for coping and response techniques.

"We also discuss family history and how anger and other emotions are expressed in a person's life. We know that experience influences our behavior and need to recognize those harmful experiences," England said.

Before clients complete the program, they develop an anger control plan. "Because anger is an emotion that everyone experiences, having an anger control plan is a healthy approach to resolving conflict," she added.

People interested in finding out more about the anger management program can contact Rigel Recovery Services.

Referrals can also be made by the courts and probation departments and do not require a substance use disorder diagnosis. Medicaid is accepted and costs may also be covered by the Mental Health and Recovery Services Board of Seneca, Sandusky, and Wyandot Counties and the Huron County Mental Health and Addiction Services Board. Any other charges are based on a sliding fee scale.

Rigel Recovery Services provides comprehensive substance abuse treatment and mental health services by a professional team of licensed clinicians, chemical dependency treatment counselors, and a nurse practitioner. Ambulatory detoxification, medication assisted treatment, aftercare, and family support meetings are also offered. Services are certified through the Ohio Department of Mental Health and Addiction Services.

Offices are located in Tiffin, Norwalk, Fremont, and Woodville and most services are available in-person or through telehealth. For more information, call 567-220-7018.

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