

You are required to take part in a programme aimed at people whose offences are linked to the abuse of alcohol and/or drugs. The programme requires that you take part, not just attend, and so it is important that you understand what it is about.

What is OSAP?

This is a programme that aims to help you move away from the abuse of alcohol and/or drugs and avoid crime.

You will be part of a group of around twelve other participants and two tutors. The programme runs for 26 sessions with each session lasting up to 2 ^{1/2} hours.

Members of the group, with tutors, work together to improve:

- your understanding of the effects of drugs and alcohol.
- your social skills.
- your problem-solving skills.
- your ability to prevent relapse.

Why is this programme for you?

OSAP is a programme that has been developed directly to address the substance abuse needs of participants.

Taking part in OSAP reduces:

- the likelihood of becoming re-involved in alcohol and/or drugs.
- the likelihood of committing further criminal offences.

You must agree to:

- arrive on time and stay to the end.
- take part in the exercises.
- talk about your offending.
- arrive clear-headed, not under the influence of drugs, alcohol or solvents.
- treat tutors and other group members with respect.
- respect confidentiality.
- turn off mobile phones.

Before the group you must:

- attend all appointments with your offender manager.
- attend a session where you will need to complete a questionnaire.
- work through the motivational pre-programme work 3-4 weeks before starting the group.

During the group you must attend:

- all 26 sessions as directed.
- all appointments with your offender manager.

After the group you must attend:

- a second session with group tutors to complete a series of questionnaires.
- a three-way meeting with you, your offender manager and the group tutor.
- all appointments with your offender manager.

What if I cannot attend?

- On the same day, inform your offender manager or tutors why you can not attend.

What if I'm ill?

- Get a doctor's sick note or a self-certificate and give it to your offender manager within seven working days.

What if I find work or start a course?

- If you are attending a weekday course and you find work we will try to make other arrangements.

What happens if I miss a session?

- You will be required to attend a catch-up session either before or directly after the next session.

What happens if I miss any appointment?

- You will need to give your offender manager an explanation straight away of the reasons for missing your appointment.

How many sessions can I miss before I am off the programme?

- 2 misses for sessions 1 - 15.
1 miss for sessions 16-21.
1 further miss for session 22-26.
- You will have to provide evidence for the missed sessions in the usual way.

Remember - always keep your Offender Manager informed.