

A New Freedom is based on state-of-the-art cognitive-behavioral (CBT), motivational enhancement (MET), and social learning approaches. The workbooks, treatment games, skills modeling and role-playing cards, and other materials build on concepts pioneered by Prochaska, Ellis, Bandura, Miller, Gorski, and Marlatt, and address areas such as cognitive-behavioral change, risk/protective factors management, asset building, coping skills, and the development of realistic self-efficacy in relapse prevention. The **Women's Issues** materials described below supplement the core **New Freedom** program resources and address issues specific to women.

Self discovery, self-awareness, self-esteem and identity	
"What's important to you?" (Pre3a)	Values clarification activities. Designed to increase comfort with self-disclosure in pre-treatment phase. Four (4) sets of values cards, 76 cards total. It is designed to work with the other Motivational Enhancement (MET) resources in the program.
Introduction to Self-Discovery (SD1)	Short introductory workbook for use with individuals or groups. Starts the process of identifying and addressing substance abuse and similar dependencies.
"What went wrong?" (SD2)	This workbook identifies and addresses underlying issues and areas of vulnerability - critical to the process of personal change and long-term recovery. It is designed to work with the other Motivational Enhancement (MET) resources in the program.
The Problem Backpack (PB)	This activity helps clients identify/admit problems and issues to be addressed in treatment. It includes 60-80 typical individual issues or problems, attached to blocks of wood and plastic, in a transparent backpack. Helpful in preparation for treatment and at different stages during treatment. Includes short handbook for individual or group use. It is designed to work with the other Motivational Enhancement (MET) resources in the program.
My life so far (SD7)	Designed to allow participants to describe their life experiences including their experiences with alcohol and other drugs - in a non-threatening manner. Discussion of family issues and childhood memories help identify specific issues and areas to be addressed in counseling. It is designed to work with the other Motivational Enhancement (MET) resources in the program.
Risk factors checklist (SD8)	This short workbook identifies common risk factors and vulnerabilities, and guides the identification of specific factors present in the young woman's life. In addition to identifying risks, temptations and vulnerabilities for each client, it provides feedback and encouragement for addressing these issues. It is designed to work with the other Motivational Enhancement (MET) resources in the program. <i>(Due Summer, 2004)</i>
Protective factors checklist (SD9)	This short workbook identifies common protective factors and developmental asserts, and guides the identification of specific factors present in the young woman's life. In addition to identifying internal and external resources for each client, it provides feedback and encouragement for building on these strengths to make changes. It is designed to work with the other Motivational Enhancement (MET) resources in the program. <i>(Due Summer, 2004)</i>
For women: self-esteem and identity (W9)	Supports the developing a realistic and positive self-image as a woman. Guides the development of self-motivation for personal growth and change. <i>(Due Summer, 2004)</i>

Shame and low self-esteem (F5g)	Identifies client shame and low self-esteem issues, including symptoms and sources of shame, and links between shame and dependencies. Identifies steps to making changes. <i>(includes gang issues and self-esteem)</i>
"What's going on in my life?" (SD11/DP9)	Introductory workbook helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change. Based on motivational enhancement (MET model).
Reasons to change (SD6)	Addresses denial, resistance, other defenses. Raises awareness of consequences of own behavior for self and others (including criminal thinking and victim empathy). Helps develop empathy for others. Builds motivation to make personal changes. It is designed to work with the other Motivational Enhancement (MET) resources in the program.
Treatment Planning Resource 10	Low self-esteem and shame (TP10) <i>(comprehensive model treatment plan for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.)</i>

Emotional and social competency ("emotional intelligence")

Introduction to your feelings (F1)	Links troublesome feelings and symptoms with past substance abuse and/or relapse. Establishes context for other feelings workbooks.
Anxiety and Fear (F3)	Identifies client anxiety symptoms, issues, stressors, and triggers. Topics include fears, phobias, and unnecessary worries. Links anxiety to dependencies.
The Anxiety Game (G2)	Activity cards and game board guide discussion of triggers, symptoms, and behaviors relating to anxiety.
Guilt (F4)	Identifies client symptoms and sources of guilt. Topics include forgiveness and change. Links guilt to dependencies.
Sadness (F5)	Identifies client symptoms and sources of sadness. Links sadness to dependencies.
Loneliness (F7)	Identifies symptoms and sources of loneliness. Links loneliness to past problem behaviors and dependencies.
Feeling Hurt (F8)	Identifies symptoms and sources of hurt. Links client experiences with hurt to dependencies.
"Know your feelings" game (G3)	Activity cards and game board guide discussion of triggers, symptoms, and behaviors relating to sadness, hurt, and loneliness.
The Feelings Game (G4)	Activity cards and "Monopoly" style game board guide discussion of feelings. Good summary activity for feelings issues.
Your feelings - and relapse (F10)	Workbook reviews feelings and symptoms, and links relapse and feelings.
Are you an "excitement junkie?" (F11)	Addresses issues of clients with high need for stimulation and high-risk behavior.
Let's talk about feelings (F12)	Workbook and activity cards guide individuals and groups in addressing issues of anger, anxiety, recklessness, depression and sadness.

Getting your needs met (F13)	Improved understanding and recognition of emotions/feelings handling basic human needs (need for physical safety and healthy physical development, need for trust, love, respect, help in developing healthy emotional development, need for safety to develop healthy mature sexuality, need to belong, need for positive self-esteem - feeling lovable and capable and comfortable with her physical self). (<i>Due Summer, 2004</i>)
Thoughts, Feelings, and Actions (F14)	Helps participants identify the differences between their thoughts and their feelings. Helps clarify the linkage between thoughts, feelings and actions. Guides the exploration of healthy alternatives to old ways of "acting out."
Moral development and improved thinking skills	
Identifying and changing your "stinking thinking" (cognitive restructuring) (ST series)	51 separate "stinking thinking" issues are addressed in this series, using worksheets for cognitive restructuring. Each lesson provides examples of this form of cognitive distortion, asks participants to examine their own thinking, then guides the examination - including consequences. Worksheets guide the development of new ways of thinking and responding. Counselors are provided tools to help select appropriate lessons for use with individual or groups. Major topic areas include criminal thinking, negativity, manipulation of others, and issues which emerge in recovery programs and groups.
Criminal values (GG13-2)	Addresses values underlying criminal thinking.
Healthy Relationships	
Healthy relationships and healthy boundaries (W2)	Young women will identify: family-of-origin boundary issues, personal warning signs that boundaries need to be set; personal experiences and effects of physical, emotional, sexual and verbal abuse, and drug/alcohol use as a result of boundary violations. Additionally, client will identify areas where difficulties have recently been experienced in setting boundaries and develop an action plan to start setting boundaries for specific personal problem situations. Clients will practice assertion messages to be used in setting boundaries for current issues and use practice scenarios for setting boundaries. Reference is made to boundary issues young women may experience while in custody situations.
Avoiding your old relationships traps (W7)	This workbook explores some of the issues and situations which caused trouble in past relationships. In many cases, problems in relationships are triggers to relapse. Clients are guided to explore and evaluate solutions for common situations or "traps" which affect women in their relationships.
Relationships and Friendships (W10)	Guides young women in developing realistic expectations in relationships (family, friends, peers, significant relationships). Explores healthy relationships with men, healthy relationships with women. Supports the development of an interest in, sympathy and empathy for other people as individuals. Helps guide the development of an action plan for maintaining a relationship. (<i>Due Summer, 2004</i>)
Positive Feelings (F9)	Helps client become aware of healthy positive feelings. Topics include issues of love and relationships, awareness that even positive experiences can be stressful, and positive feelings in recovery.
Control! (issues and answers for women) (W3)	Identifies and addresses range of controlling behaviors (including manipulation) and control issues and links controlling with dependencies. Topics include need to control feelings and controlling of others.

Learning to trust (trusting yourself and others) (FD6)	Identifies and addresses basic issues of trust: (1) low trust of others (including issues of past hurt or abuse); (2) low trust of self; (3) being unworthy of trust; (4) being overly trusting.
Treatment Planning Resource 4	Codependency (TP4) <i>(comprehensive model treatment plan for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.)</i>

Violence and abuse	
Violence at home (DP5)	Short workbook helps clients understand family violence and its' consequences. Helps clients identify safe choices and available options for violence prevention.
Surviving abuse and trauma (W11)	Many young women in correctional settings have been victims of violence or abuse. This workbook helps them identify and address some of the consequences of these experiences - including ones they may not feel comfortable talking about. One goal is to help them move from simply "surviving" to a more positive outlook ("thriving"). (<i>Due Summer, 2004</i>)
Treatment Planning Resource 3	Abandonment/neglect (TP3) (<i>comprehensive model treatment plan for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.</i>)
Domestic violence	
Domestic violence # 1: increasing personal awareness (DV1)	A primary objective is to address denial of the issue - or its seriousness - by its victims. This workbook uses comprehensive worksheets and checklists to help participants identify and understand the physical, sexual, verbal and emotional violence they have experienced. It also helps them understand why they remained in abusive relationships.
Domestic violence #2: becoming less vulnerable to domestic violence (DV2)	This workbook helps identify and address some of the most common underlying vulnerabilities in women who are in abusive or dysfunctional relationships. It addresses the costs and consequences of being in an unhealthy relationship, healthy and unhealthy relationships, and some of the characteristics of the abusive or controlling male. This workbook provides suggestions for healing personal areas of vulnerability and initiates the action planning process.
Domestic violence #3: your safety is your business (DV3)	This workbook develops a comprehensive individual-specific action plan for preventing future relationship difficulties. It helps identify the progressive nature of these behaviors, the reasons why she may need to get away from an abusive or threatening situation, and helps identify issues in her own thinking relating to the abusive relationship. Templates identify specific areas of personal strength which may help her in difficult times.
Treatment Planning Resource 9	Domestic violence (TP9) (<i>comprehensive model treatment plan for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.</i>)
Violence and dealing with anger appropriately	
Communication/ social skills (MA)	18 lessons (with complete lesson plans, worksheets and participant activities). Included are practice in avoiding victimization or aggression by using key assertion skills. Other topics include conflict resolution, coping with peer pressure, and avoiding violence. (<i>An additional 18 lessons are included in the Social Skills training area</i>)
Anger (F2)	Identifies client anger symptoms, issues, and triggers, links anger to dependencies. Topics include repressed anger and passive-aggressive behavior.
The Anger Game (G1)	Activity cards and game board guide discussion of triggers, symptoms, and behaviors relating to anger.

"What's wrong with holding in my anger?" (DI5)	Addresses passive-aggressive thinking and behavior.
Living a non-violent life # 1 (GG4)	This workbook provides the opportunity for clients to identify their triggers and highest personal risk factors for violence and to develop strategies to avoid these issues or to cope more effectively in the future.
Living a non-violent life # 2 (GG5)	This workbook provides a more focused opportunity for clients to identify their highest risk factors for violence (the people, places, things, times, and situations where they are at highest risk). It guides the development of "environmental control" strategies to avoid these issues and situations - and helps clients explore their options.
Understanding yourself # 1 (GG7)	<p>This is the "risk factors" approach to aggression and violence. It provides an alternative approach to violence issues and behavior, addressing community and family risk factors for violence.</p> <p>For clients, the objective is to begin by increasing awareness. Then, clients can admit that they have these risk factors and acknowledge that these risks and temptations will be out there, waiting, upon release. "If you plan for them, and develop options for how you will handle them better, you stand a good chance."</p>
Understanding Yourself #2 (GG8)	This is the "risk factors" approach to passive-aggressive behavior, which can often lead to violence and other problems. It provides an alternative approach to violence, addressing community and family risk factors for this passive-aggressive behavior. For clients, the objective is similar to GG7, above.
Coping skills set 5: using effective interpersonal and lifestyle skills (CS6)	Clients will complete: (1) self-assessment of coping skills for healthy interpersonal relationships and a balanced lifestyle; (2) self-assessment of anger and assertion skills.
Body image and body issues	
Self image and body image (W12)	Addresses common issues for young women's self image and body image. Includes worksheets on media influences, "what's normal?" and maturation.
Eating issues (W13)	Addresses common eating disorder issues (anorexia, bulimia, and eating as a response to stress or a need for comfort). Identifies eating as an area of "control," and guides self-efficacy in resisting eating disturbances.
Treatment Planning Resource 18	Eating Disorders (TP18) Addresses common eating disorder issues. <i>(Comprehensive model treatment plans for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.)</i>
Treatment Planning Resource 21	Special Losses (TP21) Designed as a resource for counselors helping clients who have serious medical crises (i.e., HIV+ diagnoses).
Treatment Planning Resource 22	Self-injury (TP22) Identifies and addresses common issues in self-mutilation. <i>(Comprehensive model treatment plans for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.)</i>

Treatment Planning Resource 20	Body issues (TP20). Identifies and addresses common body and self-esteem issues. <i>(Comprehensive model treatment plans for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.)</i>
-----------------------------------	--

Problems at home	
Avoiding your old family traps (W8)	Many young women are at risk to return to old dysfunctional family patterns. They may continue to experience the consequences of family neglect, abandonment, abuse, or addiction. This workbook identifies some of these old family "traps" and provides options. An important component is the identification of typical dysfunctional family roles.
My life so far (SD7)	(see above) Discussion of family issues and childhood memories help identify specific issues and areas to be addressed in counseling.
Problems at home (DP6)	This short workbook is designed to help clients start to discuss family issues (neglect, abuse, abandonment, or addictions) with program staff.
Life at home (W14)	Addresses difficulties at home: verbal abuse at home, emotional abuse at home, loss of family (temporary, permanent), family incarceration, codependency and substance abuse at home, abandonment and neglect issues. (Due Summer, 2004)
Dealing with people in new ways (RH2)	This workbook helps clients address common issues upon returning home - and facing a dysfunctional family environment. Helps participants identify what they can do differently if the "old ways" didn't work, including temptations and issues with family, friends, and community which may stand in the way of a successful transition. A set of situation cards for group discussion is provided.
Running Away (W18)	Addresses common issues why young women run away from home and other living environments; examines consequences and alternatives.(Due Summer, 2004)
Treatment Planning Resource 3	Abandonment/neglect (TP3) (see above)
Trauma and loss issues	
Get stronger! Deal with stress and trauma in your life (SD3)	Introduces areas of trauma/ PTSD issues. Links client trauma and dependencies and identifies steps toward cognitive change. Appropriate for adolescent program.
Facing your grief (SD4)	Identifies grief and loss issues and links individual losses with dependencies. Identifies steps toward managing grief.
Surviving abuse and trauma (W11)	Many young women in correctional settings have been victims of violence or abuse. This workbook helps them identify and address some of the consequences of these experiences - including ones they may not feel comfortable talking about. One goal is to help them move from simply "surviving" to a more positive outlook ("thriving"). (Due Summer, 2004)
Treatment Planning Resource 8	PTSD/Trauma (TP8) (comprehensive model treatment plan for common issues and DSM-IV diagnoses, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.)
Treatment Planning Resource 21	Special Losses : Designed as a resource for counselors helping clients who have serious medical crises (i.e., HIV+ diagnoses).

Substance abuse	
A New Freedom addresses many facets of substance abuse. The following workbooks are examples.	
Especially for women: drug abuse, relapse....and recovery (W1)	This workbook provides the counselor and clients with a variety of issues and activities, each of which addresses a facet of the different nature of women's abuse, relapse and recovery issues. It can be used in a variety of ways: as a class or group workbook, as a series of topics and activities for individual and group discussion, or as an individual assignment. Includes activity cards addressing cultural issues in women's substance abuse.
Understanding your dependencies (SD5)	Examines addictions and multiple addictions and explains chronic nature of dependencies. Addresses denial issues and helps clients focus their recovery.
What you need to know (WYNTK)	Basic information about effects of specific substances and consequences of abuse.
Self-awareness: preventing relapse by increasing your sensitivity to your pattern or cycle (SA1)	Provides basic vocabulary for substance abuse treatment. Explains typical patterns of dependencies and relapse. Guides clients to examine past use and stages in personal relapse "cycle." Clients identify vulnerabilities, specific triggers to past difficulties, and "stinking thinking" (about self, about other people, not being realistic, negative thinking about the future, etc.). Clients describe how feelings of discomfort have been dealt with, how isolation may have been a contributing factor in past difficulties, typical patterns of "build up" toward relapse, the need for control of uncomfortable feelings, and steps taken in the past to achieve that feeling of control, and how they began to plan or "set themselves up" for relapse. Additionally, clients describe the specific temptations experienced in various categories, their most common harmful behaviors or dependencies, their thinking, feelings, and behavior after relapse, and issues resulting from relapse.
Self-awareness: examining your pattern or cycle in detail (SA2)	
Recovery (PT3)	Clients evaluate weaknesses in their recovery, recent lapses and situations where they missed warning signs (addressing issues of denial). Clients establish a plan for intervention by safe and supportive friends and counselors, summarize life goals, including abstinence, identify areas for forgiveness, evaluate progress toward recovery and complete action plan for continued successful recovery and a positive life.
Reducing Consequences	Designed as part of a harm reduction strategy, this workbook supports the MET approach to help clients begin contemplating personal change. It helps clients identify the consequences of their behaviors and examine their readiness to reduce their substance abuse. This can be a critical first step towards abstinence.
For women: gang activity	
The Phoenix Gang Intervention and Prevention program resources address many facets of gang involvement. The following workbooks are some examples.	
What was on your mind? (<i>gang mind-set</i>) (GG1)	This is an important workbook, a cognitive restructuring approach to gang activity. It identifies selected negative mind-sets common to people involved in gang activity. Then, it addresses each of these in a systematic fashion, identifying weaknesses in that form of thinking, and offering guidance in the development of a more positive outlook.

Who wants to be at risk? (GG2)	This workbook addresses the "risk factors" approach to gang involvement and activity. The objective is for participants to identify their own highest risk factors and acknowledge that these risks and temptations will be out there, waiting, upon release. <i>"If you plan for them, and develop options for how you will handle them better, you stand a good chance."</i>
What do you need? (needs and gangs) (GG3)	This workbook - based on Maslow's needs hierarchy theory - addresses gang activity from the point of view of underlying needs. These needs won't go away; they will be present when the participants return to the community. Thus this workbook guides the students in finding alternative - and better - ways to meet those needs than gangs or crime.
For young women - reducing your risk (GG9)	This workbook addresses the "risk factors" approach to gang involvement and activity for females.
Program Activities (GG11)	This series of program activities is designed to facilitate participation, group involvement and cooperation, and self-disclosure. Many are based on traditional experiential learning approaches. They range from 10-50 minutes, and provide a "change of pace" for participants and staff.
"What do you think? (brief activities) (GG10)	This series of program activities is designed to facilitate participation, group cooperation, and self-disclosure. They range from 5-30 minutes, and can be used to open a class session or provide a "change of pace" later in the session.
What do you think? (women's materials) (GG12)	This series of program activities is designed to facilitate participation, group cooperation, and self-disclosure.
Program intervention resources (GG13)	Where are your old friends today?
	Criminal Values
	Respect
	How to identify your real friends
	Thinking about stereotypes
	Loyalty
	How have the movies, music, and TV influenced you?
	"Do the math" - The prospect of earning a lot of money through drug dealing can be very appealing. This lesson asks participants to "do the math" in comparing the risks and rewards of drug dealing with the risks and rewards of earning money legitimately.
Program Contracts # 1, 2, 3, 4	
Treatment Planning Resource 17	Gang involvement (TP17) (<i>comprehensive model treatment plan for common issues, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.</i>)
Getting away from the gang (GG14)	Provides suggestions, action planning, and support to assist in leaving the gang. Provides typical situations for role-playing practice and self-efficacy.
Vocational Issues	

Personal Preparation Program (P3)	Identification of work skills and job options, a positive attitude, thinking realistically about work, practical aspects of finding a job if you have a criminal record, development of your personal data sheet, handling applications, resumes, and interviews, and keeping a job.
Vocational lessons (V1, V2)	Topics include: self-evaluation, job and career values, interviewing practice, job success skills, and ethical issues in the workplace.

Behavioral health needs	
<p>(Comprehensive model treatment plans for common issues and DSM-IV diagnoses, linked to specific workbooks, behaviorally-stated objectives, and specific workbook pages. Available in hard copy, diskette, or CD format to support individualized treatment planning process.)</p>	<p>Treatment Planning materials for women:</p> <p>TP1 Anger (includes repressed anger)</p> <p>TP1 Anxiety (addresses several anxiety disorders; also substance abuse and anxiety)</p> <p>TP3 Abandonment/neglect (childhood issues)</p> <p>TP4 Codependency</p> <p>TP5 Depression (includes suicidal risk; also substance abuse and depression)</p> <p>TP6 Grief/loss (addresses various sources of loss and grief)</p> <p>TP7 Conduct issues (ADD/Oppositional Defiant/Conduct Disorder)</p> <p>TP8 PTSD/Trauma</p> <p>TP9 Domestic violence (guides individual or group process)</p> <p>TP10 Low self-esteem and shame</p> <p>TP13 Feeling Hurt (addresses various sources of hurt and guides process of learning how to handle this feeling successfully)</p> <p>TP14 Handling difficult feelings (Designed for use with dual diagnosis clients and adolescents who have difficult identifying and dealing appropriately with feelings, including confusion and emptiness)</p> <p>TP15 Sleep Disorders (addresses causes, sleep hygiene, and coping skills)</p> <p>TP16 Aggression and violence (builds on the "anger" treatment plan to address risk factors and guides the development of new coping skills)</p> <p>TP17 Gang involvement</p> <p>TP18 Eating Disorders</p> <p>TP19 Compulsive Gambling</p> <p>TP20 Body Image and Self-Image</p> <p>TP21 Special Losses (a resource for counselors helping clients who have serious medical crises (i.e., HIV+ diagnoses)</p> <p>TP22 Self-injury</p> <p>Tx1 Helping Treatment Work: Treatment adherence workbook, primarily for HIV/AIDS clients and others with similar medical issues (2 hours)</p> <p>SD10 Reducing Consequences (harm reduction approach)</p>
Sexual issues	
<p>Talking about sex (W15)</p>	<p>Worksheets in this resource can be used flexibly by the counselor. Issues include: sexual identity; sexual orientation; sexual activity; sexual experimentation; abortion; rape; sexual abuse; confusion between sex, love and affection; consequences of early onset of puberty; developing a mature sexuality; safe sex (self-efficacy in STDs and HIV/AIDS prevention); pregnancy issues (<i>wanting to be pregnant; to create something; pregnancy and needing love</i>); prostitution; gang sexual abuse. (Due September 2004)</p>
Introduction to parenting	
<p>A preparation for parenting (W16)</p>	<p>Basic parenting skills. Designed for incarcerated juvenile women. (Due Summer, 2004)</p>
Cultural and community expectations and issues	
<p>§ P 5 Insights to spirituality</p>	<p>Introduction to spirituality and spiritual development. Very appropriate for use in treatment programs, correctional, and recovery settings. Appendix includes prayers and inspirational materials from Christian (Protestant and Catholic), Jewish, Muslim, Buddhist, and Native American sources.</p>

Women and the community (W19)	This workbook: (1) explores social/community issues (including feelings of learned helplessness and hopelessness); (2) guides the exploration for positive female and cultural role models to develop healthy identity as a woman. (<i>Due Summer, 2004</i>)
-------------------------------	--

Social Skills Training - what is appropriate conduct?	
Communication skills (MA)	18 lessons addressing appropriate interpersonal skills. <i>(An additional 18 lessons are included in the Social Skills training area)</i>
Pathways to Daily Living (PDL)	Pathway to Better Hygiene (8 Lessons) Pathway to Better Nutrition (8 Lessons) Pathway to Better Personal Organization (5 Lessons) Pathway to Better Physical and Emotional Health (6 Lessons) Pathway to Better Money Management (9 Lessons) Pathway to Managing Stress (9 Lessons) Pathway to Success (4 Lessons) Pathway to Independent Living (6 Lessons) Pathway to Better Use of Your Leisure Time (6 Lessons)
Getting along with others (PDL2)	Additional lessons for appropriate conduct. (6 lessons) <i>(Due Summer, 2004)</i>
Women's health issues	
Basic women's health issues (W17)	Worksheets in this resource can be used flexibly by the counselor. Issues include: self-care (basic self-care skills are included in the <i>Pathways to Daily Living</i> program above); women's health issues; and health issues while pregnant or nursing. Among the topics are: pre-natal care issues, drug abuse and your baby, ob/gyn issues, urinary tract infections, mood changes in pregnancy. <i>(Due Summer, 2004)</i>
Treatment Planning Resource 21	Special Losses (TP21) <i>(comprehensive treatment planning, counselor, and client resource for common issues, focusing on HIV+ diagnosis and similar medical losses.)</i>
Social learning curriculum	
Coping Skills for Relapse Prevention and Self-Efficacy - Behavioral change, relaxation training and other coping skills. Develops a comprehensive set of new behaviors and skills for people in recovery. The goal is development of "self-efficacy."	
Starting to make changes (CS-IN)	Clients identify past harmful or addictive behaviors used to "cope" with emotional discomfort and complete checklist of currently-mastered coping skills. Motivation for clients to learn and master new coping skills.
Coping skills for emergencies (CS1)	Clients learn to identify their own highest risk situations, the cues that they are becoming at higher risk, what they will do to cope effectively, and then practice these new coping skills until they are confident they will work. Included in these skills are thought stopping, conflict avoidance and "escape" skills, and a comprehensive set of "refusal skills."
Coping skills, set 1: when you are at greatest risk (CS2)	Provides guidance and practice in mastery of seven emergency skills - to address areas of temptation to relapse (or to act out anger, etc.). Guides the development of personal action plan for use of immediate measures at highest risk situations.
Coping skills, set 3: handling uncomfortable feelings and thoughts (CS4)	Provides guidance in mastery of thirteen coping skills important for relapse prevention.
Critical coping skills (CS1b)	Critical coping skills lessons (thought stopping, thought switching, etc.), including lesson plans, skills practice activities and scripts.

Breathing/ Relaxation skills (CS4b)	Critical coping skills lessons (breathing/relaxation skills), including lesson plans, skills practice activities and scripts.
Creative visualization and relaxation (CS4c)	Critical coping skills lessons (creative visualization and relaxation), including lesson plans, skills practice activities and scripts.
Coping skills, set 2: establishing a safer environment (CS3)	Clients are guided to identify their most dangerous temptations, high risk people, places, things, feelings, and situations. They will identify areas of continued vulnerability to old temptations. Clients will complete action plans to avoid high risk people, places, things, and situations.
Coping skills and interventions for specific issues (PT5)	Prescriptive format. Identifies specific coping skills to address anxiety, depression, loneliness, isolation, grief, etc.
A guide to using your new coping skills (PT6)	Identifies specific coping skills to be used at various stages in the relapse "cycle." Links with workbook SA2.
Returning Home	Short highly-interactive workbooks for community reintegration or aftercare portion
Your first few days (RH1)	This workbook addresses the issues involved in the first critical days of transition, including common problems and stresses, and planning for safe activities. Includes situation cards for role playing and modeling successful coping.
Dealing with discomfort (RH3)	This workbook identifies and addresses common feelings experienced during the transition period. Activities identify issues and ask participants to demonstrate how they plan to handle these concerns. This information can be used by counselors to identify effective - and ineffective - responses. When possible, the "trouble spots" can be addressed individually or in group setting, and a more effective response developed.
Facing your responsibilities (RH4)	This workbook identifies and addresses common responsibilities faced upon transition. Exercises list the most important responsibilities, and ask participants to identify how they will meet each area of responsibility. The responses can be shared and evaluated in individual or group settings.
If you "lapse" (RH5)	This workbook addresses the issues of "lapses" and "relapse" and helps to prepare participants to handle high risk situations by knowing common problems and having confidence in their ability to cope more effectively. A "slip," or having fantasies of use, does not need to lead to a "fall." This workbook provides tools for addressing common slips and reviews two critical coping skills. A set of situation cards for group discussion is provided.
Avoiding the negative (RH7)	This workbook provides specific help in maintaining recovery through developing a plan to identify and avoid the highest risks. It is based on the concept of using "environmental controls" to avoid the people, places, things, and situations which pose the greatest threat to recovery. It provides participants and program staff with the tools to help address specific vulnerabilities.
Practice in handling difficult situations (RH8)	This workbook will help participants identify - and develop solutions for - common difficult situations encountered during the transition. Exercises identify specific concerns, and a set of situation cards of commonly-encountered problems is provided for group discussion. Problem areas can be used as discussion and learning points to help individuals develop confidence that they can handle these situations appropriately when they face them again.

Avoiding problems with authority (RH9)	This workbook addresses issues involved in dealing with authority figures and helps participants understand the nature of their anger, hurt, and resentment - and the ways in which they may create more problems for themselves. It offers specific suggestions for dealing with potential conflicts with authority figures, and a template for evaluating responses to typical situations. Situation cards provide opportunities for modeling appropriate responses.
Avoiding trouble (when you are with others) (RH10)	Peer pressure and poor choices often lead to trouble. Being in the wrong place at the wrong time, with the wrong people, is a common explanation for failure. This workbook identifies common problems and solutions, and provides twenty typical situations for role-playing and demonstration of effective coping skills.
Red flags (RH13)	Short workbook helps participants identify and plan to address the symptoms and cues that they are moving closer to their highest risk situations. This is a key step toward self-efficacy.
Getting close to getting out (RH14)	Designed for the last few weeks before going home, this workbook addresses common thoughts, feelings, and temptations, including typical anxieties and worries.
How are you doing? (RH15)	How far have you come?
	Controlling your impulses
	Setting yourself up
	Recovery activities planning
Self-efficacy review (RH17)	This workbook helps evaluate self-efficacy at handling the critical risk factors for problem areas in their environment (when they get home): alcohol and other drugs; weapons; sex; community pressures; media ; gang pressures; peer pressures; risky peer group activities (substance abuse, delinquency, gangs, pregnancy, social and sexual norms, school attitudes, violence, etc.. (<i>Due Summer, 2004</i>)
Coping skills "self report card" (What do I still need - to prevent relapse?) (PT4)	This tool provides an overview of self-efficacy and relapse prevention planning and reviews lifestyle and coping skills issues.
Self analysis: review of relapse prevention plans (PT8)	This tool evaluates client's relapse prevention plans and issues involved in returning to the community.
Seemingly unimportant decisions (RH18)	Workbook and activity designed to help participants identify situations where they make decisions which lead them closer to problem situations or relapse. Clients will identify different choices and options , and become aware of common factors and cues for there situations. (<i>due summer 2004</i>)
"I was in the wrong place at the wrong time." (RH19)	Workbook and activity designed to illustrate situations and common patterns which lead to increasing risk. Based on individual highest risk factors, clients will identify "wrong places" and "wrong times" - and develop action plans to avoid the people, places, things, and situations which can place them at increasing risk. (<i>due summer 2004</i>)

Setting yourself up (RH20)	Clients will identify past patterns and behaviors they have used to "set themselves up" for problems in the past. Once these "set-ups" have been identified, they will develop specific detailed action plans to use when they find themselves at increasing risk. (<i>due spring 2004</i>)
Problem Solving 1-2-3 (RH21/PS2)	Using basic problem solving model, presents 54 community and home problem situations experienced by people in transition and/or recovery.
Making long-term changes (RH22/CS7)	Practical and comprehensive post-release and relapse prevention plan. This workbook is designed to identify and address issues and responsibilities facing individual participants.
Identifying and addressing your highest risks (RH23/CS8)	Identification of personal highest risk factors with specific coping skills to be used and demonstration of competence (self-efficacy) in addressing risks for relapse. Special emphasis is placed on the transition to the community.
<i>Problem Solving and Decision Making</i>	
Problem Solving (PS)	Basic problem solving program, with problem solving template and 44 cards with typical personal and interpersonal problems for juvenile women.
Handling Tough Situations (RH11/AM1)	<i>An Action Maze Workbook</i> - provides participants with decision making opportunities dealing with common temptations and problems (people, places, things, situations, and their own thoughts).
Decision Making: making decisions that empower you (DM1)	This workbook helps young women to establish elements of control - empowerment - in their lives. It identifies critical situations and opportunities for making choices. Issues include counteracting victim mentality, setting higher expectations, surviving vs. thriving; highlighting their successes and identifying concrete ways to deal with failures (past, present, and future), and improving self-control under stress. Among the critical objectives are the identification of personal assets and protective factors for success in life. (<i>Due Summer, 2004</i>)
Decision Making: succeeding at life's challenges (DM2)	This workbook develops resiliency and the ability to handle and gain from our own mistakes, failures and frustration. Among the activities are those which identify and offer alternatives for action planning overcoming key risk factors and challenges in their community and home - as well as in their own attitudes and thinking. Among these issues are: family issues; low community support; low community opportunities; economic deprivation and other economic factors including jobs; temptation to sell drug to make money; family issues (history, relationships, dysfunction, conflict, abuse, attitudes, lack of support, etc.); personal relationships and stresses (old relationships, children, etc.); personal risk factors (anger, anxiety, depression, rebelliousness, loneliness, hurt, loss, anniversaries, etc.). (<i>Due Summer, 2004</i>)
Giving your thinking a "reality check" (FD1)	Self-inventory and helpful review of progress in recovery program.
Managing your life: It starts with the basics of goal setting (PT1)	Develops motivation and a positive outlook for the future by identifying hopes and dreams, then developing action plans to effect desired change.
<i>Developing a safety net - a personal support system</i>	

Making positive steps to take control of your life (RH6)	Develops a detailed plan for the use of a post-release "safety net" and recovery activities. It guides the process of identification and selection of friends and community resources to assist in the transition. Additionally, it identifies and addresses the high risk factors these people will need to know in order to help.
Safety Nets (RH12)	This workbook guides clients to identify and address early warning signs that they are at increasing risk to fall back into old (negative) behavior patterns.
How are you doing? (RH15)	<i>(See above)</i>
Expanding on your safety net (RH16)	This workbook expands on RH6 and RH12. It includes elements for developing: family support, community support, faith-based support, self-help programs, community programs, after-school programs, school-based support, parole/probation support, role models and mentors, volunteer activities, jobs and second jobs, building on your strengths (preventive factors and assets). <i>(Due Summer, 2004)</i>
Identifying and addressing your highest risks (CS8)	<i>(See above)</i>

April 2, 2004