

Description of diversion program workbook contents

Substance abuse program		sessions
Introduction to chemical dependency program (ICD)	Introduction to treatment, reducing resistance, and identifying underlying areas of vulnerability. Starts the process of identifying and addressing substance abuse and similar dependencies.	1
Introduction to self-discovery (SD1m)		1
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). Builds motivation to make personal changes.	4
Understanding your dependencies (SD5m) <i>"Understanding your behavior"</i>	Examines addictions and multiple addictions and explains chronic nature of dependencies. Addresses denial issues and helps clients focus their recovery.	3
Self-awareness: examining your pattern or cycle (SA2m)	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, his/her most common harmful behaviors or dependencies, his/her thinking, feelings, and behavior after relapse, and issues resulting from relapse.	4
Dealing with people in new ways (RH2m)	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 cause problems. A set of situation cards for group discussion is provided.	5
You have options! (DP1)	Risk factors-based workbook for high risk youth. Clients identify problem situations and practice options to substance abuse or violence. Action planning activities support diversion program.	5
Coping skills for emergencies (DP2)	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."	7
Let's talk about feelings (DP3)	Specific feelings (anger, anxiety or fear, low-self-esteem/shame, hurt, and loneliness) are addressed in activities which help clients identify and experience feelings safely.	3

Gangs (DP4) <i>and</i> Avoiding trouble when you are with others (RH10)	DP4: Short workbook helps client identify gang issues and options to participation. RH10: This workbook addresses the effects of peer pressure by asking clients to identify specific situations in which they have been influenced by their peers to engage in problem behaviors. In addition, it addresses the common problems associated with "just being there" when problems occur. The workbook guides the client to identify specific steps to take to avoid common problem situations (22 situation cards provided).	3
Violence at home (DP5)	Short workbook helps clients understand family violence and its' consequences. Helps clients identify safe choices and available options.	3
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.	3
Relapse prevention program		
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.	4
Making positive steps to take control of your life (RH6)	Develops a detailed plan for the development of a personal "safety net" and recovery activities. It guides the process of identification and selection of friends and community resources. Additionally, it identifies and addresses the high risk factors these people will need to know in order to help.	5
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.	4
Handling difficult situations (RH8)	This workbook will help participants identify - and develop solutions for - common difficult situations. 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.	4
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.	4

Managing your risk factors (CS8m)	Identification of personal highest risk factors with specific coping skills to be used and demonstration of competence (self-efficacy) in addressing risks for relapse.	3
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Family program			
	Issues and solutions (<i>risk factors approach</i>)	This workbook addresses specific risk factors and protective factors which can be addressed within the family. It identifies common problems and provides concrete steps toward alternative solutions.	2
	OPTION: Healthy relationships, Healthy boundaries (M2/W2f modified for family use)	Participants will identify: typical boundary issues, warning signs that boundaries need to be set; effects of physical, emotional, sexual and verbal abuse, and drug/alcohol use as a result of boundary violations. Additionally, clients practice assertion messages to be used in setting boundaries for current issues and use practice scenarios for setting boundaries.	3-4
	Problems at home (DP6f)	This short workbook is designed to help clients start to discuss family issues (neglect, abuse, abandonment, or addictions) with program staff.	3-4
	Violence at home (DP5f)	Short workbook helps clients understand family violence and its' consequences. Helps clients identify safe choices and available options.	3

Domestic Violence/Family Violence series (3 short workbooks designed for victims of spousal abuse)

DV1	Family violence # 1: increasing personal awareness	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.
DV2	Family violence #2: becoming less vulnerable to family violence	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.
DV3	Family violence #3: your safety is your business	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.