

TABLES OF CONTENTS

The Table of Contents (TOC) is designed to provide a program overview for each 10-session Unit - and also to serve as the easiest way for the staff to access the resources for each session.

- Unit A is a critical resource in addressing precontemplation and anti-contemplation of change. In addition to the inclusion of key treatment engagement and motivational interviewing (MI) elements, it targets successful management of internal risk factors and difficult symptoms.
- Unit B is also a critical precontemplation and engagement resource, and focuses on identification and successful management of external risk factors and triggers. Highly recommended as a core substance abuse intervention program element.
- Unit C is a core basic program unit which addresses the development of internal strengths and insight, as well as relapse prevention. In addition to key precontemplation and situational confidence elements, it guides participants to explore turning points (preparation/determination stage) and initial action plans.
- Unit D provides a strong risk factors and change-focused approach to relapse prevention. A major emphasis is placed on early warning signs (“red flags”). Comprehensive treatment-focused unit. *New in 2025.*
- Unit E is a targeted relapse prevention CBT change-focused resource addressing the pattern or cycle of thoughts, feelings, and behaviors that have led to substance abuse or relapse, and also guides the development of internal and external protective factors.
- Unit F is a comprehensive resource which guides self-analysis and the development of a plan for personal change. It helps analyze past choices, dysfunctional and functional behavior, substance use/abuse, and similar issues. It includes MI and CBT elements and the inclusion of Situational Confidence Questionnaires (SCQs) in most sessions. They address the most common risk factors for relapse and provide the basis for both group and individual counseling. *New in 2025.*

Typical 10-session group program model

Program Model		Content
Curriculum sequence	Objectives	Typical 10-session unit
Preparation/ Motivation for Treatment, Awareness	Objectives: ● engagement ● awareness/importance ● acceptance ● increase in confidence to try ● readiness to change	3 sessions
Stage of change	Precontemplation	
		
Basic Substance Abuse (or Behavior) Programming	Objectives: ● reduce risk factors ● reduce risk of relapse ● address high internal risk factors ● address high external risk factors ● increase protective factors ● increase insight ● increase readiness to change	4 sessions
Stage of change	Contemplation	
		
Turning Points and Relapse Prevention	Objectives: ● commitment to change ● relapse prevention ● assessment of confidence in handling specific high risk factors ● action planning	3 sessions
Stage of change	Preparation/Determination	
  		
Typical outcomes and goals		
● Avoiding certain kinds of problems ● Quitting the use/abuse of certain drugs or alcohol ● Cutting back on the use/abuse of certain drugs or alcohol ● Making a specific life or lifestyle change ● A great life in recovery ● Avoiding relapse ● Achieving specific positive goals		

Each unit builds from resources which address

- precontemplation of change (engagement, awareness, acceptance)
- contemplation (understanding and insight on the major topic area of that unit)
- the opportunity to identify certain changes (commitment or determinations to change),
- a summary of self-confidence (the Situational Confidence Questionnaire - SCQ) for that unit, and a review or summary for the full 10-session unit.

The elements in each session are shaped to provide 60-minutes of focused program time. And each session includes two to four elements:

- Most sessions include a “Food for Thought” (FFT) element. Typically, this is a 10-12 minute issue-focused resource. They address major issues in addiction or dependencies, and provide much of the insight-oriented material in the model.
- All sessions include a core content and change-focused element. This part of the session is most-often based on CBT and MI. The objectives include increased understanding and insight, and the development of new skills. For example, sessions on external risk factors would include the identification of the specific high risk people, places, things and situations which will continue to be of the highest risk to making and maintain positive changes in their substance use/abuse. Most core elements are shaped for 30-40 minutes.
- Many sessions include “Worksheets.” These are critical summary elements and provide the basis for your making assessment of the degree of change and specific recovery planning. They are an essential component of this program model and are designed to take from 10-20 minutes in those sessions.
- Some sessions are structured to provide opportunities for problem solving or skills practice.

TABLES OF CONTENTS - Co-Ed and General Version (recommended for most programs). These resources are new or revised (2023-2026).

OPEN TO CHANGE UNIT A - Coed Model

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is successful management of internal risk factors and difficult symptoms.

Please note that lessons #7, 8, 9, 10 are very comprehensive. Staff may choose to extend the time available for those lessons.

	Resource	Description
A1	Worksheet: What's the difference?	Guides assessment of the importance of making changes.
	FFT: Chris' choice	Addresses anti-contemplation and resistance.
	Pre6: Introduction to the program	Basic precontemplation resource. Primarily designed to build engagement in the process of change and reduce resistance. Provides introduction to Motivational Interviewing (MI) techniques and tools.
A2	FFT: Hard work	Addresses resistance to change.
	Worksheet: Getting Started	Builds awareness of critical issues and past experiences in addictions or dependencies.
	FFT: I was helpless	Addresses issues of past difficulty in making positive changes. Builds confidence.
A3	FFT: Hitting bottom	Basic Motivational resource. Addresses issues of importance and confidence in making changes.
	Pre4aoda: How important is it to you?	Targets critical issues underlying the need and desire to explore making changes in life or lifestyle. Goal is acceptance of personal responsibility for choices.
A4	FFT: What's normal?	Addresses reluctance and rationalization.
	SD5.4 (gen/aoda): Understanding your dependencies	Examines chronic nature of dependencies, internal risk factors, and assesses frequency, intensity and duration of symptoms.
	FFT: It's often a matter of degree	Addresses reluctance and rationalization.

A5	FFT: Bad days and bad weeks	Addresses reluctance and rationalization.
	SD6.3: Reasons to change	Addresses denial, resistance, other defenses. Raises awareness of consequences of own behavior for self and other. Builds motivation to make personal changes.
	Skills: Thought stopping	Short skill development resource (AODA-specific).
A6	FFT: I quit	Addresses reluctance and rationalization, contemplation stage of change.
	TP9.1: Key risk factors for relapse: Pleasant emotions, part 1	Examines how this risk factor has affected their past decisions, and what role it could play going forward.
		Three (3) short activity elements provide an opportunity for practice and mastery of a range of coping options.
A7	FFT: I got high to feel good	Supports self-evaluation of internal risk factors.
	TP9.2: Key risk factors for relapse: Pleasant emotions, part 2	Examines how this risk factor has affected their past decisions, and what role it could play going forward. Three (3) short activity elements provide an opportunity for practice and mastery of a range of coping options.
	Worksheet: Internal risk factors SCQ	Provides situational confidence (SCQ) element.
	Key skills	Brief overview of three key skills which are useful in any OPEN to Change units. Depending on the sequence of units in your program, this resource may be preview, a review, or an overview.
A8	FFT: Setting yourself up #1	Supports self-evaluation of internal risk factors and recovery.
	TP1: Turning Points	The decision to make a significant change - to move to actually doing something - is often called a turning point. Lesson helps identify turning points, and focuses on making actual changes. Guides transition between the Contemplation Stage of change and the Determination Stage.
A9	TP3: The new reinvented you	Clarifies new goals, assesses strengths and assets, briefly summarizes new external support system, and guides commitment to change. It summarizes with a brief action plan. <i>Intensive lesson.</i>

	Worksheet: Substance abuse self-efficacy scales	Also provides situational confidence (SCQ) element.
A10	FFT: Setting yourself up #2	Supports self-evaluation of internal risk factors and recovery.
	RH16: How are you going to do	Substance abuse/use Situational Confidence (SCQ) and MI resource. Participants assess how confident they are in dealing with the most common and serious risk factors, triggers, or situations they will face going forward. <i>Intensive lesson.</i>
	Unit A Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit A		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. .

OPEN TO CHANGE UNIT B - Coed Model

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is successful management of external risk factors and triggers.

	Resource	Description
B1	FFT: Waiting for the magic wand	Addresses reluctance and rationalization.
	ICD: What is treatment all about?	Engages participants, and explains the treatment process and expectations.
B2	FFT: Labels	Addresses reluctance, resistance, and rationalization.
	Pre 13: It's just like magic	Precontemplation resource. Increases self-awareness and the importance of making changes - and avoiding certain traps in making only a partial commitment to these changes.
	Worksheet - Where do you stand today?	Addresses reluctance and rationalization.
B3	FFT: Famous last words (1,2)	Helps identify how certain kinds of thinking may be barriers or obstacles to change.
	SA5: The warning signs of addiction	Guides the exploration of issues critical to the acceptance of an addiction or dependency issue: tolerance, frequency, intensity and duration of certain behaviors, problems with quitting, guilt, sadness, remorse, relapse, and denial.
	Worksheet - Introduction to risk factors	Supports self-evaluation of risk factors (internal and external).
B4	FFT: Too far gone	Addresses reluctance and resigned precontemplation (confidence).
	SD12 AODA: Knowing your risk factors	Reinforces the identification and influence of key risk factors in their substance use/abuse.
	FFT: Feeling good or feeling better	Supports self-evaluation of internal risk factors.
B5	FFT: I've got to have it now	Explores cravings and the need for instant gratification as risk factors for making bad choices.

	CBT5a.1: Triggers/External risk factors	Helps identify external triggers (specifically high risk people, places, things, and situations). <i>Intensive lesson.</i>
	Worksheet: Take a look at what's going on around you	Supports self-evaluation of current external triggers and external risk factors.
B6	How is this likely to work out? (#3)	Explores the future consequences of certain decisions about substance abuse made today.
	CBT5a.2: Triggers/External risk factors	Helps target external triggers (specifically high risk people, places, things, and situations). <i>Intensive lesson.</i>
	Worksheet: Brief External Risk Factors situational confidence (SCQ)	Provides situational confidence (SCQ) checkpoint.
B7	Activity/skills: Handling difficult situations #4	Supports self-evaluation of key issues in on-going recovery.
	TP2: Drawing a line	Focuses on the actual determination to make a change - and identifying specific behaviors that they have decided never to do again. MI elements assess importance and confidence in making these commitments. Clarifies transition between the Contemplation and the Determination Stages of change. <i>Intensive lesson.</i>
B8	FFT: If you learned	Accepting the seriousness of an addiction or dependency can be hard. This activity helps evaluate their current acceptance of the importance in addressing these issues. <i>Includes MI tools.</i>
	Worksheet: Vulnerability - External risk factors	Provides more detailed situational confidence (SCQ) element.
	RH18: Risk and protective factors summary	Participants summarize their external risk factors and their plans to deal with them effectively. Includes evaluation element, and optional aftercare check-in worksheets. <i>This resource also includes a follow-up resource (which can be used flexibly during an extended outpatient program (EOP), in aftercare, or even as an element of parole or probation supervision.</i>
B9	TP4: Then and now	Examines past relapse experiences to clarify what went wrong and develops of new external protective factors. Includes action plan.
	Activity/skills: Handling difficult situations #2	Supports self-evaluation of key issues in on-going recovery.

B10	FFT: Setting yourself up #3	Supports self-evaluation of internal risk factors and recovery.
	TP6: Making a transition: how are you going to do?	Addresses key areas for problems in maintaining recovery - or in maintaining new life and lifestyle changes. Includes action plan.
	Unit B summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit B		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare.
Supplemental element (optional): Key skills		Brief resource can serve as an introduction or review of three key coping skills, and can be used flexibly. Addresses thought stopping, deep breathing skill, and progressive muscle relaxation.

OPEN TO CHANGE UNIT C - Coed Model

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is development of internal strengths and insight, as well as relapse prevention.

NOTE: The elements in this unit progress from the pre-contemplation stage through contemplation, and ultimately to resources which may help guide participants to explore turning points (preparation and determination stage). Specific elements intended to help develop insight, action plans, and self-evaluation tools are included. As such, the materials in this unit can be extended past the typical one-hour session, or certain resources may be provided as pre-work to be completed before the session.

	Resource	Description
C1	AODA-1: Some of our life's experiences	Identifies specific risk factors - and clarifies current decisions. <i>Major program element.</i>
	FFT: Famous last words #3	Helps identify how certain kinds of thinking may be barriers or obstacles to change.
C2	FFT: Do-over	Engagement resource; addresses reluctance to change.
	SD1aoda Introduction to self-discovery	Starts the process of change though identifying and addressing substance abuse and similar dependencies.
C3	FFT: The \$5,000,000 question	MI awareness resource; addresses reluctance to change.
	SD5.1: Understanding your dependencies	Explains basic criteria for dependencies, Examines critical substance abuse denial issues and helps develop the importance of considering changes.
	Worksheet: How did this become a big problem?	Develops insight: helps participants explore the development of their dependency and clarifies issues with tolerance, withdrawal, and relapse.
C4	FFT: Why should it matter?	Explores early and continuing substance use and abuse. Insight-focused resource.
	SD5.2: Understanding your dependencies	Examines specific areas of participants' alcohol and substance abuse.
C5	FFT: Hurt people hurt people	Helps develop insight into their life experiences, and their past and current behavior.

	Worksheet: Multiple dependencies	Most people with one area of dependency have at least one similar pattern of thinking or behavior. In many cases, this includes multiple substance and behaviors. In the process of abstaining from one behavior, there still may remain a risk for replacing that behavior with another (i.e. a person quitting smoking may engage in unhealthy eating habits). This worksheet guides the identification of areas of dependency and compulsive behavior.
	FFT: The “functional alcoholic”	MI awareness and acceptance resource; addresses reluctance and rationalization.
	FFT: Famous last words #4 (optional)	Helps identify how certain kinds of thinking may be barriers or obstacles to change.
C6	FFT: Setting yourself up #4 GS-FFT: Setting yourself up #1	Helps identify relapse issues.
	AODA-2 Addictions and Choices	Introductory workbook clarifies the nature of addictions, including issues of tolerance, withdrawal and relapse. Addresses issues including areas of additional dependencies. Explores current status of importance, confidence, and readiness to cut down or actually stop use/abuse of substances. Identifies some available areas of support and basic coping or self-management options..
C7	Worksheet - Small problems add up	Assesses the weight of current issues and stressors as contributing factors to poor decisions - or relapse.
	SD6.2: Reasons to change	Supports the process of change though identifying and addressing selected costs and consequences of substance abuse and similar dependencies.
	RH43 When a slip becomes a fall	This resource explores the Abstinence Violation Effect (originally developed in the 1980s by Marlatt and Gordon). When a minor lapse occurs, it can easily lead to a full-blown relapse. Workbook provides guidance in handling these issues.
C8	TP7/RH30: I can’t ever do that again	Lesson goal is the decision to make the actual commitment to stop the problem behavior (drugs, alcohol, violence, etc).
	Worksheet: Buffers	Identifies specific protective factors (people, places, things, and situations, as well as internal protective factors.).
	FFT: Setting yourself up #5	Supports self-evaluation of internal risk factors and recovery.

C9	TP23: Where are you setting yourself up?	Comprehensive lesson for reducing vulnerability to making bad decisions. Includes 30-item checklist, self-assessment tools, and action plan.
	Worksheet: Substance abuse abstinence risk checklist	Substance abuse abstinence risk checklist; assesses situational confidence to sustaining recovery.
	Worksheet: Goal setting activity	Relapse prevention action plan.
C10	TP5: Substance abuse program summary	Reviews and summarizes crucial recovery elements: identifies where they have committed to change, summarizes internal and external risk factors, substance abuse history, importance of change, and confidence in new choices. <u>Key summary element.</u> <i>NOTE: This is an important resource, and may benefit from additional time. Program staff may elect to provide extra session time, or assign this to be done as pre-work before the session.</i>
	FFT: Re-start	Evaluates issues in making lifestyle - and life - changes.

SUPPLEMENTAL OPTIONAL RESOURCE	
Worksheet: Substance Abuse (AODA) Review <i>(also useful as a pre/post-test tool)</i>	Provides pre-post or summary element. Short assessment of importance, confidence, and readiness to change substance abuse.
Checkpoint after Unit C	Review and evaluate resource TP5 (above). Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare.

OPEN TO CHANGE UNIT D - Coed Model

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. **NOTE: this is the most intensive treatment-focused unit**

This unit provides a risk factors approach to relapse prevention. It focuses primarily on the most common internal risk factors, but also identifies early warning signs (“red flags”) that their thinking may be drawing them closer to their highest external risk factors (high risk people, places, things, and situations). The final elements provide a working model for building on their internal protective factors and making specific changes.

Include for staff: Overview - RF Overview (client and counselor elements)

	Resource	Description
D1	Self-assessment -1	MI awareness resource; addresses reluctance to change.
	Is it an addiction - 3	Substance abuse awareness resource; also addresses reluctance to change.
	Introduction to red flags -7	Identifies early warning signs (“red flags”) that their thinking may be drawing them closer to relapse.
D2	FFT: The Program -1	Awareness resource; addresses reluctance to change.
	External Risk factors -5	Helps assess and guide awareness and management of external risk factors for relapse.
	Internal risk factors -5	Helps assess and guide awareness and management of internal risk factors for relapse.
D3	Feelings as red flags, part #2 -2	Identifies the feelings which have been most problematic in the past (frequency and difficulty in handling them) as likely future issues. Clarifies those as early warning signs of risks for their continued recovery. Brief action plan and confidence assessment.
	Symptoms -2	Identifies and assesses specific symptoms as highest risk factors.
	Cravings -2	Cravings can be a major risk factor for people in recovery. Brief resource clarifies current status of cravings and assesses confidence in handling them.
	Insight worksheet- 1	Optional worksheet summarizes the most important relapse prevention insight from the previous three resources.
D4	AODA self-efficacy scales - 1	Likert scales assess confidence in handling recent, current, and likely future recovery risk areas.
	Triggers -8	Comprehensive resource addresses internal and external triggers, and guides assessment of those as helpful red flags to relapse prevention risks.
	The 3 skills page - (1pp)	OPTIONAL
D5	Worksheet - The last time - 2	Reviews the situation, thoughts and feelings in the last time they used. Assesses current motivation.

	Risky or Dysfunctional Thinking -3	Targets specific thoughts that are part of their substance abuse patterns. Assesses the most common, the most series, and the most difficult for them to handle.
	Worksheet - Risk factors for relapse	Comprehensive worksheet assesses more than 40 risk areas. Helps evaluate confidence in using specific coping strategies and coping skills.
D6	Progressions and Patterns - 4	Addresses the progressive nature of addictions, and includes elements addressing tolerance, withdrawal, and relapse. Important self-evaluation resource.
	Patterns #1 - 4	Identifies specific patterns or cycles in their past substance use and abuse, and dependency/. Important resource.
	Insight worksheet- 1	optional.
D7	FFT A high risk time for relapse 1	Identifies specific time frames and anniversaries where risk of relapse may be higher.
	Patterns #2 -7	Comprehensive resource identifies and addresses both external and internal risk factors that have been common elements n their past substance use, abuse, and dependence.
	FFT Hurting -4	Awareness resource; provides understanding of thinking (trauma-informed resource).
D8	FFT - Vulnerability -3	Falling back into old ways is a major relapse risk factor. This activity examines some of the typical issues, and explores options - both immediate, and going forward.
	Insight for your recovery #1 (5 pp)	Important resource helps examine the underlying issues in past use, abuse and dependency.
D9	Things can go wrong -7	Key resource explores situations where early warning signs (red flags) were missed in the past, and the consequences.
	Confidence -3	Useful tools examines their confidence in maintaining their recovery for one week, one month, and three months going forward. Additional tools help assess the degrees of difficulty, temptation, and commitment - and the importance of maintaining that commitment, A final set of tools helps evaluate their external protective factors and safety net. they
D10	What puts you at risk? (10pp)	Comprehensive summary element assesses their past risk factors and the coincidence in handling them going forward. .Includes insight questions and action plans.
	Action plan-3	OPTIONAL summary action plan for this unit.

OPEN TO CHANGE UNIT E - Coed Model

Relapse Prevention

This unit provides a change-focused approach to relapse prevention. It targets the most common internal risk factors (lapses), external risk factors (identifying and avoiding their specific high risk people, places, things, and situations), and the development of internal and external protective factors (safety nets).

This resource includes multiple tools for self-evaluation. It is also a flexible resource for use in inpatient/residential, outpatient, IOP, EOPS, and aftercare settings.

	Resource	Description
E1	FFT - Some time to think	Awareness and acceptance resource; change-focus.
	SD7a AODA Model - My life so far	Comprehensive substance use/abuse self-evaluation. Awareness resource; provides understanding of risk factors from past experiences. <i>Includes two (2) optional appendices.</i>
	Worksheet: Substance Use Self-monitoring log	Optional. Documents weekly substance use (or abstinence) and analyzes internal and external risk factors. May be assigned more than once during this unit, as time allows. It is recommended to be assigned again in Lessons #5 and #9, and reviewed in the following sessions.
E2	FFT - How is this likely to work out? #3	Awareness resource; addresses reluctance to change.
	Worksheet: Relapse Prevention and Recovery Checklist	Key resource: assesses state of current recovery, degree of confidence in avoiding relapse, areas of recent temptation and assessment of temptations and cravings going forward. Asks participant to evaluate their commitment to the work of on-going recovery. Guides assessment of the state key protective factors, including how they are utilizing their safety net of counselors, programs and safe and supportive friends.
	Worksheet - How have things worked in the past?	Analysis of successes - and failures - in the past (contemplation and early preparation stage).
E3	RH5.1 - If you lapse	Provides information and understanding of personal internal risk factors leading to lapse or relapse.
	Relapse prevention activity (RH5 cards - set #1)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	Worksheet - Substance abuse assessment	MI substance abuse motivation awareness resource.

E4	RH5.2- If you lapse	Develops further understanding and acceptance of personal internal risk factors leading to lapse or relapse.
	Relapse prevention activity (RH5 cards - set #2)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	Worksheets - External Risk factors summary activity & Internal risk factors brief confidence assessment (2 parts)	Evaluates personal internal and external risk factors. (2 parts, optional)
	Worksheet - Turning points scaling activity	Short analysis of specific aspects of preparation/determination to change.
E5	Worksheet - What's different now?	Analysis of elements of personal change (contemplation or preparation/determination stage resource).
	RH5.3 - If you lapse	Develops plan for success in managing personal internal risk factors leading to lapse or relapse.
	Relapse prevention activity (RH5 cards - set #3)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	Worksheet - Going forward: triggers and risk factors	Evaluates the linkage between selected triggers and internal risk factors for relapse.
	Worksheet: Review of self-monitoring log	Optional review of self-monitoring log - provided with lesson E1.
E6	RH5.4 - If you lapse RH5.5 - If you lapse	Provides formal plan to manage personal internal risk factors leading to lapse or relapse.
	Relapse prevention activity (RH5 cards - set #4)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
E7	Relapse prevention activity (RH5 cards - set #5)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	RH7.1 - Avoiding the negative RH7.2 - Avoiding the negative	Key resource in avoiding high external risk factors (people, places, things, and situations).
E8	RH7.3 - Avoiding the negative	Key resource in avoiding high external risk factors (people, places, things, and situations).
	Worksheet - How do you think you have changed?	Helps assess progress in making critical life changes, including recovery.
E9	RH12.1 - Safety nets	Key resource in developing external protective factors (personal safety net) - includes analysis of specific action plan for relapse prevention.

	Worksheet - Substance abuse abstinence self-efficacy scales	Assesses current level of confidence at handling specific problem situations and risk factors. <i>This resource is also included in OPEN to Change Unit C as a helpful self-evaluation relapse prevention element.</i>
	Worksheet: Review of self-monitoring log	Optional review of self-monitoring log - provided with lesson E1.
E10 *	RH12.2 - Safety nets	Key resource in developing external protective factors (personal safety net) - includes analysis of specific action plan for relapse prevention.
	Worksheet - Action plan: Going forward from here	Develops personal action plan. <i>(Optional resource, also appropriate for 1:1 session)</i>
	Summary activity - Unit E	Summary of understanding and insight in key elements in this unit.

* Note: this is a comprehensive lesson and may be extended beyond a single program session.

OPEN TO CHANGE UNIT F(a) - Coed Model

Core **relapse prevention** and change-focused program. Comprehensive resource guides self-analysis and the development of a plan for personal change. It helps analyze past choices, dysfunctional and functional behavior, substance use/abuse, and similar issues. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net.

A new element in this unit is the inclusion of Situational Confidence Questionnaires (SCQs) in most lessons. They address the most common risk factors for relapse and provide the basis for both group and individual counseling. This is a comprehensive unit, and program staff may choose to extend the sessions or adapt their program timing to take full advantage of these resources.

	Resource	Description
F1	Confidence Assessment Pre/Post	Pre/Post tool provides a comprehensive assessment of their current recovery. It includes multiple tools for self-assessment, including MI-based tools on the importance and confidence of making changes in their substance use or abuse.
	SD12.1 : Key elements of change Pre3c: Life goals and life dreams (gen)	This workbook guides self-analysis and the development of a plan for personal change. It helps analyze past choices, dysfunctional and functional behavior, substance use/abuse, and similar issues. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net. The final element (Life goals and life dreams engagement activity) helps establish a foundation for subsequent Motivational Interviewing (MI) Change Talk.
	Introduction to thought stopping and the Stop-Think-Act Model	Introduces a key self-management skill. <i>Note: a brief summary of three key skills is also provided here as an option for the group leader.</i>
	Self-assessment: substance abuse	OPTIONAL: This resource may be used as an <u>alternative</u> to the Confidence Assessment (above).
F2	SD12.2 : Key elements of change	See SD12 (above).
	Worksheet SCQ #1 - Risk factors assessment: External risk factors (specific people, places, things and situations)	Each individual's biggest relapse challenges typically come from a specific type of high risk situation. Individually we are each likely to be more vulnerable to certain ones. This resource helps identify - and prepare for - the most critical ones. This resource also provides an opportunity to assess their level of confidence versus their highest specific risk factors.

	Introduction to Muscle Relaxation (coping skill)	Introduces a key self-management skill. <i>Note: a brief summary of three key skills is also provided here as an option for the group leader.</i>
F3	SD12.3 : Key elements of change	As above.
	Worksheet SCQ #3 - Risk factors assessment: Stress, tension, or anxiety from difficult interpersonal situations	SCQ risk factors worksheet (as above)
	Motivational Interviewing Toolkit (Includes support materials)	● The full MI Toolkit ● MI Toolkit explanation - for staff ● Separate document with substance abuse (AODA) Importance, Confidence, and Readiness Rulers. Suggestions for use: The purpose of these questions is to see how important the problem behavior is to the participant, how confident they are in their ability to change, and how ready they are to try and make that change. Scaling questions help counselors quickly identify the most important areas for work, as well as a way to check-in with the participant and see where they are at in terms of stages of change and readiness to make an attempt to change. An example of a scaling question a counselor can use is, "On a scale of 1 to 10, with 1 being not important at all and 10 being very important, how important to you is making a change in your behavior?" <u>Example Dialog</u> Counselor: "I see you have chosen a 2, and you don't feel that confident you can make the change. But why did you choose a 2 and not a 1 or 0, you must feel there is some chance there?" or "You chose an 8, in that this is very important for you to change, which is great. What do you think could help make this a 9 or even a 10?"
	Introduces the Deep Breathing skill (coping skill)	Introduces a key self-management skill. <i>Note: a brief summary of three key skills is also provided here as an option for the group leader.</i>
F4	SD12.4 : Key elements of change	As above.

	Worksheet SCQ #6 - Risk factors assessment: Handling positive or pleasurable emotions Assessing current frequency, intensity and duration of specific feelings or symptoms	SCQ risk factors worksheet (as above)
	Activity - A practical question #5	Problem scenario (includes skills practice option).
F5	Worksheet SCQ #7 - Feelings and symptoms as critical risk factors in relapse prevention	SCQ risk factors worksheet (as above)
	Worksheet SCQ #2 - Risk factors assessment: Handling difficult feelings stemming from job or work situations <i>(optional use, depending on the program)</i>	As above.
	Activity - A practical question #10	Problem scenario (includes skills practice option).
F6	SD12.5 : Key elements of change	As above.
	Worksheet SCQ #9 - Risk factors assessment: Dealing with physical pain or discomfort	SCQ risk factors worksheet (as above)
	TPI4.2 Dealing with discomfort from withdrawal (optional)	(optional resource, at the judgement of the group leader)
	Activity - A practical question #4	Problem scenario (includes skills practice option).
F7	SD12.6 : Key elements of change	As above.

	Worksheet SCQ #7 - Risk factors assessment: Challenges in handling positive or pleasurable social occasions or situations	SCQ risk factors worksheet (as above)
	Activity - A practical question #2	Problem scenario.
	Worksheet: Change Talk #3	Short worksheet which uses a set of statements common to people in the early-to-mid stages of change. Ideally, participants will notice the change-focus and use this exercise, and group discussion, to evaluate their own thinking.
F8	SDI2.7 : Key elements of change	As above.
	Worksheet SCQ #8 Risk factors assessment: Dealing with urges, cravings, and temptations	SCQ risk factors worksheet (as above)
	Activity - A practical question #1	Problem scenario (includes skills practice option).
	Brief coping skills review sheet	The brief summary of three key skills is provided here as an <u>option</u> for review or practice..
F9	SDI2.8 : Key elements of change	As above.
	Worksheet SCQ #11 - Risk factors assessment: Setting yourself up	SCQ risk factors worksheet (as above)
	Activity - A practical question #6	Problem scenario.
F10 *	Worksheet SCQ #10 - Risk factors assessment: Testing your recovery and self-control	SCQ risk factors worksheet (as above)
	Worksheet - Vulnerability (risk factors) assessment	Assesses seriousness of the critical risk factors issues addressed in this unit, and their confidence in handling these important relapse/recovery areas.

	Confidence pre-post assessment,	Also included in lesson F1. Comprehensive recovery self-assessment.
	Worksheet SCQ #4 - Risk factors assessment: Problem at home (optional)	SCQ risk factors worksheet (as above). <i>Optional - may be set aside if used in certain residential or correctional settings.</i>
	Unit Summary	Summarizes the preceding unit of 10 sessions. <i>(important)</i>
Checkpoint after Unit F		Assess participation, motivation, understanding, insight. Evaluate and summary confidence worksheets documentation noted above in lessons #9 and 10.

* Lesson 10 includes multiple summary tools and worksheets. Staff may choose to spend additional time on these elements.