

**NEW YORK STATE DOCCS 180 HOUR OPEN GROUP
ALTERNATIVE TO PAROLE VIOLATION/ REVOCATION PROGRAM MODEL**

Program features

- 60 three-hour sessions, divided into six (6) units
- Each unit provides resources for ten (10) three-hour group sessions
- The overriding theme throughout the curriculum is “What went wrong?” Participants will examine the events that led to their referral, their poor decision-making, their ability to handle temptations and risk factors, their difficulties in complying with parole requirements and supervision, and more
- Each unit is constructed around a key theme relating to these issues
- The program model is designed for open admissions. New members may join at any time, and will be able to utilize the same materials as others in the program

The units are designed to be assigned flexibly - they may be used in any order. Each unit includes:

- 1 Pre-contemplation elements (targeting key reasons for pre-contemplation and lack of success in handling the transition or parole responsibilities).
- 2 Core workbook-based self-study elements. Many are from our Relapse Intervention (RI) series or similar elements from the New Freedom workbook resources, including multiple elements from our evidence-based OpenTo Change (CBT) substance abuse program.
- 3 Two kinds of brief opening elements– *Why Am I Here* (probing the specific reasons their parole violations occurred) and *A Mindfulness Moment* (a brief Mindfulness exercise).
- 4 Focus elements - turning points (determination and commitment) resources.
- 5 Summary activity at the end of each week. This typically includes specific worksheets and situational confidence activities, as well as an assessment of confidence in handling the highest risk factors.

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| Unit #1 Week #1 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RH Lesson: RH5.1 - Your first few days, part 1 | RH Lesson: RH5.2 - Your first few days, part 2 RI1 - practice elements | RH Lesson: RH5.3 - Your first few days, part 3 RI1 - practice elements | RH Lesson: RH5.4 - Your first few days, part 4 RI1 - practice elements | RH Lesson: RH5.5 - Your first few days, part 5 RI1 - practice elements |
| | Open to Change A.1 | Open to Change A.2 | Open to Change A.3 | Open to Change A.4 | Open to Change A.5 |
| | Lesson: CC4 - Trust and distrust Coping skill introduction (STA) Problem solving practice | Lesson: CC6 - I have my reasons Problem solving practice | Activities (set of 3): A Practical Question #1 | Activities (set of 3): People problems #2 | Activities (set of 2): Trigger events #5 Worksheet (transition) |
| Unit #1 Week #2 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RI Lesson: RI3.1 - How did you deal with your feelings, part 1 | RI Lesson RI3.2 - How did you deal with your feelings, part 2 | RI Lesson RI3.3 - How did you deal with your feelings, part 3 | RI Lesson RI24.1 - Getting close to getting out, part 1 | RI Lesson RI24.2 - Getting close to getting out, part 2 |
| | Open to Change A.6 | Open to Change A.7 | Open to Change A.8 | Open to Change A.9 | Open to Change A.10 |
| | Lesson: RH19a - Getting ready Coping skill introduction (breathing skill) Problem solving practice | Lesson: TT - Introduction to Stress Management Worksheet (transition) | Activities (set of 3): Common problems #1 | Lesson: TT - What is Stress Doing to You? Food for thought (2) | Activities (set of 2): How are you going to do #2 Summary worksheet |

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| Unit #2 Week #1 | Why am I here? RI Lesson RI10.1 - Avoiding trouble, part 1 | Mindfulness Moment RI Lesson RI10.2 - Avoiding trouble, part 2 | Mindfulness Moment RI Lesson RI10.3 - Avoiding trouble, part 3 | Mindfulness Moment RI Lesson RI4.1 - Facing your responsibilities part 1 | Mindfulness Moment RI Lesson RI4.2 - Facing your responsibilities part 2 |
| | Open to Change B.1 | Open to Change B.2 | Open to Change B.3 | Open to Change B.4 | Open to Change B.5 |
| | Lesson: RI33 - Reducing your risk, Part 1 Coping skill introduction (STA) Problem solving practice | RI33 - Reducing your risk, Part 2 Problem solving practice | Activities (set of 3): How are you going to do #1 | Activities (set of 3): Common problems #2 | Activities (set of 2): How is this likely #3 Worksheet (transition) |
| Unit #2 Week #2 | Why am I here? RI Lesson RI4.3 - Facing your responsibilities part 3 | Mindfulness Moment RI Lesson RI4.4 - Facing your responsibilities part 4 | Mindfulness Moment RI Lesson Ri26.1 - Self-efficacy and Problem solving, part 1 (heavy lesson) | Mindfulness Moment RI Lesson RI Lesson Ri26.2 - Self-efficacy and Problem solving part 2 (heavy lesson) | Mindfulness Moment RI Lesson RI Lesson Ri26.3 - Self-efficacy and Problem solving part 3 (heavy lesson) |
| | Open to Change B.6 | Open to Change B.7 | Open to Change B.8 | Open to Change B.9 | Open to Change B.10 |
| | Lesson: TT - What's happened to you? Coping skill introduction (breathing skill) Problem solving practice | Lesson: TT - What pushes your buttons? Worksheet (transition) | Activities (set of 3): Trigger events #1 | Lesson: TT - How have you "coped" in the past? Food for thought (2) | Activities (set of 2): Difficult situations #3 Summary worksheet |

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| Unit #3 Week #1 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RH Lesson RH 9.1 Avoiding problems with authority, part 1 | RI Lesson RH 9.2 Avoiding problems with authority, part 2 | RI Lesson RH 9.3 Avoiding problems with authority, part 3 | RH Lesson, RH11 Handling tough situations (action maze) | RH Lesson RH22.1 - Making long-term changes, part 1 |
| | Open to Change A.1 | Open to Change A.2 | Open to Change A.3 | Open to Change A.4 | Open to Change A.5 |
| | Lesson: RI24 - Getting close to getting out, part 1 Coping skill introduction (STA) Problem solving practice | Lesson: RI24 - Getting close to getting out, part 2 Problem solving practice | Activities (set of 3): A practical question #2 | Activities (set of 3): Common problems #3 | Activities (set of 2): Trigger events #4 Worksheet (transition) |
| Unit #3 Week #2 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RI Lesson RH22.2 - Making long-term changes, part 2 | RI Lesson RH22.3 -, Making long-term changes, part 3 | RI Lesson RH22.4 - Making long-term changes, part 4 | RI Lesson RH22.4, Making long-term changes, part 4 | RI Lesson PT8 - Review of relapse prevention plans |
| | Open to Change C.6 | Open to Change C.7 | Open to Change C.8 | Open to Change C.9 | Open to Change C.10 |
| | Lesson: TP15- The future Coping skill introduction (breathing skill) Problem solving practice | Lesson: TT - How am I doing today? Worksheet (transition) | Activities (set of 3): Problem behaviors #2 | Lesson: LT - Identifying your needs and wants: for happiness, contentment, and comfort Worksheet (transition) | Activities (set of 2): Difficult situations #2 Summary worksheet |

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| Unit #4 Week #1 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RI Lesson RI2.1 - Dealing with people in new ways, part 1 | RI Lesson RI2.2 - Dealing with people in new ways, part 2 | RI Lesson RI2.3 - Dealing with people in new ways, part 3 | RI Lesson RI2.4 - Dealing with people in new ways, part 4 | RI Lesson RI2.5 - Dealing with people in new ways, part 5 |
| | Open to Change D.1 | Open to Change D.2 | Open to Change D.3 | Open to Change D.4 | Open to Change D.5 |
| | Lesson: M2 - Healthy relationships and healthy boundaries, part 1 | Lesson: M2 - Healthy relationships and healthy boundaries, part 2 | Lesson: M2 - Healthy relationships and healthy boundaries, part 3 | Lesson: M2 - Healthy relationships and healthy boundaries, part 4 | Lesson: M2 - Healthy relationships and healthy boundaries, part 5 |
| | Coping skill introduction (STA) | Problem solving practice | Problem solving practice | Problem solving practice | Problem solving practice |
| | Problem solving practice | | | | |
| Unit #4 Week #2 | Why am I here? | Mindfulness Moment | Lesson TP 10 - Key risk factors, Social tension (full lesson includes three activities) | Mindfulness Moment | Mindfulness Moment |
| | Lesson TP11 - Key risk factors, social problems | Lesson TP12 - Key risk factors, problems at home | | RI Lesson RI19 - How are things at home? | Lesson TP20 - Burning your bridges |
| | Open to Change D.6 | Open to Change D.7 | Open to Change D.8 | Open to Change D.9 | Open to Change D.10 |
| | Activities (set of 3): Common problems #5 | Activities (set of 2): People problems #3 | Lesson: TT - Having a backup plan | Activities (set of 3): How is this likely #1 | Activities (set of 2): Problem behaviors #4 |
| | Coping skill introduction (breathing skill) | Worksheet (transition) | Food for thought (2) | | Summary worksheet |

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| Unit #5 Week #1 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RI Lesson RI38.1 - What happened, part 1 | RI Lesson RI38.2 - What happened, part 2 | RI Lesson RI12.1 - Identifying and addressing your highest risks, part 1 | RI Lesson RI12.2 - Identifying and addressing your highest risks, part 2 | RI Lesson RI12.3 - Identifying and addressing your highest risks, part 3 |
| | Open to Change E.1 | Open to Change E.2 | Open to Change E.3 | Open to Change E.4 | Open to Change E.5 |
| | Lesson: CC2 - What does your future look like?, part 1 Coping skill introduction (STA) Problem solving practice | Lesson: CC2 - What does your future look like?, part 2 Problem solving practice | Activities (set of 3): A practical question #3 | Activities (set of 3): Problem behaviors #3 | Activities (set of 3): Difficult situations #1 |
| Unit #5 Week #2 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RI Lesson RI12.4 - Identifying and addressing your highest risks, part 4 | RI Lesson RI12.5 - Identifying and addressing your highest risks, part 5 | RI Lesson RI13.1 - Handling problem feelings, part 1 | RI Lesson RI13.2 - Handling problem feelings, part 2 | RI Lesson RI13.3 - Handling problem feelings, part 3 |
| | Open to Change E.6 | Open to Change E.7 | Open to Change E.8 | Open to Change E.9 | Open to Change E.10 |
| | Lesson: RH28 - Accept this help? Coping skill introduction (breathing skill) | Lesson: TT - Making use of community resources External Worksheet (transition) | Activities (set of 3): Common problems #4 | Lesson: TT - External supports Food for thought (2) | Activities (set of 2): How is this likely #2 Summary worksheet |

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| Unit #6 Week #1 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RI Lesson RI17.1 - Let's talk about feelings, part 1 | RI Lesson RI17.2 - Let's talk about feelings, part 2 | RI Lesson RI17.3 - Let's talk about feelings, part 3 | RI Lesson RI6.1 - Making positive steps, part 1 | RI Lesson RI6.2 - Making positive steps, part 2 |
| | Open to Change F.1 | Open to Change F.2 | Open to Change F.3 | Open to Change F.4 | Open to Change F.5 |
| | Lesson: CC11 - Why am I thinking about changing? Coping skill introduction (STA) Problem solving practice | Activities (set of 3): Trigger events #2 | Activities (set of 3): People problems #1 | Lesson: How to be good to yourself Worksheet (transition) | Activities (set of 3): Problem behaviors #1 |
| Unit #6 Week #2 | Why am I here? | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment | Mindfulness Moment |
| | RI Lesson RI6.3 - Making positive steps, part 3 | RI Lesson RI6.4 - Making positive steps, part 4 | Lesson TP8.1 - Resilience, part 1 | Lesson TP8.2 - Resilience, part 2 | RI Lesson RI35 - Keeping your focus on what's important |
| | Open to Change F.6 | Open to Change F.7 | Open to Change F.8 | Open to Change F.9 | Open to Change F.10 |
| | Lesson: TP 16 - I can do this! Coping skill introduction (breathing skill) Problem solving practice | Lesson: TT - Get yourself together Food for thought (2) | Activities (set of 3): Common problems #6 | Lesson: LT - Adding balance to your life with new activities Worksheet (transition) | Activities (set of 2): A practical question #4 Summary worksheet |

End of program summary activity:

- **RH 18 - Preparation for program completion (critical summary resource)**
- **RH 16 - How are you going to do (critical situational confidence resource)**