

Program features

- 45-day program, divided into six (6) units
- Each unit provides sufficient resources for one week (8 classes) and independent work.
- Each session has been designed for one hour - but can readily accommodate 45-minute sessions as needed.
- Each session includes suggested resources for homework. However, when sessions are assigned back-to-back on the same day - and no time for homework is available - the model provides some flexibility.
- 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

Program units (may be used in any order):

- External risk factors
- Relationships (as risk factors)
- Getting it together
- Substance use and abuse
- Internal risk factors
- Better decision making

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 from the *Women's Issues (W)* series and gender-specific versions of the *Relapse Intervention (RI)* series or similar elements.
- 3 Discussion elements including *Food for Thought Mindfulness Moments*, and *Back Again*, targeted to specific issues.
- 4 Activities, including scenario-based resources (*A Practical Question*, *How Is This Likely To Work Out*, *Problem Behaviors*), role-play cards, and worksheets
- 5 Focus elements - turning points (determination and commitment) resources. Includes action plan for change
- 6 Summary activities including specific worksheets and situational confidence activities, as well as an assessment of confidence in handling the highest risk factors.
- 7 Session Guides that detail the resources for each Session in each Unit.

How the materials are organized for you

- Units are organized into folders/directories
- Within each Unit folder are folders for each of the 8 sessions
- Resources and the Session Guide are contained in each session folder
- Homework material is repeated. For example, the homework material to be assigned to participants in Unit 1 Session 1 appears in the Session 1 folder, and the same material appears again for facilitator reference in the Session 2 folder when the homework assignment will be reviewed.
- Optional resources appear in each Unit folder. These resources provide you flexibility in how you facilitate the groups. For example, if you anticipate a session might run short, you could augment the session with the optional material.

Best Practices

- ▶ Certain group sessions may be scheduled for less than one hour. In that case, we suggest omitting the “Activity” portion. The materials listed for that session element may, however, be used at other times during the program week.
- ▶ The schedule may not allow for homework to be done between certain sessions. This can happen if more than one session is scheduled for a given day. In that case, the materials will need to be covered in the class/group session. One option is to focus the full session on the Core Element.
- ▶ It is vital that all materials be thoroughly reviewed before assigning or using them in the group session. You will have to plan the timing of the session based on the specific scheduling at the facility.
- ▶ Homework should be thoroughly explained– we recommend you review each session’s homework materials ahead of time so that you can walk participants through it when you introduce the homework assignment.
- ▶ A variety of helpful tools and extras accompany the program.
- ▶ Discussion resources and scenarios enliven the program and provide participants many opportunities to express themselves. A frank and open discussion should always be encouraged (within the context of group and facility rules). The one caution is that it is easy to get off-task with interesting discussions. There is a good amount of materials to be covered in this program, so you must be particularly mindful of running out of time in a given session.

Unit #1: External Risk Factors

	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
Introductory Element	Mindfulness moment	FFT - The \$5,000,000 question	FFT - Hard to say no	Mindfulness moment	FFT - Introduction to Risk Factors	Mindfulness moment	Mindfulness moment	FFT - Makayla
	Back again			Back again		Back again	Back again	Back again
Core Element	Pre16c Being locked up right now	RH2.1 Dealing with people in new ways	RH2.2 Dealing with people in new ways	RH-2-1 Dealing with people in new ways (cards)	RH-2.2 Dealing with people in new ways (cards)	TP4 Then and now	TP2 Drawing a line	RI-36 Preparation
Homework review	n/a							
Activity	How is this likely to work out#4	Activity - Practical question#1	RH-2 card (practice for homework - example)			How is this likely to work out #6	Activity - Practical question #2	Activity - Problem Behavior 1 MI-assessment tool
Homework assignment (when possible)	RH2.1 Dealing with people in new ways	RH2.2 Dealing with people in new ways	RH-2.1 Dealing with people in new ways (cards) <i>Special homework</i>	RH-2.2 Dealing with people in new ways (cards) <i>Special homework</i>	TP4 Then and now	TP2 Drawing a line	RI-36 Preparation (homework needs explanation)	W2.1 Healthy relationships and healthy boundaries (if assigned)

Optional Resource	RI-29 Relapse Intervention Issues for Women
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Unit #2 Relationships (as risk factors)

	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
Introductory Element	FFT - The revolving door	Back again	FFT - Hurt people hurt people	Back again	W2 cards (from homework)	Back again	Back again	FFT - Hurting people
Core Element	Pre9a - A starting point	W2.2 Healthy relationships and healthy boundaries	W2.3 Healthy relationships and healthy boundaries	W2.4 Healthy relationships and healthy boundaries	W2.5 Healthy relationships and healthy boundaries	W10 Relationships and Friendships	TP20 - Burning your bridges	Worksheet: Relationships SCQ
Homework review	W2.1 Healthy relationships and healthy boundaries (if assigned)							
Activity	Worksheet - Relationships (a quick checklist)	Worksheet - Family life scales	Activity - How is this likely to work out - 7	A practical question: #4	W2 cards (from homework)	Worksheet - Buffers	W2 Cards	W2 cards MI-assessment tool
Homework assignment (when possible)	W2.2 Healthy relationships and healthy boundaries	W2.3 Healthy relationships and healthy boundaries	W2.4 Healthy relationships and healthy boundaries	W2 Cards <i>Special homework</i>	W10 Relationships and Friendships	TP20 - Burning your bridges	Worksheet - Relationships SCQ	RI-4.1 - Facing your responsibilities
Optional Resource	W7 Avoiding your old relationships traps							

Unit #3 Getting it together

	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
Introductory Element	Pre4 What's important to you?	FFT - I shouldn't be here	FFT - Getting into problems (by accident)	Back again	Mindfulness moment	FFT - A'isha and the right call	Mindfulness moment	Mindfulness moment
					Back again			Back again
Core Element	RI-4.1 Facing your responsibilities	RI-4.2 Facing your responsibilities	RI-4.3 Facing your responsibilities	RI-16.1 Coping skills for emergencies	RI-16.2 Coping skills for emergencies	RI-16.3 Coping skills for emergencies skills practice	TPI Turning Points	TP6 Making a transition
Homework review								
Activity		Practical question#6; Practical question#10	Back again	How is this likely to work out #2		Worksheet - Connections	How is this likely to work out #5	Problem Behavior #3 MI-assessment tool
Homework assignment (when possible)	RI-4.2 Facing your responsibilities	RI-4.3 Facing your responsibilities	RI-16.1 Coping skills for emergencies	RI-16.2 Coping skills for emergencies	RI-16.3 Coping skills for emergencies skills practice	TPI Turning Points	TP6 Making a transition	WI.1 Especially for women

Optional Resource	SP2 Getting it right this time
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Unit #4 - Substance use and abuse

	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
Introductory Element	Pre13 It's just like magic	Mindfulness moment	Mindfulness moment	Mindfulness moment	Back again	Back again	Mindfulness moment	Back again
Core Element	W1.1 Especially for women	W1.2 Especially for women	W1.3 Especially for women	W1.4 Especially for women	RH5.1 If you lapse	RH5.2 If you lapse	RH5.3 If you lapse	TP7 I can't ever do that again
Homework review								
Activity		Back again	RH-RI Activity #7	Back again	RH5 If you lapse - cards	RI-5 If you lapse - cards	RI-5 If you lapse - cards	RI-5 If you lapse - cards MI-assessment tool
Homework assignment (when possible)	W1.2 Especially for women	W1.3 Especially for women	W1.4 Especially for women	RH5.1 If you lapse	RH5.2 If you lapse	RH5.3 If you lapse	TP7 I can't ever do that again	SD2.1 What went wrong?

Optional Resource	SD7b Costs and consequences Worksheet - How do you think you have changed? Worksheet - Goal setting activity TP5 - Substance abuse summary (<i>valuable summary resource</i>)
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Unit #5 Internal risk factors

	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
Introductory Element	Back again	Back again	FFT - Back again	Mindfulness moment	FFT - Tough Feelings (CF3.5)	Mindfulness moment	Mindfulness moment	FFT - What's the difference?
Core Element	SD2.1 What went wrong?	SD2.2 What went wrong?	SD2.3 What went wrong?	SD2.4 What went wrong?	RI-3.1 How did you deal with your feelings?	RI-3.2 How did you deal with your feelings?	TP3 The new reinvented you	RI-35 Keeping your focus on what's important
Homework review								
Activity	A Practical Question #7	Problem Behavior #2 Problem Behavior #6	FFT - Tough Feelings (CF3.2)	Back again	A Practical Question #10	Problem Behavior #7 Problem Behavior #8	Worksheet - Internal risk factors SCQ	MI-assessment tool
Homework assignment (when possible)	SD2.2 What went wrong?	SD2.3 What went wrong?	SD2.4 What went wrong?	RI-3.1 How did you deal with your feelings?	RI-3.2 How did you deal with your feelings?	TP3 The new reinvented you	RI-35 Keeping your focus on what's important	RH1.1 Your first few days
Optional Resource	F13 What does anger do to you? F14 What does anxiety do to you? F15 What does depression do to you? TPI6 I can do this (strengths)							

Unit #6 Better decision making

	Session #1	Session #2	Session #3	Session #4	Session #5	Session #6	Session #7	Session #8
Introductory Element	Pre15 There's no point	Back again	Mindfulness moment	FFT - Hitting bottom	FFT - Do I get a do-over?	FFT - Michelle's future	Back again	RH-RI Activity #1
Core Element		RH-1.2 Your first few days	RI-1 Problem solving using RI-1 cards	RH22.1 Red flags	RH22.2 Red flags	RH22.3 Red flags	RH22.4 Red flags	RH22.5 Red flags
Homework review			RH-1.1 Your first few days					
Activity	RI-1 scenario cards	RI-1 scenario cards	RI-1 scenario cards	RI-1 scenario cards	RH-RI Activity #2 RH-RI Activity #3	Parole confidence assessment RH-RI Activity #4	RH-RI Activity #5 RH-RI Activity #6	RI-34 How are you going to do?
Homework assignment (when possible)	RI-1.2 Your first few days	RI-23 Safety nets* (optional)	RH22.1 Red flags	RH22.2 Red flags	RH22.3 Red flags	RH22.4 Red flags	RH22.5 Red flags	n/a

Optional Resource	RI-38 What happened?
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