

OPEN TO CHANGE - 30: Open Group Substance Abuse Curriculum

- State-of-the-art substance abuse programming shaped for flexible administration - and concrete results.
- Comprehensive 30-session, open group program package featuring a creative new approach: participants can be added to the group at any point, but the outcome-driven model provides structure and support for individual progress and change.
- Based on our widely-used ***New Freedom*** and ***Insight and Outlook*** substance abuse program models, including the documented and successful A Road Not Taken program at New York City's Rikers Island.
- Easy to implement turnkey model includes complete resources for 30 group sessions, one-on-one counseling, and support in documenting participation, progress, and outcomes.
- Supports community, drug court, probation, outpatient, and intensive outpatient programs, as well as programs in correctional and institutional settings.
- This resource is CBT and MI-based, and specifically addresses the most common and problematic issues underlying pre-contemplation in this population!
- Core program elements address internal and external risk factors for past problems and guide the development of effective relapse prevention plans. The materials guide participants from pre-contemplation through subsequent stages of change.
- Affordable and cost-effective. Provided under our site license allowing for unlimited duplication for all programs conducted at the designated sites or facilities. No future costs. The full 30-session resource, including all tools, staff support resources, and individual and group materials, is \$1995.

A New Freedom and ***Insight and Outlook*** have supported more than 2500 programs nationwide. In addition to this model, we have developed hundreds of different programs: open/closed groups, short/long dosage, adult/ juvenile, male/female gender-specific, dual diagnosis, Spanish-language, correctional, (including in-cell), residential, or community settings. Please contact me for details: Sabrina@newfreedomprograms.com,

OPEN TO CHANGE: 30-session open group substance abuse program

Program Model		Content		
Curriculum sequence	Objectives	Unit A (10 sessions) internal risk factors	Unit B (10 sessions) triggers/ external risk factors	Unit C (10 sessions) relapse prevention concepts, insight

Preparation/ Motivation for Treatment, Awareness	Objectives: <ul style="list-style-type: none"> ● engagement ● awareness/importance ● acceptance ● increase in confidence to try ● readiness to change 	➔	3 sessions	3 sessions	3 sessions
Stage of change	Precontemplation				

Basic Substance Abuse Programming	Objectives: <ul style="list-style-type: none"> ● reduce AODA 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	4 sessions	4 sessions
Stage of change	Contemplation				

Turning Points and Relapse Prevention	Objectives: <ul style="list-style-type: none"> ● commitment to change ● relapse prevention ● assessment of confidence in handling specific high risk factors ● action planning 	➔	3 sessions	3 sessions	3 sessions
Stage of change	Preparation/Determination				

Outcomes and goals
<ul style="list-style-type: none"> ● 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 ● Achieving a great life in recovery ● Avoiding relapse ● Achieving specific positive goals

OPEN TO CHANGE: 30-SESSION OPEN GROUP SUBSTANCE ABUSE PROGRAM

Pre-program resources: 1:1 session prior to participation in core program

Participants can join the 30-session cycle at any point.

Unit A
(10 sessions) 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.

Mid-program 1:1 sessions are supported by a variety of helpful tools.

Unit C
(10 sessions) In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is development of internal strengths and insight, and relapse prevention.

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

Summary and review element (1:1)

Post-program/aftercare

OPEN TO CHANGE: 30-session open group substance abuse program

Pre-program resources: recommended for use in 1:1 session prior to participation in core program		
Worksheet	MI toolkit	Brief set of MI tools.
Worksheet	Motivation assessment	Short assessment helps identify specific types of precontemplators.
Worksheet	History of alcohol and other drug use	Brief summary of use; helpful in later MI change talk.
Worksheet	Substance abuse pre-post test tool	Short assessment of importance, confidence, and readiness to change substance abuse.
Worksheet	Confidence assessment pre-post AODA	Helpful assessment of motivation and confidence issues in substance abuse and program participation.
Supplemental/optional resources for 1:1 session prior to group participation		
Worksheet	Prior program experiences	Helps identify issues in past relapse as well as reasons for lower confidence in ability to make changes (resigned precontemplation).
FFT	If you learned	MI-focused substance abuse (AODA) resource. Identifies and addresses reluctance to change.
FFT	The program	Short activity to assess resistance, based on relapse after past programming.
CC9	Denial	This resource helps clients identify denial issues and develop an action plan for change.
Pre15	There's No Point	Focused MI-based pre-treatment or early treatment activity addressing anti-contemplation and resistance to change.
Pre11	You Can't Change Me	MI resource. Examines issues of importance and confidence in making life changes. This lesson explores the difference between "I don't want to change," and "I can't change." Targets rebellious and resigned precontemplators.
Skills lessons	Skills for specific symptoms (i.e withdrawal)	L8 Progressive muscle relaxation.(leader's script for 1:1 or group)
		L10 Deep breathing techniques for relaxation. (leader's script)
		L16 Combined skills (handout for participants)
Assessment	Phoenix Change Assessment (PCA+)	Helpful tool for assessing current stage of change - or movement between stages.
Assessment	Phoenix Change Assessment (PCA-)	Shorter version: may be helpful in assessing current stage of change - or movement between stages.

PROGRAM UNIT A

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.

	Resource	Description
A1	FFT: What's the difference?	Guides assessment of the importance of making changes.
	FFT: Sam's 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.
	SD5.4aoda: Understanding your dependencies	Examines addictions and multiple dependencies and explains chronic nature of dependencies, internal risk factors, and denial.
	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.
	Key risk factors for relapse: Really bad thinking	Examines how this risk factor has affected their past decisions, and what role it could play going forward. Four (4) short activity elements provide an opportunity for coping skills practice. <i>Intensive lesson.</i>
A7	FFT: I got high to feel good	Supports self-evaluation of internal risk factors.
	Key risk factors for relapse: Pleasant emotions	Examines how this risk factor has affected their past decisions, and what role it could play going forward. Six (6) short activity elements provide an opportunity for practice and mastery of a range of coping options. <i>Intensive lesson.</i>
	Worksheet: Internal risk factors SCQ	Provides situational confidence (SCQ) element.
A8	FFT: Setting yourself up #1	Supports self-evaluation of internal risk factors and recovery.
	TPI: 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	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. Options includes AODA-MI-I resource.

PROGRAM UNIT B

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.
	FFT: Where do you stand today?	Addresses reluctance and rationalization.
B3	FFT: The warning signs of addiction	Addresses reluctance and rationalization.
	CC11: Why am I thinking about changing?	Helps identify some of the issues involved in the decision to make changes. MI elements help examine specific reasons and obstacles.
B4	FFT: Too far gone	Addresses reluctance and resigned precontemplation (confidence).
	CBT5a.1: Triggers/External risk factors	Helps identify external triggers (specifically high risk people, places, things, and situations). <i>Intensive lesson.</i>
	FFT: Feeling good or feeling better	Supports self-evaluation of internal risk factors.
B5	FFT: Introduction to risk factors	Supports self-evaluation of risk factors (internal and external).
	CBT5a.2: Triggers/External risk factors	Helps target 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	FFT: Famous last words (1,2)	Helps identify how certain kinds of thinking may be barriers or obstacles to change.
	SD12aoda: Key elements of	Overview of personal change from substance abuse. Includes MI, CBT, and coping skills elements, as well as analysis of risk factors.

B7	Activity/skills: Handling difficult situations #2,4,7	Supports self-evaluation of key issues on on-going recovery.
	Worksheet: Obstacles for changing	Supports self-evaluation of barriers and obstacles for change. Confidence-building, contemplation and preparation stages of change.
	Worksheet: External risk factors SCQ	Provides situational confidence (SCQ) element.
B8	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>
	RH18: Risk and protective factors summary	Participants summarize their external and internal risk factors and their plans to deal with them effectively.
B9	TP4: Then and now	Examines past relapse experiences to clarify what went wrong and develops of new external protective factors. Includes action plan.
	Worksheet: Drugs and alcohol situational confidence (SCQ)	Provides situational confidence (SCQ) element.
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. Options includes AODA-MI-I resource.

PROGRAM UNIT C

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is development of internal strengths and insight, and relapse prevention.		
	Resource	Description
C1	FFT: Do-over?	Engagement resource; addresses reluctance to change.
	AODA-I: Some of our life's experiences	Identifies specific risk factors - and clarifies current decisions.
C2	FFT: The \$5,000,000 question	MI awareness 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: Why should it matter?	MI awareness resource; addresses reluctance to change.
	SD6.2: Reasons to change	Starts the process of change though identifying and addressing substance abuse and similar dependencies.
C4	FFT: So many parts of my life	MI awareness and acceptance resource; addresses reluctance and rationalization.
	SD11: What's going on in my life?	Introductory element helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
C5	FFT: Famous last words (3,4)	Helps identify how certain kinds of thinking may be barriers or obstacles to change
	SD5.1: Understanding your dependencies	Examines addictions and multiple dependencies and explains chronic nature of dependencies. Addresses denial issues and helps clients focus their recovery. <i>Intensive lesson.</i>
	Skills: Thought stopping	Short skills development resource with AODA-specific practice.
C6	FFT: The "functional alcoholic"	MI awareness and acceptance resource; addresses reluctance and rationalization.
	SD5.2: Understanding your dependencies	Examines addictions and multiple dependencies. Clarifies chronic nature of dependencies and denial. <i>Intensive lesson.</i>
	Worksheet: Substance abuse abstinence risk checklist	Also provides situational confidence (SCQ) element.

C7	FFT: Small problems add up	Supports self-evaluation and insight, as well as internal risk factors.
	Key risk factors for relapse: Physical discomfort	Helps participants examine how this risk factor has affected their past decisions, and what role it could play going forward. <i>Intensive lesson.</i>
	Worksheet: Goal setting activity	Relapse prevention action plan.
C8	Worksheet: Buffers	Supports self-evaluation of internal risk factors and on-going recovery.
	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).
C9	FFT: Setting yourself up #4	Supports self-evaluation of internal risk factors and recovery.
	Worksheet: Connections	Guides the exploration and development of protective factors.
	Worksheet: Substance Abuse (AODA) Pre/post test tool	Provides summary element. Short assessment of importance, confidence, and readiness to change substance abuse.
C10	FFT: Setting yourself up #5	Supports self-evaluation of internal risk factors and recovery.
	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. Key summary element. <i>Intensive lesson.</i>
Checkpoint after Unit C		Review resource TP5 and evaluate SCQ (above). Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

Program completion		
Evaluate SCQ and summary documentation noted above, Assess action plan for self-care and aftercare. Package includes AODA-MI-1234 resource.		
Recommended Worksheet	Confidence assessment pre-post AODA	Helpful assessment of motivation and confidence issues in substance abuse and program participation.
Post-program/aftercare		
FFT	Going forward	A quick review of past internal risk factors which may affect recovery.
RH17aoda	What's important to you?	Key MI resource for AODA programs. Identifies critical goals, high risk choices, and increases importance of making positive choices going forward.

Key program resources		
Model	program overview	Visual overview of 30-session model and intended outcomes.
PEM	Progress evaluation model	Helpful tool for use in 1:1 to assess and document participant progress.
PCA	PCA Change Talk Tool (PCA+ longer version)	Brief assessment of participant motivation (scores reflect stage of change).
	PCA Change Talk Tool (PCA- shorter version)	
MI toolkit	MI toolkit	Includes key resources for assessment of motivation (MI rulers), symptoms management, and development of MI "change talk." Helpful as an on-desk reference for all program staff.
	toolkit explanation	guides the use of the MI toolkit
MI rulers	Importance, Confidence, and Readiness rulers	Includes all three rulers on one sheet for use in 1:1 sessions.
FMC	Fidelity monitoring checklist	Useful checksheet for clinical supervisors and program administrators.