

**CR UNIT GG-SS: STRESS MANAGEMENT (10 sessions)**

**GOALS:** Reduction in assault and acting out behaviors.  
 Success in handling feelings from specific problem situations.  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage.

Note: The first four lessons unit address certain risk factors and thinking underlying gang involvement. They are appropriate for individuals who have been identified as members of a security threat group (STG), as well as those who may be exposed to gang activity. We suggest that this unit may be most effective if it follows - and builds on - some of the other program elements.

Note: the Stress Management portions of this unit can be provided separately - or as part of other units. The model below was tailored to support a “stepdown” model for inmates in ad seg units.

● Contemplation (living a non-violent life)	1	GG4 - Living a non-violent life, part 1 FFT - Getting into problems - by accident
	2	GG4 - Living a non-violent life, part 2 FFT - The identity activity
	3	GG4 - Living a non-violent life, part 3 FFT - Changes
	4	GG4 - Living a non-violent life, part 4 FFT - Hurting
● Stress management unit	5	CS9.1 - Stress management, part 1 FFT- I ain't afraid
	6	CS9.1 - Stress management, part 1 Discussion starter: What do you think?
	7	CS9.1 - Stress management, part 1 Discussion starter: What do <u>you</u> think?
	8	CS9.1 - Stress management, part 1 Discussion starter: What do <u>you</u> think?
	9	CS9.1 - Stress management, part 1 Discussion starter: What do <u>you</u> think?
● Action planning	10	TP15 - The future FFT - Where do you stand <u>today</u> ?