

CR UNIT: Handling people problems here successfully #4 (10 sessions)

Note: this is a Cellmate version. We also have a Unit version (for dormitory-type units)

Objectives	<p>GOAL #1: Reduction in assault and acting out behaviors</p> <p>GOAL #2: Success in handling people problems, specific problem situations; reduction in vulnerability to selected high risk factors</p>	
<ul style="list-style-type: none"> ● PreContemplation <input type="checkbox"/> engagement <input type="checkbox"/> awareness 	1	<p>Sharing a cell #14 (The long view)</p> <p>FFT - Some time to think</p> <p>Worksheet - What's really important to me</p>
	2	<p>Sharing a cell #1 (Messy cellmate)</p> <p>Sharing a cell #2 (Hygiene)</p> <p>Sharing a cell #5 (The lockdown)</p>
<ul style="list-style-type: none"> ● Contemplation stage; correctional-specific trigger scenarios 	3	<p>Sharing a cell #13 (Getting along)</p> <p>Cellmate issue #14 (Trying to sleep)</p> <p>Sharing a cell #3 (The talker)</p> <p>Cellmate issue #11 (The fanatic)</p>
	4	<p>Cellmate issue #1 (At night)</p> <p>Cellmate issue #2 (Aggression)</p> <p>Cellmate issue #7 (Heroin)</p> <p>Sharing a cell # 4 (Conflict)</p>
	5	<p>Cellmate issue #13 (Canteen)</p> <p>Cellmate issue #12 (Debts)</p> <p>Sharing a cell #3 (Controlling)</p> <p>Sharing a cell #9 (Borrowing)</p>
	6	<p>People problems #10 (Forced sex)</p> <p>Cellmate issue #10 (Sexual favors)</p> <p>Cellmate issue #11 (The relationship)</p> <p>Sharing a cell #7 (Drugs)</p>
	7	<p>Sharing a cell #10 (Mental health)</p> <p>Cellmate issue #4 (Rocking)</p> <p>Cellmate issue #8 (Voices)</p> <p>Asking for help</p>
	8	<p>Problems with authority</p> <p>FFT - Resistance (staff issue)</p> <p>FFT - Tough words (a staff issue)</p>
	9	<p>On the unit #3 (Acting out for attention)</p> <p>Calling for help/Asking for help</p> <p>Issues in asking for help</p> <p>Skills practice - making a request for a cell move</p>

<ul style="list-style-type: none"> ● Preparation/ determination; self-assessment and action planning 	10	Sharing a cell #6 (The search) Worksheet - Change self-assessment Cellmate issue summary Worksheet - Goal setting activity
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