

PHOENIX/NEW FREEDOM PROGRAMS

LEVEL I: CORE

CORE Introductory Program

Self -Discovery

Choices & Changes

Problem Behavior (Group problem solving activities)

People Problems (Group problem solving activities)

Open to Change: Internal risk factors

Open to Change; External risk factors

LEVEL 2: CORE

Returning Home Part I

Returning Home Part II

Open to Change-Internal Strengths & Insight

Open to Change-Warning Signs for Relapse

Open to Change-Relapse Prevention

Difficult Situations-Group Problem Solving Activities

LEVEL 3: CORE

Returning Home-Part III

Returning Home-Part IIII

Turning Points

LEVEL IV: CORE

Returning Home-Part 5

Returning Home-Part 6

CORE ELECTIVES

Stress Management

A Practical Question

Family and Relationships

Returning Home: Criminal Thinking

Conflict Redution: Fighting/Violence

External Risk Factors

What Do You Need?

What Was On Your Mind?
Who Wants To Be At Risk
Living a Non-Violent Life
Understanding Yourself
What's the Best Way?
More People Problems
Problem Solving
Intensive Risk Factor Review
Personal Preparation Program
Substance Abuse: Internal Risk Factors, External Risk Factors, Warning Signs for Relapse
Handling the Tough Times
Making Good Use of your Leisure Time
Interpersonal Skills 1
Interpersonal Skills 2
Interpersonal Skills 3
Interpersonal Skills 4
Life Skills: Better Self Care
Life Skills: Basic Food Shopping and Nutrition
Life Skills: Better Personal Organization/Physical and emotional health
Life Skills: Independent Living
Life Skills: Money Management
Journaling Set #1
Journaling Set #2
Journaling Set #3
Journaling Set #4
Journaling Set #5

EXTENDED ELECTIVES

Becoming a stronger Person

Getting It Right This Time Part 1
Getting It Right This Time Part 2

Self Discovery

Key Elements of change
Dealing with Stress and Trauma
How Are You Feeling Today

Feelings

Guilt and Shame
Anger
Anxiety
Sadness and Depression
Positive Feelings

Developing Insight

Insight

Feelings Issues

Finding Your Direction

Feelings and Dependencies

Giving your thinking a reality check

Coping Skills

Unit A: uncomfortable feelings and thoughts

Unit B: Coping skills for emergencies

Unit C: A Safer Environment Going Forward

Unit D: When you are at greatest risk

Functional Thinking

Faulty Thinking and Functional Thinking

Managing Common Symptoms and Feelings

Functional Thinking