

SELF-STUDY AND IN-CELL PROGRAM MODEL

MONTH	Theme	Week 1	Week 2	Week 3	Week 4
1	Self Discovery #1	Pre7 Choices SD1 Introduction to self-discovery FFT I shouldn't be here FFT Shawn's choices FFT Too far gone?	FFT Do I get a do-over Pre6a Introduction to the program CC1 What's been getting you in trouble? CC3 What does your future look like? Worksheet What happened to you 1,2 WDYT38 CC	FFT On the day FFT Hard to say no Worksheet Introduction to Risk factors Worksheet What's important in my life? CC2 Impact (empathy) Pre4 How important is it to you? TP8 Developing resilience CC	FFT Back again SD2 What went wrong? Worksheet Identity activity Journaling (3) CC
2	Self Discovery #2	Pre9 A turning point ICD 1, 2 What is it all about? CF6 Everybody's got an opinion CF4 Risk factors Journaling (3) CC	WDYT 49 Worksheet Where do you stand? CF11 What are my options? Worksheet Where do you fall? F12 Let's talk about feelings TP3 The new reinvented you CC	WDYT 70 FD4 Coping with uncomfortable feelings SP6 Protective factors checklist Journaling (3) CC	Pre16c Being locked up right now FD6 Learning to trust TP15 The future WDYT 61 Journaling (3) CC

3	Self Discovery #3	<p>Pre8 At home in the lockup</p> <p>CC4 Trust and distrust</p> <p>FFT Waiting for the magic wand</p> <p>F1 Introduction to feelings</p> <p>FFT I've become the kind of person I always hated</p> <p>CC</p>	<p>Pre11 You can't change me</p> <p>SD6 Reasons to change</p> <p>WDYT 57</p> <p>CC</p>	<p>FFT Time to think</p> <p>FD3 Control</p> <p>Worksheet Empathy</p> <p>Worksheet Your internal resources</p> <p>Journaling (2)</p> <p>CC</p>	<p>FFT Anger and stress</p> <p>CS9 Stress</p> <p>Journaling (2)</p> <p>CC</p>
4	Feelings and symptoms #1	<p>FFT Ten troubles</p> <p>F3 Anxiety and fear</p> <p>F14 What does anxiety do to you?</p> <p>CC</p>	<p>FFT One thing you'd do</p> <p>CC11 Thinking about changing</p> <p>F4 Guilt</p> <p>Journaling (2)</p> <p>CC</p>	<p>FFT I don't feel anything</p> <p>F6 Sadness</p> <p>F15 What does depression do to you?</p> <p>CC</p>	<p>FFT It's often a matter of degree</p> <p>Worksheet Is it troubling you?</p> <p>F7 Loneliness</p> <p>FID check</p> <p>WDYT 47</p> <p>Journaling (2)</p> <p>CC</p>
5	Feelings and symptoms #2	<p>FFT Hurting</p> <p>FFT Hurt people hurt people</p> <p>F8 Hurt</p> <p>FFT Trauma</p> <p>Journaling (2)</p> <p>CC</p>	<p>WDYT 62</p> <p>F5 Shame</p> <p>WDYT 69</p> <p>CC</p>	<p>FFT Another Loss</p> <p>SD4 Grief and loss</p> <p>FFT Closure</p> <p>FFT Institutional losses</p> <p>CC</p>	<p>WDYT 51</p> <p>F9 Positive feelings</p> <p>FID check</p> <p>TP16 I can do this</p> <p>Worksheet Values activity #1</p> <p>Journaling (2)</p> <p>CC</p>

6	Substance abuse	<p>FFT I was helpless</p> <p>FFT Hitting bottom</p> <p>SD5 Understanding your dependencies</p> <p>FFT The warning signs of addiction</p> <p>CC</p>	<p>Pre13 It's just like magic</p> <p>SA3 Self-awareness</p> <p>CC9 Denial</p> <p>F10 Your feelings and relapse</p> <p>Pre14 Famous Last words</p> <p>CC</p>	<p>FFT Why should it matter?</p> <p>SA1 Some of our life's experiences</p> <p>FFT What's the difference</p> <p>CC</p>	<p>FD2 Facing your dependencies</p> <p>CS10 Reducing your risk</p> <p>CC</p>
7	Thinking and Feelings #1	<p>CBT1 Introduction to functional thinking</p> <p>CC7 Who do you think you are?</p> <p>Journaling (3)</p> <p>CC</p>	<p>FFT I knew they were watching me</p> <p>Pre15 There's no point</p> <p>CBT3 Feelings</p> <p>Worksheet Values activity #2</p> <p>CC</p>	<p>Pre10 A new direction?</p> <p>CC6 I have my reasons</p> <p>CBT4 Symptoms and early warning signs</p> <p>WDYT4I</p> <p>CC</p>	<p>FFT The negative</p> <p>CBT5 Triggers</p> <p>Worksheet Stress and Health</p> <p>CC</p>
8	Thinking and Feelings #2	<p>FFT Some time to think</p> <p>CBT7a Functional behaviors</p> <p>FFT Anticipated change</p> <p>CC</p>	<p>FFT Long time to go</p> <p>CBT7b Coping skills for emergencies</p> <p>CC</p>	<p>FFT If you learned</p> <p>F11 Are you an excitement junkie?</p> <p>SP2 Getting it right this time</p> <p>TP4 Then and now</p> <p>Journaling (2)</p> <p>CC</p>	<p>FFT Small problems add up</p> <p>SP3 Learning how to keep life in balance</p> <p>TP6 Making a transition</p> <p>Journaling (2)</p> <p>CC</p>

9	Aggression/ Violence	FFT Anger WDYT 48 F2 Anger WDYT 63 Journaling (3)	F13 What does anger do to you? Worksheet Violence Worksheet Fighting and violence Worksheet Experiences with violence CC8 Retaliation TPI Turning points WDYT 58 Journaling (3)	WDYT 44 GG13 Loyalty WDYT 45 GG13 Criminal values Worksheet Take a look GG17 Your story Worksheet What was going on? WDYT 55	WDYT 36 FFT Gladiators GG13 Respect WDYT 60 GG Disrespect WDYT 64 Journaling (3)	CC	CC	CC	CC
10	Going forward	WDYT 52 SPI Readiness for change Worksheet Getting started	Worksheet Is it troubling you? SP3 Learning how to keep life in balance Worksheet Making a choice Journaling (2)	WDYT24 FDI Giving your thinking a reality check Worksheet Going forward TP7 I can't ever do that again	FD5 Becoming realistic and honest with yourself Worksheet Turning points Journaling (2)	CC	CC	CC	CC

Special Unit	
Improving your sleep	
Sleep #1 WDYT 37	Sleep #2 FFT I lose sleep