

<b>Returning Home</b>		Short highly-interactive workbooks for “maintenance,” community reintegration or aftercare programming. <b>These materials are specifically designed to support the process of self-efficacy and the reduction of recidivism.</b>	
RH-MI-1,2,3,4,5	The Motivational Interviewing Returning Home Resource (5 elements)	The Motivational Interviewing Returning Home Resource. This is a series of five (5) comprehensive resources which are designed to address motivation and change talk issues in a sequential fashion. Designed to support community reintegration and preparation for release, these MI resources each include more than a dozen MI tools or elements focused on the transition. They help participants and staff assess readiness and confidence for handling specific high risk situations, as well as internal risk factors. Included are parole/probation confidence rulers and resources which may be especially helpful in working with parole staff or members of an individual protective factor safety net (as appropriate). Includes an additional comprehensive element addressing feelings, symptoms, triggers, and self-efficacy in handling transition issues.	\$295
RH1	Your first few days	This workbook addresses the issues involved in the first critical days of transition, including common problems and stresses, and planning for safe activities. Includes situation cards for role playing and modeling successful coping.	5
RH2	Dealing with people in new ways	Helps participants identify what they can do differently if the “old ways” didn’t work, including temptations and issues with family, friends, and community which may stand in the way of a successful transition. A set of situation cards for group discussion is provided.	5
RH3	Dealing with discomfort	This workbook identifies and addresses common feelings experienced during the transition period. Activities identify issues and ask participants to demonstrate how they plan to handle these concerns. This information can be used by counselors to identify effective - and ineffective - responses. When possible, the “trouble spots” can be addressed individually or in group setting, and a more effective response developed.	5
RH4	Facing your responsibilities	This workbook identifies and addresses common responsibilities faced upon transition. Exercises list the most important responsibilities, and ask participants to identify how they will meet each area of responsibility. The responses can be shared and evaluated in individual or group settings.	5
RH5	If you “lapse”	This workbook addresses the issues of “lapses” and “relapse” and helps to prepare participants to handle high risk situations by knowing common problems and having confidence in their ability to cope more effectively. A “slip,” or having fantasies of use, does not need to lead to a “fall.” This workbook provides tools for addressing common slips and reviews two critical coping skills. A set of situation cards for group discussion is provided.	5

RH6	Making positive steps to take control of your life	Develops a detailed plan for the use of a post-release “safety net” and recovery activities. It guides the process of identification and selection of friends and community resources to assist in the transition. Additionally, it identifies and addresses the high risk factors members of the support system will need to know in order to help.	5
RH7	Avoiding the negative	This workbook provides specific help in maintaining recovery through developing a plan to identify and avoid the highest risks. It is based on the concept of using “environmental controls” to avoid the people, places, things, and situations which pose the greatest threat to recovery. It provides participants and program staff with the tools to help address specific vulnerabilities.	5
RH8	Practice in handling difficult situations	This workbook will help participants identify - and develop solutions for - common difficult situations encountered during the transition. Exercises identify specific concerns, and a set of situation cards of commonly-encountered problems is provided for group discussion. Problem areas can be used as discussion and learning points to help individuals develop confidence that they can handle these situations appropriately when they face them again.	5
RH9	Avoiding problems with authority	This workbook addresses issues involved in dealing with authority figures and helps participants understand the nature of their anger, hurt, and resentment - and the ways in which they may create more problems for themselves. It offers specific suggestions for dealing with potential conflicts with authority figures, and a template for evaluating responses to typical situations. Situation cards provide opportunities for modeling appropriate responses.	4
RH10	Avoiding trouble (when you are with others)	Peer pressure and poor choices often lead to trouble. Being in the wrong place at the wrong time, with the wrong people, is a common explanation for failure. This workbook identifies common problems and solutions, and provides twenty typical situations for role-playing and demonstration of effective coping skills. <i>This resource is suggested for juveniles and young adults.</i>	4
RH11/A MI	Handling Tough Situations	<i>An Action Maze Workbook</i> - provides participants with decision making opportunities dealing with common temptations and problems (people, places, things, situations, and their own thoughts).	2
RH12	Safety Nets	Guides clients to identify and address early warning signs that they are at increasing risk to fall back into old (negative) behavior patterns.	3
RH13	Red flags	Helps participants identify and plan to address the symptoms and cues that they are moving closer to their highest risk situations. This is a key step toward self-efficacy.	4
RH14 m/f	Getting close to getting out	Designed for the last few weeks before going home, this workbook addresses common thoughts, feelings, and temptations, including typical anxieties and worries.	2

RH15	How are you doing?	How far have you come?	1
	<i>This resource is designed to support the motivational interviewing (MI) approach.</i>	Controlling your impulses	1
		Setting yourself up	1
		Recovery activities planning	1
RH16 a/j/f	How are you going to do?	This is a valuable 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. Highly recommended. <i>Multiple versions available.</i>	2
RH17 a/j/aoda	Keeping your focus on what's important	Key MI resource for most programs. Identifies critical goals, high risk choices, and increases importance of making pro-social choices going forward. General and substance abuse versions available. <i>Can be used as a follow up to Pre4</i>	1
RH18	Preparation for program completion	Designed as a summary program element, this resource allows participants to summarize their external and internal risk factors and their plans to deal with them effectively. <i>A supplemental element to this resource provides an optional post-release element for use while on probation or parole.</i>	1
RH19a	Getting ready	Helps analyze a range of challenges, including high risk people and situations, facing them upon their after they leave the program. Helps identify steps that can be taken to help ease in the transition. <i>(for adult corrections programs)</i>	1
RH20j	Home from being locked up	Explores several common high risk scenarios experienced during the first days of transition. <i>(primarily for youth correctional programs)</i>	1
RH21/ PS2 j/a	Problem Solving 1-2-3	Using basic problem solving model, presents 54 community and home problem situations experienced by people in transition and/or recovery. <i>(also available for juvenile populations - ask for RH21j)</i>	5
RH22/ CS7 a/j	Making long-term changes	Practical and comprehensive post-release and relapse prevention plan. This workbook is designed to identify and address issues and responsibilities facing individual participants.	6
RH23/ CS8	Your highest risks	Identification of personal highest risk factors with specific coping skills to be used and demonstration of competence (self-efficacy) in addressing risks for relapse. Special emphasis is placed on the transition to the community, self-efficacy, and reduction of recidivism issues. Critical workbook. <i>Can be divided into two units for program implementation purposes. This workbook is available in correctional and non-correctional versions. Very useful treatment group resource.</i>	3
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RH24/ PS3	Self-efficacy and problem solving	This short workbook summarizes the key coping or avoidance/escape strategies used by clients for their highest risk situations. <i>(key self-efficacy summary activity).</i>	3
RH25/ SD12/ DP8	Key elements of change	This core program workbook provides a comprehensive overview of personal change from substance abuse. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net. <i>To build increased self-efficacy, we suggest supplementing it with workbooks from the RH series (i.e. RH11, 12, 13, 17, 21, 22, 23, or 24). Also suitable for review and aftercare programs.</i>	9
RH26/ CS10	Reducing your risk	Basic risk reduction workbook, includes obvious high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks.	2
RH27	Motivation and Confidence Assessment for Family Members	Resource builds motivation and confidence of caregivers and other family members in supporting and assisting individuals through the correctional and treatment process. Helps identify the current importance, confidence and readiness in assisting, and the strengths and tools they may bring to the process.	2
RH28	Accept this help?	Participants analyze some of the possible pros and cons to accepting help from safe and supportive people, and making certain kinds of changes.	1
RH29j	Easy money	Participants use decision matrix tool to analyze pros and cons of making easy money (drug sales, for example) versus other options. <i>Most appropriate for younger populations.</i>	1
RH30/ TP7	I Can't Ever Do That Again	A critical goal in treatment is the decision to make the actual commitment to stop the problem behavior (drugs, alcohol, violence, etc). That decision - a turning point - sometimes occurs as a result of sudden insight. This is sometimes called an "Aha moment!"  This resource helps participants clarify their most important reasons for making this kind of change. It includes concepts like "drawing a line," "burning bridges," as well as clarifying the impact of their old choices on the important people in their lives.	1
RH31a/ TPI5a	The Future	Designed for individuals in correctional or institutional settings, this resource explores selected issues experienced in the transition process. Most critically, it focuses on readiness to successfully handle personal and interpersonal expectations. It helps focus on common issues and begin to develop concrete action steps.	1
RH32/ TPI9	Problem behavior	Ten (10) problem scenarios provide opportunity to analyze typical antisocial or problem behaviors, and practice effective coping skills.	3-4

RH33/ RI-39	Going Home: How are you going to do?	This is a 27-question Situational Confidence Questionnaire (SCQ) relation to transition which is currently divided into 4 units. Appropriate for pre-release, transition, and post-release relapse intervention (revocation) programs.	4
RI-39	Back again (RI)	Twenty-five (25) problem situations. The RI version of this resource focuses on the problems they may have handled unsuccessfully, which resulted in their parole violation, revocation or assignment to a relapse intervention program. Important resource.	\$525 If sold separat ely
RH34	Back again (RH)	Twenty-five (25) problem situations/scenarios. Appropriate for pre-release, transition, and post-release relapse intervention (revocation) programs.	\$525 If sold separat ely
RH35/ RI-41	Going home	Twenty-seven (27) problem situations/scenarios. Appropriate for pre-release, transition, and post-release relapse intervention (revocation) programs.	\$525 If sold separat ely
TP21/ RH36	Situations	Nineteen (19) problem situations, addressing decisions they may face in making good choices going forward. Most address common form of criminal (criminogenic) thinking. Included questions guide the development of more effective thinking. responses (identification of specific internal and external personal high risk factors, selection of specific coping skills to handle the situation, and guidance in practice in using the selected skill.	\$485 If sold separat ely