TRANSITION		
Packet	**Contents**	**Description of Contents**
RH1: **Your First Few Days**	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.
	Getting close to getting out RH14	Designed for the last few weeks before going home, this workbook addresses common thoughts, feelings, and temptations, including typical anxieties and worries.
	RH15d	Recovery activities planning
		Situations A
RH2: **Dealing with People in New Ways**	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.
	RH15c	Setting yourself up
	Worksheet	Buffers
		Situations B
RH3: **Dealing with discomfort**	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.
	RH15	Controlling your impulses
	FFT	Being locked up right now
	Worksheet	Past Successes
		Situations C
RH4: **Facing your responsibilities**	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.
	Making a transition: How are you going to do? TP6	This lesson identifies and summarizes key areas for problems in maintaining recovery - or in maintaining new life and lifestyle changes. It provides 25 areas for self-evaluation. Participants then summarize their top three areas of concern (where they feel least confident). They then are guided to develop action planning steps to increase their confidence in handling these situations successfully.
		Situations D

RH5: **What Happens if you Lapse?**	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.
	Protective factors checklist SP6	Identifies common protective factors and developmental asserts, and guides the identification of specific factors. In addition to identifying internal and external resources for each individual, it provides feedback and encouragement for developing resiliency and building on these strengths to make changes.
	FFT	Waiting for the magic wand
		Situations E
RH6: **Taking Control of your Life!**	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.
	Starting to make things better RH37	Valuable resource in self-discovery and self-healing. Useful resource in developing positive focus to continuing changes - fits recovery, relapse prevention, community, correctional, parole, and probation settings.
		Situations F
RH7: **Avoiding the Negative**	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.
	Then and now - external protective factors and barriers TP4	Many people in program settings have a history of past relapse or similar failures. This resource starts by examining those past experiences to clarify what went wrong - as well as supportive elements. The major element in the resource focuses on the development of new - better - external protective factors. It concludes by summarizing specific action steps and identifying steps to overcome barriers to effective change.
	Worksheet	Connections
		Situations G

RH13: **Handling Tough** **and High Risk** **Situations**	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.
	Handling Tough Situations RH11	*An Action Maze Workbook* - provides participants with decision making opportunities dealing with common temptations and problems (people, places, things, situations, and their own thoughts).
	I Can't Ever Do That Again RH30	Helps clarify the most important reasons for making changes. 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.
		Situations H

RH12: **Safety Nets**	Safety Nets	Develops concrete plan to increase specific protective factors, including people, places, things, and positive situations. Guides clients to identify and address early warning signs that they are at increasing risk to fall back into old (negative) behavior patterns.
	Going home (How are you going to do?) RH33	This is a 27-question self-analysis Situational Confidence Questionnaire (SCQ) relating to the most common and critical transition issues.
	Worksheet	Your internal resources
		Situations I