OVERVIEW OF PROGRAMS

THE BRIDGE: CORE MENTAL HEALTH PROGRAM

Designed initially to provide residentially-based cognitive behavioral therapy in mental observation units at Riker's Island Jails in NYC, this flexible, modular program offers a solid, CBT-based approach for mentally ill participants, enhanced with selected Motivational Interviewing (MI) tools, DBT elements, and critical coping skills.

Evidence Base

The Bridge has enjoyed documented success since its implementation at Riker's Island Jails. The program was featured in a peer-reviewed journal, *American Journal of Public Health*. The article noted significant reductions in violent incidents and fights, uses of force by corrections officers, time spent on suicide watch and incidents of self-injurious behavior.

A Flexible, Modular Approach

The Bridge features a core of 40 sessions, divided into four 10-session units, and two 10-session mental health relapse prevention units for a total of 60 hours. An additional 12-session Managing Aggression and Violence element is also provided, making a program total of 72 hours of programming.

Each themed unit provides a brief stages-of-change based approach, sequentially addressing precontemplation, contemplation, and key preparation/determination action steps. Shaped for this population, they provide structure for staff, address key treatment outcomes, and include summary elements within the curriculum to support program documentation. A critical advantage of this modular approach is that it provides a high quality outcome-focused resource without mandating a closed group programming model. This approach is designed to support both in-facility and community programming.

The Core Units

Unit A: internal/symptoms, emotion (affect) regulation, some symptoms self-management
Unit B: external/triggers/risk factors, addresses anxiety, depression, anger
Unit C: emotional stability/balance/distress tolerance
Unit D: treatment and medication compliance, self-management

The Mental Health Relapse Prevention Units

Unit E: common internal risk factors (lapses), and external risk factors (identifying and avoiding their specific high risk people, places, things, and situations)
Unit F: early warning signs that their thinking may be drawing them closer to their highest external risk factors (high risk people, places, things, and situations), internal protective factors, and making specific changes.

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THE BRIDGE UNIT A

Core change-focused mental health program unit. The primary focus of these resources is awareness and self-management of symptoms and internal risk factors which contribute to problems. Key elements include a basic cognitive-behavioral approach, supplemented by DBT mindfulness activities, distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

	Resource	Description
A-1	Session opener	A moment for your mind
	Worksheet	Expectations (MI-focused resource)
	Worksheet	The last time
	CBT 1.1 - Introduction to Functional Thinking & Introduction To Symptoms	Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements. Symptoms element addresses anger.
A-2	Session opener	A moment for your mind
	MI element	A look over the fence
	CBT 1.2 - Introduction to Functional Thinking & Introduction To Symptoms	Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements. Symptoms element addresses anxiety.
	Worksheet	Assessing your symptoms (frequency, intensity and duration activity)
A-3	Session opener	A moment for your mind
	CBT 1.3 - Introduction to Functional Thinking & Introduction To Symptoms	Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements. Symptoms element addresses depression.
	Activity	Problem situations, scenarios, skills, etc.
	Distress tolerance skill set	Self-Soothing Skill #1
A-4	Session opener	A moment for your mind
	MI element	What's really important to me

	CBT 1.4 -Introduction to Functional Thinking & Introduction To Symptoms	Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements
	Distress tolerance skill set	Self-Soothing Skill #2
A-5	Session opener	A moment for your mind
	Pre4 (s) - What's really important to me?	MI-resource. Addresses the importance they attach to addressing specific issues, symptoms, and feelings.
	FFT - Small problems add up	Helps identify specific stressors.
	Distress tolerance skill set	Self-Soothing Skill #3
A-6	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	FD 4.1 - Coping with uncomfortable feelings	Addresses role key symptoms and cues in past problems.
	Distress tolerance skill set	Distraction Skill #1
A-7	Session opener	A moment for your mind
	FD 4.2 - Coping with uncomfortable feelings	Addresses key cues (internal and external) of critical symptoms and feelings.
	Worksheet	Distraction Skill #2
A-8	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	CBT4.1 - Symptoms and Early warning signs	Helps identify and address individual-specific symptoms and early warning signs of selected feelings and problem areas.
	Distress tolerance skill set	Distraction Skill #3.

A-9	Session opener	A moment for your mind
	CBT4.2 - Symptoms and Early warning signs	Helps identify and address individual-specific symptoms and early warning signs of selected feelings and problem areas.
	Distress tolerance skill set	Brief review of Self Soothing and Distraction Skills.
	Worksheet	Brief assessment of confidence in use of selected skills to address discomfort.
A-10	Session opener	A moment for your mind
	CBT4.3 - Symptoms and Early warning signs	Helps identify and address individual-specific symptoms and early warning signs of selected feelings and problem areas.
	Worksheet	Brief action plan - going forward - to handle specific high risk internal risk factors (feelings, and symptoms)
	Worksheet	Handling risk factors, high risk feeling and symptoms (SCQ - Situational Confidence - activity)
	Worksheet	Build up of symptoms - Situational Confidence activity
Checkpoint after Unit		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare.

THE BRIDGE UNIT B

Core change-focused mental health program unit. The primary focus of these resources is awareness and self-management of triggers and external risk factors which contribute to problems. There is a specific emphasis on anxiety, depression, and anger/aggression, as well as a basic cognitive-behavioral approach, supplemented by DBT mindfulness activities, self-management skills, and tools designed to assist awareness and motivation for successful symptoms self-management .

	Resource	**Description**
B-1	Session opener	A moment for your mind
	Worksheet	To review the situation (triggers element); identifies the relationship between specific triggers and symptoms
	CBT5.1 - Triggers	Identifies and addresses specific triggers for problem feelings
	MI element	One thing
B-2	Session opener	A moment for your mind
	MI element	Importance and confidence - triggers
	CBT 5.2, 5.3 - Triggers	Identifies and addresses specific triggers for problem feelings
	Worksheet	What happened? (triggers worksheet)
B-3	Session opener	A moment for your mind
	Activity	Introduction to Thought Stopping
	Worksheet	Becoming less sensitive to your triggers
	Worksheet	What happened?
	Worksheet	Assessing your symptoms (frequency, intensity and duration activity)
B-4	Session opener	A moment for your mind
	MI element	Importance and confidence assessment.

	F13.1 - What does anger do to you	A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anger. It provides a range of tools and scales of self-assessment of symptoms (frequency, intensify, duration, current issues, consequences for poor self-management, and decisional balance tool for learning to manage this feeling better). Internal and external triggers for anger are identified and self-management is assessed through a range of rulers and scales. Building block for learning and mastering appropriate coping skills.
	Activity	Introduction to Stop-Think-Act
B-5	Session opener	A moment for your mind
	Worksheet	Triggers activity summary
	F13.2 - What does anger do to you	A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anger (as above).
	Self-management skill set	Stop-Think-Act Practice scenarios
B-6	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	F14.1 - What does anxiety do to you	A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anxiety (as above).
	Self-management skill set	Stop-Think-Act Practice scenarios
B-7	Session opener	A moment for your mind
	F14.2 - What does anxiety do to you	A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anxiety (as above).
	Worksheet	External risk factors review
B-8	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	F15.1 - What does depression do to you	A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for depression (as above).
	Self-management skill set	Stop-Think-Act Practice scenarios

B-9	Session opener	A moment for your mind
	F15.2 - What does depression do to you	A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for depression (as above).
	Worksheet	6-step triggers activity
	Self-management skill set	Stop-Think-Act Practice scenarios
B-10	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	Worksheet	Acting out
	Worksheet	Going forward
	Worksheet	External risk factors - Situational Confidence activity (SCQ) (importance and confidence)
Checkpoint after Unit		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare.

THE BRIDGE UNIT C

Core change-focused mental health program unit. The primary focus of these resources assessing and establishing balance - emotional stability and the capability to respond in appropriate ways to events. There is major emphasis on dealing wih specific feelings and triggers. The final elements address protective factors, resilience and building personal confidence.

	Resource	**Description**
C-1	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	SP3- Learning how to keep life in balance	Guides clients to: (1) evaluate cues that they are out of balance; (2) identify specific ways to keep today in balance
	TT10 - How am I doing today?	Self-awareness and self-analysis
C-2	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	RH3.1 - Dealing with discomfort	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns.
	Worksheet	To review the situation (balance element)
	MI element	Change talk tool (PCA-)
C-3	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	RH3.2 - Dealing with discomfort	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns..
	Worksheet	Assessing your symptoms (frequency, intensity and duration activity)
C-4	Session opener	A moment for your mind
	RH3.3 - Dealing with discomfort	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns..
	Worksheet	Importance

	Worksheet	Confidence
C-5	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	RH3.4 - Dealing with discomfort	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns..
	Worksheet	Where do you stand?
	Skill Set Review	Brief review of Self Soothing
C-6	Session opener	A moment for your mind
	CS9.1 - Managing your stress	Basic stress management workbook, including self-examination, symptoms awareness, identification of triggers, underlying stressors and lifestyle issues, evaluation of past coping, and introduction to several key coping skills.
	Worksheet	What really matters to you?
	Activity	Problem situations, scenarios, skills, etc.
C-7	Session opener	A moment for your mind
	CS9.2 - Managing your stress	As above
	Skill Set Review	Brief review of distraction skills
	Worksheet	Stressors and triggers lead to discomfort
C-8	Session opener	A moment for your mind
	CS9.3 - Managing your stress	As above, includes skills practice
	Activity	Problem situations, scenarios, skills, etc.
C-9	Session opener	A moment for your mind
	CS9.4 - Managing your stress	As above, includes skills practice
	Worksheet	What are my options?
	Scenario	Typical problem situation

C-10	Session opener	A moment for your mind
	CS9.5 - Managing your stress	As above
	Worksheet	Confidence checklist (balance) (SCQ)
Checkpoint after Unit		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare.

THE BRIDGE UNIT D

Core mental health program unit focused on increasing treatment adherence and medication compliance. Addresses a critical stage of change in mental health treatment: symptom awareness, but treatment non-compliance. Supplemented by DBT mindfulness activities, self-management skills, and tools designed to assist awareness and motivation for successful symptoms self-management .

	Resource	**Description**
D-1	Session opener	A moment for your mind
	Worksheet	Pre-program assessment (MH version)–might need to edit
	PDL -1 - Pathways to physical or emotional health	Self-awareness, analysis, and planning resource
	Worksheet	Prior program experiences
D-2	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	Tx2.1 - Treatment adherence	Helping treatment work. Addresses compliance issues.
	Worksheet	What's really important to me
D-3	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	Tx2.2 - Treatment adherence	Treatment adherence workbook. Addresses compliance issues, including taking of prescribed medications (for group or 1:1 use).
	Worksheet	Assessing your symptoms (frequency, intensity and duration activity)
D-4	Session opener	A moment for your mind
	Food for thought (FFT)	The identity activity
	SD10.1 - Reducing consequences	Designed as part of a harm reduction strategy, it helps clients identify the consequences of their behaviors and examine their readiness for making changes.
	Skill Set Review	Brief Thought Stopping review

D-5	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	SD10.2 - Reducing consequences	Designed as part of a harm reduction strategy, it helps clients identify the consequences of their behaviors and examine their readiness for making changes.
	Skill Set Review	Brief STA review
D-6	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	SD10.3 - Reducing consequences	Designed as part of a harm reduction strategy, it helps clients identify the consequences of their behaviors and examine their readiness for making changes.
	Self-management skill set	STA Practice scenarios
D-7	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	PDL2- Taking your meds	Basic medication compliance lesson.
	MI element	MI worksheet - importance assessment
D-8	Session opener	A moment for your mind
	TT12 - Get yourself together	Self-assessment and self-management.
	Worksheet	Turning points scaling activity
	Self-management skill set	STA Practice scenarios
D-9	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	Worksheet	Confidence pre/post (treatment and medication compliance)
	Worksheet	Obstacles for changing
	Self-management skill set	STA Practice scenarios

D-10	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	Worksheet	Symptom awareness, treatment non-compliance SCQ
	Worksheet	Confidence checklist (balance) (SCQ)
Checkpoint after Unit		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare.

THE BRIDGE UNIT E

Relapse Prevention - This unit provides a change-focused approach to relapse prevention, both substance abuse and mental health issues. It targets the most common internal risk factors (lapses), and external risk factors (identifying and avoiding their specific high risk people, places, things, and situations). It also supports the development of internal protective factors and external protective factors (safety nets). The MH version is similar to the substance abuse model, with differences noted by (MH) in the resource title for selected core lesson elements. The MH version also includes a brief mindfulness element in each lesson.		
E1	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	TP8.1 - Developing resilience, (MH)	Resilience in the face of difficulties can be a critical quality. It's basic: people with this quality do better in life, and it can be especially helpful in making changes to support recovery. This lesson addresses both external and internal elements in resilience. On the external side, it helps clarify currently available supports and options for expanding this safety net. Then participants evaluate themselves on 20 characteristics of internal supports for resilience - as basic assessment of their own capacity for resilience. The resource then guides participants in developing a specific action plan to increase their support system.
	MI element - motivation assessment (MH and AODA)	MI awareness resource
E2	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	TP8.2 - Developing resilience (MH)	As above
E3	Session opener	A moment for your mind
	Worksheet	Assessing your symptoms (frequency, intensity and duration activity)
	RH5.1 - If you lapse	Provides information and understanding of personal internal risk factors leading to lapse or relapse.
	Worksheet - How do you think you have changed?	Self-analysis of current stage of change (with expectation of contemplation stage or further).
E4	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc. - some may be similar to RH5 card set #1 (provides practice in managing personal internal risk factors leading to lapse or relapse).
	RH5.2- If you lapse	Develops further understanding and acceptance of personal internal risk factors leading to lapse or relapse.

	Worksheet - How have things worked in the past?	Analysis of successes - and failures - in the past (contemplation and early preparation stage).
E5	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc. - some may be similar to RH5 card set #2 (provides practice in managing personal internal risk factors leading to lapse or relapse).
	RH5.3 - If you lapse	Develops plan for success in managing personal internal risk factors leading to lapse or relapse.
	Worksheet - What's different now?	Analysis of elements of personal change (contemplation or preparation/determination stage resource).
E6	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc. - some may be similar to RH5 card set #3 (provides practice in managing personal internal risk factors leading to lapse or relapse).
	RH5.4 - If you lapse	Provides formal plan to manage personal internal risk factors leading to lapse or relapse.
	Worksheet - Turning points scaling activity	Short analysis of specific aspects of preparation/determination to change.
E7	Session opener	A moment for your mind
	RH7.1 - Avoiding the negative	Key resource in avoiding high external risk factors (people, places, things, and situations).
	Worksheet - Since the last time	Identifies and assesses changes since their last treatment experiences.
	Worksheet - Going forward: triggers and risk factors (MH and AODA)	Evaluates the linkage between selected triggers and internal risk factors for relapse.
E8	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc. - some may be similar to RH5 card set #5 (provides practice in managing personal internal risk factors leading to lapse or relapse).
	RH7.2; RH7.3- Avoiding the negative	Key resource in avoiding high external risk factors (people, places, things, and situations).
	Worksheet - Risk factors summary activity (MH and ADOA)	Evaluates personal internal and external risk factors.
E9	Session opener	A moment for your mind

	Activity	Problem situations, scenarios, skills, etc. - some may be similar to RH5 card set #6 (provides practice in managing personal internal risk factors leading to lapse or relapse).
	RH12.1 - Safety nets	Key resource in developing external protective factors (personal safety net) - includes analysis of specific action plan for relapse prevention.
	Worksheet - Survivor (protective factors)	Evaluates elements of personal internal protective factors.
E10	Session opener	A moment for your mind
	RH12.2 - Safety nets	Key resource in developing external protective factors (personal safety net) - includes analysis of specific action plan for relapse prevention.
	Worksheet - Situational confidence scales	Assesses current level of confidence at handling specific problem situations and risk factors.
	Worksheet - Action plan: Going forward from here (MH and AODA)	Develops personal action plan.
	Worksheet - Unit summary	Summary of understanding and insight in key elements in this unit.
Checkpoint after Unit		Evaluate SCQ (above). Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare. Options includes AODA-MI-1 or RH-MI-1 resource.

BRIDGE UNIT F

Warning Signs (Avoiding Relapse) - This unit provides a risk factors approach to relapse prevention. It focuses primarily on the most common internal risk factors, but also identifies early warning signs that their thinking may be drawing them closer to their highest external risk factors (high risk people, places, things, and situations). The final elements provide a working model for building on their internal protective factors and making specific changes. The MH version is similar to the substance abuse model, with differences noted by (MH) in the resource title. The MH version also includes a brief mindfulness element in each lesson.		
F1	Session opener	A moment for your mind
	Worksheet - Assessment	MI awareness resource; addresses reluctance to change.
	SD6.1 - Reasons to change	MI substance abuse awareness resource; addresses reluctance to change.
	Food for thought	Hitting bottom (MH version)
F2	Session opener	A moment for your mind
	TT4 - What pushes your buttons?	Brief review of triggers
	SD11.3 - What's going on in my life?	Awareness resource; provides understanding of risk factors.
	Self-management skill set	Review of thought stopping
F3	Session opener	A moment for your mind
	TT11 - What to do when you are having bad feelings	Coping options review
	Activity	Handling difficult situations (TT19-MH)
	Worksheet	Assessing your symptoms (frequency, intensity and duration activity)
F4	Session opener	A moment for your mind
	Worksheet - Why should it matter?	Awareness resource; provides understanding of risk factors, thinking, and choices.
	RH13.1 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	Self-management skill set	Review of STA
F5	Session opener	A moment for your mind
	FFT - Hurting (MH)	Awareness resource; provides understanding of thinking (trauma-informed resource).
	RH13.2 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.

	Self-management skill set	STA Scenario practice
F6	Session opener	A moment for your mind
	Activity	Problem situations, scenarios, skills, etc.
	RH13.3 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	Self-management skill set	Brief skills practice activity
F7	Session opener	A moment for your mind
	FFT - Some words I hate	Awareness resource; provides understanding of thinking.
	Activity	Problem situations, scenarios, skills, etc.
	RH13.4 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
F8	Session opener	A moment for your mind
	Worksheet - Barriers to change	Assesses personal obstacles for changing; explores options to overcome these specific obstacles.
	RH13.5 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	Worksheet - Making changes (examining your past successes) - MH version	Assesses past successes to identify internal protective factors for current efforts to change
F9	Session opener	A moment for your mind
	Worksheet - Identity activity	Awareness resource; provides understanding of self-identity.
	Activity	Problem situations, scenarios, skills, etc.
	Activity	Problem situations, scenarios, skills, etc.
	Worksheet - Your internal resources	Identifies internal protective factors for current efforts to change (avoid relapse, etc).
F10	Session opener	A moment for your mind
	RH15d - How far have you come?	Assesses current efforts to change.
	TP6 - Then and now (MH version)	Examines past issues with maintaining a positive lifestyle and guides 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 - Summary activity	Summary of key elements (understanding, insight, and action steps) in the unit.

Checkpoint after Unit	Review resource Summary activity (above). Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare. Options includes AODA-MI-1 resource.