Open Group/Open Admissions program resources for:
- Correctional Facilities
- Probation/Parole
- Detention Centers
- Jails
- Mental Health Facilities
- Forensic Facilities
- Community Services
- Community Programs
- Drug Courts
- Mental Health Courts
- Diversion Programs
- Halfway Houses

Structured and monitored substance abuse, criminogenic thinking and behavior, and/or behavioral health interventions based on cognitive-behavioral (CBT), motivational interviewing (MI), and social learning philosophies. Stages-of-change model reduces the resistance to behavioral change and decreases dysfunctional or antisocial behaviors, including substance use and abuse.

Evidence-based resources

Pre-Contemplation (participants may be resistant, reluctant, resigned, rationalizing, or in severe denial)
- Program curriculum and other resources including MI tools integrated in the materials, engage participants and enhance motivation and receptiveness.
- Increase importance, confidence, and readiness for change (MI).

Contemplation (participates with increased self-awareness, understanding, and insight)
- MI and CBT curriculum elements increase self-awareness and emotional recognition; realistic assessment of current thinking and behavior choices.
- Identify critical internal and external risk factors and explore more functional options.

Preparation/Determination (key turning points)
- MI/CBT curriculum elements guide exploration of new cognitive and behavioral options and acquisition of new coping skills.
- Commitment to changes through documentation of action plans for specific changes, including effective ways to reduce impact of specific highest risk factors.
- Development of internal and external protective factors.

Action (actively addresses significant issues, including appropriate Behavioral Health issues)
- Activities – program resources guide implementation of changes.
- Observable mastery - through continued practice and use – of new skills; success in handling highest risk factors, and implementation/development of key protective factors to build situational confidence going forward.

Maintenance and Aftercare (maintains positive and productive lifestyle)
- Continue and revise action plans dealing with risk factors; maintain and develop links with protective factors, including support systems.

Effective handling of highest internal and external risk factors.
- Increase in resiliency factors targeted by program.
- Demonstrated effectiveness:
  - Specific coping skills for relapse prevention
  - Conflict/Anger management skills
  - Self-management skills
  - Symptoms and triggers awareness and management
  - Problem solving skills
  - Skills for dealing with criminogenic or dysfunctional thoughts, cravings, and feelings
  - Goal setting/action planning
  - Functional behaviors in the unit
  - Development of personal safety nets
  - Employability skills
  - Life skills
  - Recreation/leisure time skills
  - Healthy relationships
  - Successful management of mental health issues

Maintenance and Aftercare
- MI/CBT curriculum elements guide exploration of new cognitive and behavioral options and acquisition of new coping skills.
- Commitment to changes through documentation of action plans for specific changes, including effective ways to reduce impact of specific highest risk factors.
- Development of internal and external protective factors.

Selected to fit specific program
- Decrease in negative or dysfunctional behaviors.
- Decrease in post-release substance use/abuse.
- Decrease in symptoms-related crises.
- Increase in adherence to medication and therapy.
- Decrease in recidivism/post-program infractions (any post-program regulations and/or requirements).
- Active participation in post-release treatment/aftercare/counseling/support group activities as required or needed.

Assessment of program effectiveness
- Summary elements provide documentation of progress and achievement of behaviorally-stated objectives.
- Included are fidelity monitoring and performance evaluation tools.