

PROGRAM OUTLINE

- 12 week program of weekly Self-Study Packets of 30-45 pages each, and 1 weekly group session.
- Self-Study Packets are designed for individual study and do not contain lesson plans or tools for use in group therapy settings.
- The materials are targeted to a grade 4-6 reading level, and meet the “high interest-easy reading” agenda. Topics and materials deliberately vary within the packet, and from packet to packet. These resources are adult male-specific, developed for this population.
- Sequential model - closed group format. Group sessions are shaped for 90-120 minutes.
- Each weekly group session features resources related to the self-study packet, including a competency review that address and probes comprehension of the self-study material.
- Group resources include lesson plans, which should not be duplicated for the participants. The lesson plans have been removed from the Self-Study Packets so they are ready to simply print out as needed.
- The resources in the Session Resources portion of the model may be done in the order you wish, but it is highly recommended that you begin with lesson with a short discussion starter to get participants awake and focused, and then follow with the review of the self-study material. The TOC for the program lists the resources for each session in an optimal order.
- Staff tools include a Fidelity Monitoring Checklist; a Progress Evaluation Resource to assess inmate participation, understanding, and insight; a Motivational Interviewing Toolkit; and other MI tools
- Resources carefully chosen to help build identity formation.
- Program begins with a group session that helps lay the proper foundation for the self-study elements.
- Details for each session begin on the next page.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Self-study prior to the session	<i>not applicable</i>	FFT: Being locked up right now SD2: What went wrong?	Worksheet: Values Activity #1 SD6: Reasons to change	CC7: Who do you think you are? CC9: Denial CC11: Why am I thinking about changing? SA3: Some of our life's experiences	Worksheet: Obstacles and barriers FD5: Becoming more realistic and honest with yourself	Worksheet: Values Activity #2 FD6: Learning to trust (trusting yourself and others)
Session resources	FFT: The Revolving door FFT: Long time to go Worksheet: Program assessment Worksheet: What's this program all about? A practical question #1	Pre15: There's no point Review of self-study resource A practical question #2	FFT: One thing you'd do Review of self-study resource Pre11: You can't change me A practical question #3	FFT: Too far gone? Review of self-study resource Pre8c: At home in the lockup? A practical question #4	FFT: What <u>really</u> matters to me Review of self-study resource Pre4: How important is it to you? A practical question #5	FFT: If you learned . . . Review of self-study resource Pre7: Choices A practical question #6

	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Self-study prior to the session	GG1: What was on your mind?	GG3: What do you need?	GG13r: Respect GG13Dis: Disrespect	SPI: Readiness for change	SP2: Getting it “right” this time	GG8: Understanding yourself (#2) TP2: Drawing a line TP6: Making a transition (how are you going to do?)
Session resources	FFT: Time to think Review of self-study resource Pre3d: Life goals and life dreams A practical question #7	Worksheet: Agree or disagree? Review of self-study resource TPI6: I can do this A practical question #8	FFT: The identity activity Review of self-study resource TPI: Turning points A practical question #9	FFT: I’ve become the kind of person I hated Review of self-study resource TP7: I can’t ever do that again A practical question #10	Worksheet: what’s really important? Review of self-study resource TP8: Developing resilience A practical question #11	Worksheet: Action plan - going forward TP3: The new reinvented you Review of self-study resource