

OPEN TO CHANGE

Open group/Open admissions Substance Abuse Program Resource

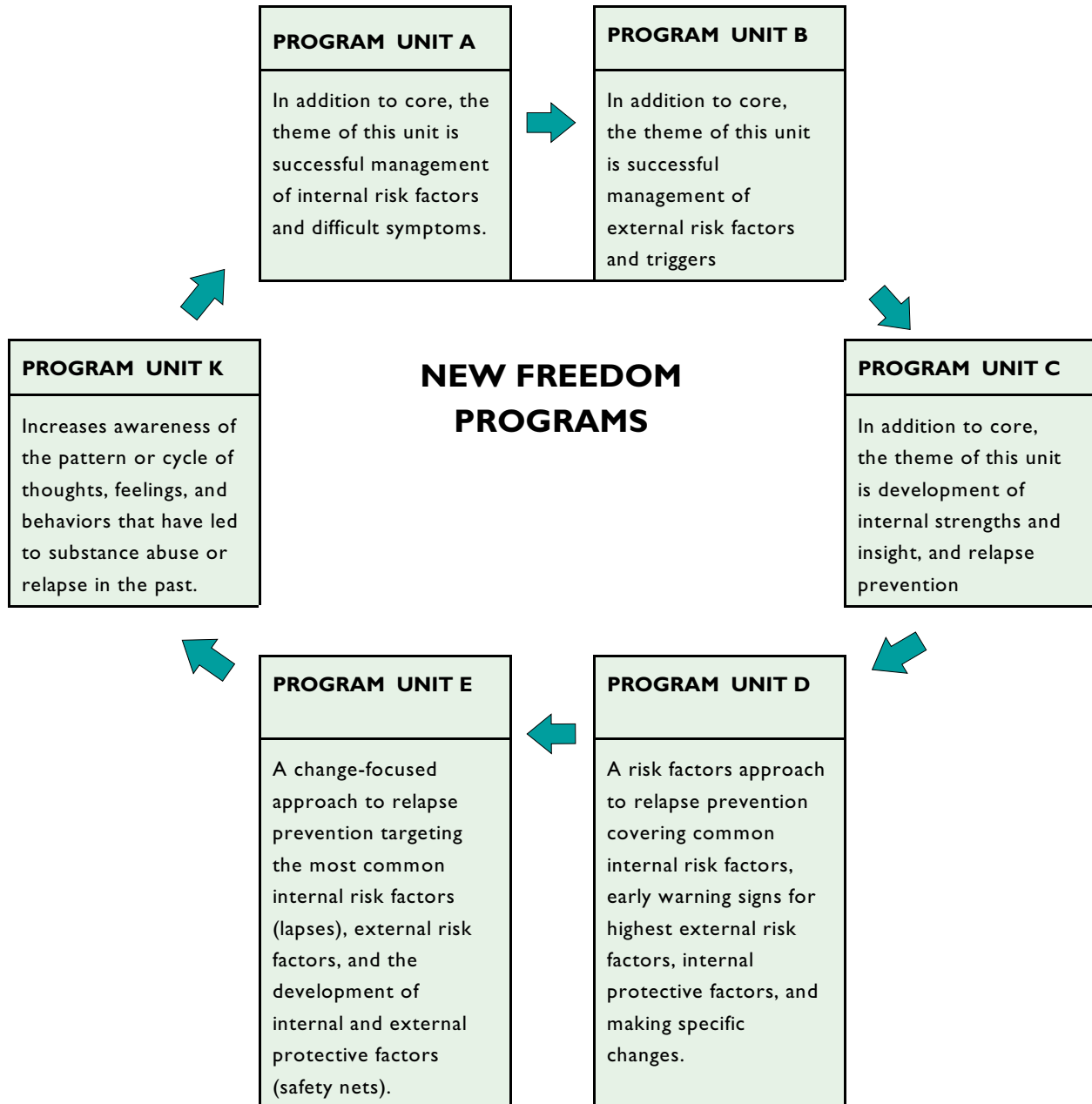
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TABLE OF CONTENTS FOR FEMALE GENDER-SPECIFIC PROGRAMS

The following are tables of contents for 10 session units.

**OPEN TO CHANGE: FEMALE GENDER-SPECIFIC
60-SESSION OPEN GROUP SUBSTANCE ABUSE PROGRAM**

Pre-program resources: 1:1 session prior to participation in core program



Summary and review element (1:1)

Post-program/aftercare

PROGRAM UNIT A

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is successful management of internal risk factors and difficult symptoms.

	Resource	Description
A1	GS-FFT: What's the difference?	Guides assessment of the importance of making changes.
	GS-FFT: The choice.	Addresses anti-contemplation and resistance.
	Pre6: Introduction to the program	Basic precontemplation resource. Primarily designed to build engagement in the process of change and reduce resistance. Provides introduction to Motivational Interviewing (MI) techniques and tools.
A2	GS-FFT: Hard work.	Addresses resistance to change.
	Worksheet: Getting Started (w)	Builds awareness of critical issues and past experiences in addictions or dependencies.
	GS-FFT: I was helpless.	Addresses issues of past difficulty in making positive changes. Builds confidence.
A3	GS-FFT: Hitting bottom	Basic Motivational resource. Addresses issues of importance and confidence in making changes.
	Pre4aoda: How important is it to you?	Targets critical issues underlying the need and desire to explore making changes in life or lifestyle. Goal is acceptance of personal responsibility for choices.
A4	GS-FFT: What's normal?	Addresses reluctance and rationalization.
	SD5.4aoda: Understanding your dependencies	Examines addictions and multiple dependencies and explains chronic nature of dependencies, internal risk factors, and denial.
	GS-FFT: It's often a matter of degree	Addresses reluctance and rationalization.
A5	GS-FFT: Bad days and bad weeks	Addresses reluctance and rationalization.
	SD6.3: Reasons to change	Addresses denial, resistance, other defenses. Raises awareness of consequences of own behavior for self and other. Builds motivation to make personal changes.
	Skills: Thought stopping	Short skill development resource (AODA-specific).

A6	GS-FFT: I quit	Addresses reluctance and rationalization, contemplation stage of change.
	Key risk factors for relapse: Really bad thinking	Examines how this risk factor has affected their past decisions, and what role it could play going forward. Four (4) short activity elements provide an opportunity for coping skills practice. <i>Intensive lesson.</i>
A7	GS-FFT: I got high to feel good	Supports self-evaluation of internal risk factors.
	Key risk factors for relapse: Pleasant emotions	Examines how this risk factor has affected their past decisions, and what role it could play going forward. Six (6) short activity elements provide an opportunity for practice and mastery of a range of coping options. <i>Intensive lesson.</i>
	Worksheet: Internal risk factors SCQ	Provides situational confidence (SCQ) element.
A8	GS-FFT: The program	Supports self-evaluation of internal risk factors and recovery.
	TPIw: Turning Points	The decision to make a significant change - to move to actually doing something - is often called a turning point. Lesson helps identify turning points, and focuses on making actual changes. Guides transition between the Contemplation Stage of change and the Determination Stage.
A9	TP3/GS Worksheet: The new reinvented you	Clarifies new goals, assesses strengths and assets, briefly summarizes new external support system, and guides commitment to change. It summarizes with a brief action plan. <i>Intensive lesson.</i>
	Worksheet: Substance abuse self-efficacy scales	Also provides situational confidence (SCQ) element.
A10	GS-FFT: Setting yourself up #3	Supports self-evaluation of internal risk factors and recovery.
	RH16: How are you going to do	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. <i>Intensive lesson.</i>
	Unit A Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit A		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

PROGRAM UNIT B

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is successful management of external risk factors and triggers.

	Resource	Description
B1	GS-FFT: Waiting for the magic wand	Addresses reluctance and rationalization.
	ICD: What is treatment all about?	Engages participants, and explains the treatment process and expectations.
B2	GS-FFT: Labels	Addresses reluctance, resistance, and rationalization.
	Pre 13: It's just like magic	Precontemplation resource. Increases self-awareness and the importance of making changes - and avoiding certain traps in making only a partial commitment to these changes.
	GS-FFT: Where do you stand today?	Addresses reluctance and rationalization.
B3	GS-FFT: The warning signs of addiction	Addresses reluctance and rationalization.
	CC11: Why am I thinking about changing?	Helps identify some of the issues involved in the decision to make changes. MI elements help examine specific reasons and obstacles.
B4	GS-FFT: Too far gone	Addresses reluctance and resigned precontemplation (confidence).
	CBT5a.1: Triggers/External risk factors	Helps identify external triggers (specifically high risk people, places, things, and situations). <i>Intensive lesson.</i>
	GS-FFT: Feeling good or feeling better	Supports self-evaluation of internal risk factors.
B5	GS-FFT: Introduction to risk factors	Supports self-evaluation of risk factors (internal and external).
	CBT5a.2: Triggers/External risk factors	Helps target external triggers (specifically high risk people, places, things, and situations). <i>Intensive lesson.</i>
	Worksheet: Take a look at what's going on around you	Supports self-evaluation of current external triggers and external risk factors.

B6	GS-FFT: Famous last words (1,2)	Helps identify how certain kinds of thinking may be barriers or obstacles to change.
	SD12aoda: Key elements of change	Overview of personal change from substance abuse. Includes MI, CBT, and coping skills elements, as well as analysis of risk factors.
B7	Activity/skills: Handling difficult situations #2,4,7	Supports self-evaluation of key issues on on-going recovery.
	Worksheet: Obstacles for changing	Supports self-evaluation of barriers and obstacles for change. Confidence-building, contemplation and preparation stages of change.
	Worksheet: External risk factors SCQ	Provides situational confidence (SCQ) element.
B8	TP2: Drawing a line	Focuses on the actual determination to make a change - and identifying specific behaviors that they have decided never to do again. MI elements assess importance and confidence in making these commitments. Clarifies transition between the Contemplation and the Determination Stages of change. <i>Intensive lesson.</i>
	RH18: Risk and protective factors summary	Participants summarize their external and internal risk factors and their plans to deal with them effectively.
B9	TP4: Then and now	Examines past relapse experiences to clarify what went wrong and develops of new external protective factors. Includes action plan.
	Worksheet: Drugs and alcohol situational confidence (SCQ)	Provides situational confidence (SCQ) element.
B10	GS-FFT: Masks	Supports self-evaluation of internal risk factors and recovery.
	TP6: Making a transition: how are you going to do?	Addresses key areas for problems in maintaining recovery - or in maintaining new life and lifestyle changes. Includes action plan.
	Unit B summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit B		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

PROGRAM UNIT C

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is development of internal strengths and insight, and relapse prevention.

	Resource	Description
C1	GS-FFT: Do-over?	Engagement resource; addresses reluctance to change.
	AODA-I: Some of our life's experiences	Identifies specific risk factors - and clarifies current decisions.
C2	GS-FFT: The \$5,000,000 question	MI awareness resource; addresses reluctance to change.
	SDIaoda Introduction to self-discovery	Starts the process of change though identifying and addressing substance abuse and similar dependencies.
C3	GS-FFT: Why should it matter?	MI awareness resource; addresses reluctance to change.
	SD6.2: Reasons to change	Starts the process of change though identifying and addressing substance abuse and similar dependencies.
C4	GS-FFT: So many parts of my life	MI awareness and acceptance resource; addresses reluctance and rationalization.
	SDII: What's going on in my life?	Introductory element helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
C5	GS-FFT: Famous last words (3,4)	Helps identify how certain kinds of thinking may be barriers or obstacles to change
	SD5.1: Understanding your dependencies	Examines addictions and multiple dependencies and explains chronic nature of dependencies. Addresses denial issues and helps clients focus their recovery. <i>Intensive lesson.</i>
	Skills: Thought stopping	Short skills development resource with AODA-specific practice.
C6	GS-FFT: The "functional alcoholic"	MI awareness and acceptance resource; addresses reluctance and rationalization.

	SD5.2: Understanding your dependencies	Examines addictions and multiple dependencies. Clarifies chronic nature of dependencies and denial. <i>Intensive lesson.</i>
	Worksheet: Substance abuse abstinence risk checklist	Also provides situational confidence (SCQ) element.
C7	GS-FFT: Small problems add up	Supports self-evaluation and insight, as well as internal risk factors.
	TP14: Key risk factors for relapse: Physical discomfort	Helps participants examine how this risk factor has affected their past decisions, and what role it could play going forward. <i>Intensive lesson.</i>
	Worksheet: Goal setting activity	Relapse prevention action plan.
C8	Worksheet: Buffers	Supports self-evaluation of internal risk factors and on-going recovery.
	TP7/RH30: I can't ever do that again	Lesson goal is the decision to make the actual commitment to stop the problem behavior (drugs, alcohol, violence, etc).
C9	GS-FFT: Setting yourself up #4	Supports self-evaluation of internal risk factors and recovery.
	Worksheet: Connections	Guides the exploration and development of protective factors.
	Worksheet: Substance Abuse (AODA) Pre/post test tool	Provides summary element. Short assessment of importance, confidence, and readiness to change substance abuse.
C10	GS-FFT: Setting yourself up #1	Supports self-evaluation of internal risk factors and recovery.
	TP5: Substance abuse program summary	Reviews and summarizes crucial recovery elements: identifies where they have committed to change, summarizes internal and external risk factors, substance abuse history, importance of change, and confidence in new choices. Key summary element. <i>Intensive lesson—when possible, please consider extending to second hour.</i>
Checkpoint after Unit C		Review resource TP5 and evaluate SCQ (above). Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

PROGRAM UNIT D

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.

D1	Worksheet - Assessment	MI awareness resource; addresses reluctance to change.
	SD6.1 - Reasons to change	MI substance abuse awareness resource; addresses reluctance to change.
	GS FFT Worksheet - How things fit together	Awareness resource; provides understanding of risk factors.
D2	FFT - The program	Awareness resource; addresses reluctance to change.
	SD11.3 - What's going on in my life?	Awareness resource; provides understanding of risk factors.
	Worksheet - Is it an addiction?	Substance abuse awareness resource; addresses reluctance to change.
D3	TPI3 - Key risk factors for relapse: really bad thinking (testing personal control)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking.
	TPI3a.1 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D4	RH13.1 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TPI3a.2 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D5	FFT - Hurting	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.
	TPI3a.3 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.

D6	FFT - It's only weed	Awareness resource.
	RH13.3 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TP13a.4 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D7	FFT - Some words I hate	Awareness resource; provides understanding of thinking.
	RH13.4 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TP13a.5 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D8	FFT Masks	Explores putting up a front
	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)	Assesses past successes to identify internal protective factors for current efforts to change (avoid relapse, etc).
D9	Worksheet - Identity activity	Awareness resource; provides understanding of self-identity.
	RH13.6 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	Worksheet - Your internal resources	Identifies internal protective factors for current efforts to change (avoid relapse, etc).
D10	RH15d - How far have you come?	Assesses current efforts to change.
	TP20 - Burning your bridges	Identifies and implements action plan to reduce exposure to specific external risk factors.
	Worksheet - Summary activity	Summary of key elements (understanding, insight, and action steps) in Unit D.
Checkpoint after Unit D		Review resource Summary activity (above). Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

PROGRAM UNIT E

Relapse Prevention This unit provides a change-focused approach to relapse prevention. It targets the most common internal risk factors (lapses), external risk factors (identifying and avoiding their specific high risk people, places, things, and situations), and the development of internal and external protective factors (safety nets).

E1	FFT - How is this likely to work out? #3	Awareness resource; addresses reluctance to change.
	SD7a - My life so far	Awareness resource; provides understanding of risk factors from past experiences.
	Worksheet - Substance abuse motivation assessment	MI substance abuse awareness resources.
E2	FFT - How is this likely to work out? #4	Awareness resource; addresses reluctance to change.
	SD6.4 - Reasons to change	MI-based change-focused resource.
	SD7b - Costs and consequences	Awareness resource; addresses reluctance to change.
E3	FFT - Some time to think	Awareness and acceptance resource; change-focus.
	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 (contemplation stage).
E4	Relapse prevention activity (RH5 cards - 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	Relapse prevention activity (RH5 cards - 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	Relapse prevention activity (RH5 cards - 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	Relapse prevention activity (RH5 cards - set #4)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	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	Evaluates the linkage between selected triggers and internal risk factors for relapse.
E8	Relapse prevention activity (RH5 cards - set #5)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	RH7.2 - Avoiding the negative	Key resource in avoiding high external risk factors (people, places, things, and situations).
	Worksheet - Risk factors summary activity	Evaluates personal internal and external risk factors.
E9	Relapse prevention activity (RH5 cards - 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	Relapse prevention activity (RH5 cards - set #7)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	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	Develops personal action plan.
	Worksheet - Unit summary	Summary of understanding and insight in key elements in this unit.
Checkpoint after Unit E		Evaluate SCQ (above). Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

PROGRAM UNIT K

Basic Substance Abuse Programming (10 sessions) Increases awareness of the pattern or cycle of thoughts, feelings, and behaviors that have led to substance abuse or relapse in the past.

K1	Worksheet	What happened in your life? (GS)
	WD - Women and drugs	Women and drugs - how women are different
K2	Food for thought	GS FFT If you learned (#1)
	W1.1 - Especially for women: drug abuse, relapse - and recovery	Basic gender-specific substance abuse resource. Targets women's pathways into - and out of - issues with substance abuse.
K3	Food for thought	GS FFT: Values activity #1
	W1.2 - Especially for women: drug abuse, relapse - and recovery	Basic gender-specific substance abuse resource. Targets women's pathways into - and out of - issues with substance abuse.
K4	Food for thought	GS FFT Hurting
	W1.3 - Especially for women: drug abuse, relapse - and recovery	Basic gender-specific substance abuse resource. Targets women's pathways into - and out of - issues with substance abuse.
K5	Food for thought	GS FFT Mia's cravings
	W1.4 - Especially for women: drug abuse, relapse - and recovery	Basic gender-specific substance abuse resource. Targets women's pathways into - and out of - issues with substance abuse.
K6	Worksheet	How would you like things to be different? (GS)
	W1.5 - Especially for women: drug abuse, relapse - and recovery	Basic gender-specific substance abuse resource. Targets women's pathways into - and out of - issues with substance abuse.
K7	Worksheet	Confidence Assessment (pre/post)
	W1.6 - Especially for women: drug abuse, relapse - and recovery	Basic gender-specific substance abuse resource. Targets women's pathways into - and out of - issues with substance abuse.
K8	TP5: Substance abuse program summary	Reviews and summarizes crucial recovery elements: identifies where they have committed to change, summarizes internal and external risk factors, substance abuse history, importance of change, and confidence in new choices. Key summary element. <i>Intensive lesson—when possible, please consider extending to second hour</i>
	Worksheet	Change talk tool #1

K9	TP8- Developing resilience	Addresses denial, resistance, other defenses. Raises awareness of consequences of own behavior for self and others (including criminal thinking and victim empathy). Builds motivation to make personal changes.
	Worksheet	Competency checklist for Workbook: W I
K10	Food for thought	GS FFT Taking the Initiative. Addresses strength and determination to make changes
	Worksheet-GS Identity activity	Who are you versus who do you want to be
Checkpoint after Unit K		Evaluate competency checklist and the MI tools in the final worksheet (Identity Activity), above. Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

Key program resources		
PowerPoint	Open to Change PowerPoint	Overview PowerPoint for introduction and/or in-service use with staff.
Staff resources	Pre-program staff resource	Open to Change orientation and optional staff development resource,
	Getting past pre-contemplation	Staff suggestions for addressing specific precontemplation issues - substance abuse specific,
	Skills practice model	Suggestions for group management, using curriculum elements
PEM	Progress evaluation model	Helpful tool for use in 1:1 to assess and document participant progress.
MI rulers (ICR rulers)	Importance, Confidence, and Readiness rulers	Includes all three rulers on one sheet for use in 1:1 sessions. AODA-specific.
FMC	Fidelity monitoring checklist	Useful checksheet for clinical supervisors and program administrators.
Pre-program resources: recommended for use in 1:1 session prior to participation in core program		
MI toolkit	MI toolkit	Includes key resources for assessment of motivation (MI rulers), symptoms management, and development of MI "change talk." Helpful as an on-desk reference for all program staff.
	toolkit explanation	guides the use of the MI toolkit
PCA	PCA Change Talk Tool (PCA+ longer version)	MI assessments. Brief assessments of participant motivation (scores reflect stage of change). <i>These resources are generally comparable to the University of Rhode Island Individual Change Assessment (URICA). The URICA is a widely-used and standardized instrument, available in the public domain on the internet. The PCA+ and PCA- tools are basically shorter and more readily scored.</i>
	PCA Change Talk Tool (PCA- shorter version)	
Worksheet	Pre-program motivation assessment	Short assessment worksheet helps identify specific types of precontemplators.
Worksheet	History of alcohol and other drug use	Brief summary of AODA use; helpful in later MI change talk.
Worksheet	Substance abuse pre-post test tool	Short assessment of importance, confidence, and readiness to change substance abuse.

Worksheet	Confidence assessment pre-post AODA	Helpful assessment of motivation and confidence issues in substance abuse and program participation.
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Supplemental/optional resources for 1:1 session prior to group participation

Worksheet	Prior program experiences	Helps identify issues in past relapse as well as reasons for lower confidence in ability to make changes (resigned precontemplation).
Pre15	There's No Point	Focused MI-based pre-treatment or early treatment activity addressing anti-contemplation and resistance to change.
Pre11	You Can't Change Me	MI resource. Examines issues of importance and confidence in making life changes. This lesson explores the difference between "I don't want to change," and "I can't change." Targets rebellious and resigned precontemplators.
Skills lessons	Skills for specific symptoms (i.e withdrawal)	L8 Progressive muscle relaxation.(leader's script for 1:1 or group)
		L10 Deep breathing techniques for relaxation. (leader's script)
		L16 Combined skills (handout for participants)

Program completion

Evaluate SCQ and summary documentation noted above, Assess action plan for self-care and aftercare. Package includes AODA-MI-1234 resource.

Suggested Worksheet	Confidence assessment pre-post AODA	Helpful assessment of motivation and confidence issues in substance abuse and program participation.
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Post-program/aftercare

FFT	Going forward	A quick review of past internal risk factors which may affect recovery.
RH17aoda	What's important to you?	Key MI resource for AODA programs. Identifies critical goals, high risk choices, and increases importance of making positive choices going forward.
SD12.8	Protective factors element	Working with your safety net
RH15d	Protective factors element	Recovery activities

Correctional Post Program Resources

RH14	Getting close to getting out	Pre-release element (<i>a brief selection from the Returning Home resources</i>).
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