

VETERANS RESIDENTIAL PROGRAM MODEL

Pre-program Phase - veterans can remain in this phase for 1-3 months (basically until next cycle starts)		
Introduction to the program	Program rules, group norms, community (or TC) contracts, norms, etc..	May be scheduled for convenience. Goal is to increase engagement in the treatment process and assess readiness. May also include URICA. <i>(This is not a curriculum-based element).</i>
Workbook-based "holding" unit	Brief workbook and journaling resources. Led by veteran peer counselors	Provides unstructured programming element prior to their starting Phase 1A.

- Phases #1, #2, and #3 below each includes 90 class hours (estimated to take approximately 2 months at 3 hours per class day, 4 days a week, with holidays, etc.).

PHASE #1 <i>(mandatory to be done first)</i>	Phase 1A (10 class days) - mandatory first unit	Phase 1B (10 class days)	Phase 1C (10 class days)
Class (first hour)	Orientation/Adjustment (doing your time - and the program - successfully)	Knowing yourself better (introductory self-awareness group) (X)	Bridge (behavioral health) Unit A
Class (second hour)	Vets Group resource set #1 (introductory)	Handling difficult feelings DF-2 (Anxiety)	Handling difficult feelings (Anger)
Class (third hour)	Open to Change (risk factors) Unit A	Open to Change (risk factors) Unit B	Open to Change (risk factors) Unit C
At completion of Phase #1, review of individual progress using the Progress Evaluation Model resource. May promote, re-cycle, or provide additional MI-based 1:1 enhancement.			

PHASE #2	Phase 2A (10 class days)	Phase 2B (10 class days)	Phase 2C (10 class days)
Class (first hour)	Bridge (behavioral health) Unit C	Bridge (behavioral health) Unit B	Criminal thinking - CT1
Class (second hour)	Vets Group resource set #2 (training and service)	Interpersonal problem solving and Managing aggression and violence (MAV skills)	Reducing your risk (Y)
Class (third hour)	Handling difficult feelings DF-3 (Grief/Loss & Sleep)	Handling difficult feelings DF-1 (Depression)	Handling difficult feelings DF-4 (guilt, shame, loneliness, boredom)
At completion of Phase #2, review of individual progress using the Progress Evaluation Model resource. May promote, re-cycle, or provide additional MI-based 1:1 enhancement.			

PHASE #3 (final phase)	Phase 1A (10 class days)	Phase 1B (10 class days)	Phase 1C (10 class days)
Class (first hour)	Returning Home Unit RA (key recidivism and relapse prevention)	Open to Change Unit D (risk factors and warning signs RH13)	Life experiences and Resilience (Trauma Unit)
Class (second hour)	VETS 3	Focusing forward (Z)	Returning Home Unit RE (responsibilities and avoiding problems)
Class (third hour)	Open to Change Unit E (RH5 lapses and relapse)	Returning Home Unit RD (key transitions and recidivism)	Returning Home RF (summary pre-release review unit)
	At completion of Phase #3, review of individual progress using the Progress Evaluation Model resource. May select for peer counselor training, or re-cycle.		

SPECIAL GROUP: VETS 4 (Deployed vets only). Led by qualified staff member. (Trauma-informed)

EXTENDED STAY RESOURCES

- For veterans who remain in the unit past the six-month program
- For veterans who have completed the program and remain as peer staff.
- Shaped for independent work, with a monthly group
- Model provides one workbook per month for one year (approximately 35-40 pages per month).
- Model includes weekly journaling element and/or recovery or action planning worksheet.