

EMERGING ADULTS 240-HOUR COMPREHENSIVE MODEL

Open group model. Each unit below includes 10 lessons, with lesson plans, participant worksheets, and activities.

Introduction Adjustment	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">Unit - Introduction to group</td></tr> <tr><td style="padding: 2px;">Unit - Adjustment (PP#1)</td></tr> </table>	Unit - Introduction to group	Unit - Adjustment (PP#1)	<i>Critical issues in doing time successfully and MI-based engagement activities.</i>										
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Risk Factors <i>Units may be done in any order</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">Unit - OPEN to Change A</td></tr> <tr><td style="padding: 2px;">Unit - OPEN to Change B</td></tr> <tr><td style="padding: 2px;">Unit - OPEN to Change C</td></tr> </table>	Unit - OPEN to Change A	Unit - OPEN to Change B	Unit - OPEN to Change C	<i>Core CBT and MI-based programming, addressing key risk factors for criminal behavior, violence in the facility, and substance abuse.</i>									
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Unit - OPEN to Change C														
Criminogenic thinking and behavior Conflict reduction in the facility	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">Unit - OPEN to Change G</td></tr> <tr><td style="padding: 2px;">Unit - OPEN to Change H</td></tr> <tr><td style="padding: 2px;">Unit - Fighting/violence #1</td></tr> <tr><td style="padding: 2px;">Unit - Anger</td></tr> <tr><td style="padding: 2px;">Unit - Fighting/violence #2</td></tr> <tr><td style="padding: 2px;">Criminal Thinking</td></tr> </table>	Unit - OPEN to Change G	Unit - OPEN to Change H	Unit - Fighting/violence #1	Unit - Anger	Unit - Fighting/violence #2	Criminal Thinking	<i>Addresses key risk factors for criminogenic thinking, criminal behavior, violence in the facility. CBT and problem-solving emphasis.</i>						
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Self-Management Coping skills/ Emotion Regulation	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">Bridge A - internal risk factors</td></tr> <tr><td style="padding: 2px;">Bridge B - external risk factors</td></tr> <tr><td style="padding: 2px;">Bridge C - self-management</td></tr> <tr><td style="padding: 2px;">Unit- OPEN to Change Fa</td></tr> <tr><td style="padding: 2px;">Anger Management (skills)</td></tr> </table>	Bridge A - internal risk factors	Bridge B - external risk factors	Bridge C - self-management	Unit- OPEN to Change Fa	Anger Management (skills)	<i>These CBT/DBT and MI resources focus on self-management (impulse control), emotion regulation, and problem solving.</i>							
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Gang Intervention <i>Targeted to STG inmates, as well as general population.</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">Gang Intervention (pushes/pulls)</td></tr> <tr><td style="padding: 2px;">G1 - Mindset and choices</td></tr> <tr><td style="padding: 2px;">G2 - Risk factors for violence</td></tr> <tr><td style="padding: 2px;">G3 - Violence and self-management</td></tr> </table>	Gang Intervention (pushes/pulls)	G1 - Mindset and choices	G2 - Risk factors for violence	G3 - Violence and self-management	<i>Problem solving, violence avoidance/reduction and gang intervention and desistance.</i>								
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Two 40-hour options														
Community Reintegration Returning Home	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">Recidivism and relapse prevention (core)</td></tr> <tr><td style="padding: 2px;">Your first few days</td></tr> <tr><td style="padding: 2px;">Responsibilities and avoiding problems</td></tr> <tr><td style="padding: 2px;">Getting close</td></tr> </table>	Recidivism and relapse prevention (core)	Your first few days	Responsibilities and avoiding problems	Getting close	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;">Relapse Prevention</td><td style="padding: 2px;">Unit - OPEN to Change D</td></tr> <tr><td style="padding: 2px;">Gang Desistance</td><td style="padding: 2px;">Unit - OPEN to Change E</td></tr> <tr><td style="padding: 2px;"></td><td style="padding: 2px;">Turning Points (GG)</td></tr> <tr><td style="padding: 2px;"></td><td style="padding: 2px;">GG-RH - Successful transition</td></tr> </table>	Relapse Prevention	Unit - OPEN to Change D	Gang Desistance	Unit - OPEN to Change E		Turning Points (GG)		GG-RH - Successful transition
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- We can tailor this model to provide greater or lesser emphasis on substance abuse, gang involvement, aggression and violence, relapse prevention, recidivism issues, and community reintegration. The full Emerging Adults resource include 28 units (280 hours) of program resources.
- We are happy to work with you to suggest scheduling or implementation options, and appropriate sequence of these units to conform with your facility needs.