

EMERGING ADULTS RESOURCES for FACILITIES

INITIAL PROGRAMMING

Introduction to Programming	Introduction to facility group programming. Focus is engagement (participation) and increasing awareness of their choices and options. Certain elements build toward contemplation of life issues as well as past and present choices. Useful as a core programming element, and as the initial step in group programming.
Adjustment Unit CR-ADJ	<p>Focus is engagement (participation) and increasing awareness of their choices and options while in the correctional residential setting. Highlights poor choices and better options for avoiding additional issues (victimization, bullying, violence, etc.).</p> <p>Goals: (1) Success in handling people problems, specific problem situations. (2) Reduction in vulnerability to selected high risk factors. (3) Participation in programming, adherence to group rules. <i>Helpful for new inmates and inmates in transition between institutional levels.</i></p>

CORE PROGRAM ELEMENTS OPEN GROUP/OPEN ADMISSIONS

OPEN TO CHANGE RISK FACTORS RESOURCE

OPEN TO CHANGE Unit A	In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this CBT/MI unit is successful management of internal risk factors and difficult symptoms.
OPEN TO CHANGE Unit B	In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this CBT/MI unit is successful management of external risk factors and triggers.
OPEN TO CHANGE Unit C	In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this CBT/MI unit is development of internal strengths and insight, and relapse prevention.
OPEN TO CHANGE Unit D	A risk factors approach to relapse prevention covering common internal risk factors, early warning signs for highest external risk factors, internal protective factors, and making specific changes.
OPEN TO CHANGE Unit E	A change-focused approach to <u>relapse prevention</u> targeting the most common internal risk factors (lapses), external risk factors, and the development of internal and external protective factors (safety nets).
OPEN TO CHANGE Unit F	Change-focused substance abuse model. It includes elements of MI and CBT , as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net