OPEN TO CHANGE

Open group/Open admissions
Risk Factors, Delinquency and
Substance Abuse Program Resource
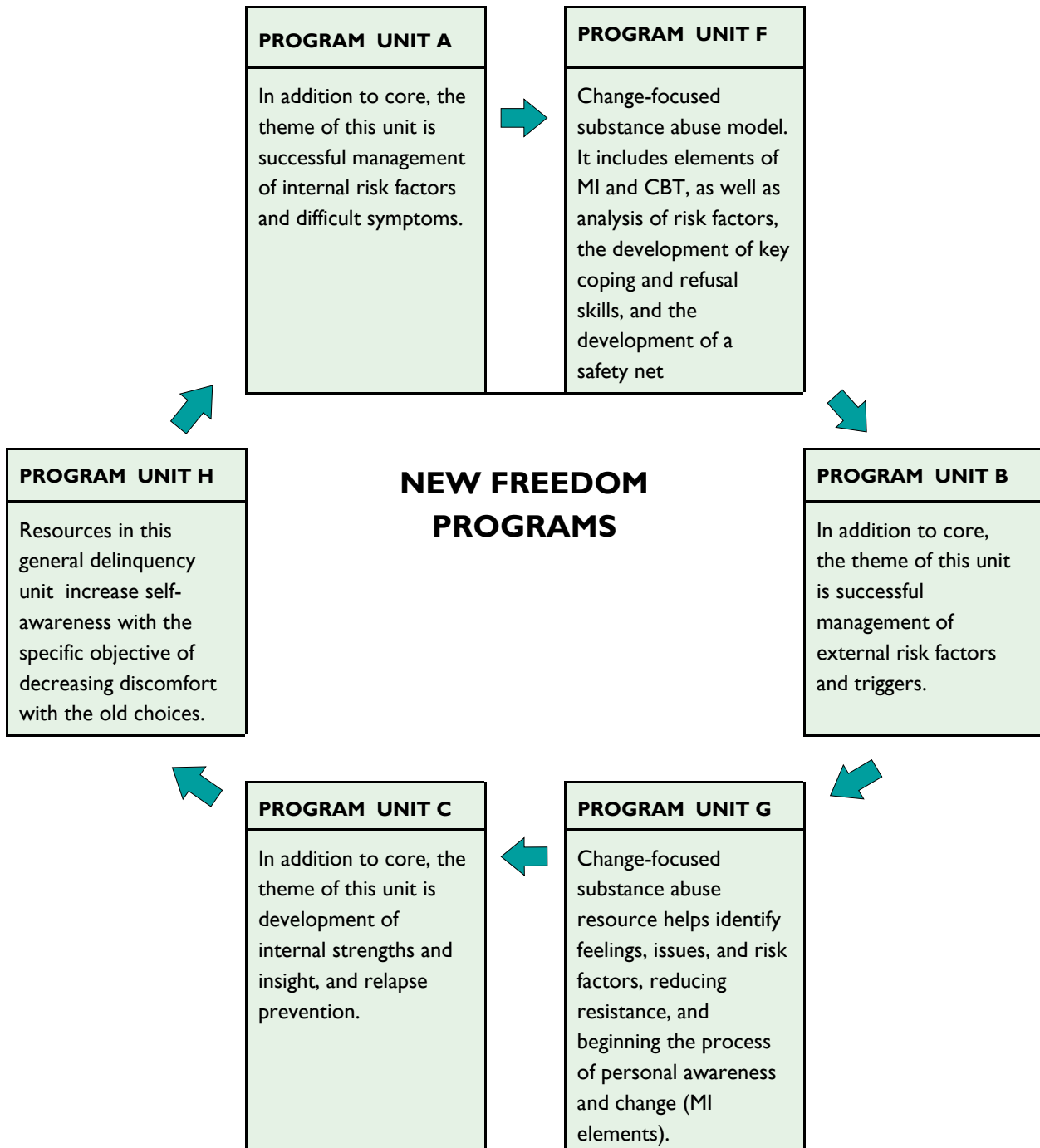
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TABLE OF CONTENTS FOR JUVENILE PROGRAMS

The following are tables of contents for 10-session units.

- Each unit below includes ten (10) sessions.
- New group members can be added at any time.
- Each unit includes - as core elements - PreContemplation, Preparation, and Situational Confidence resources

PROGRAM UNIT A

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

PROGRAM 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

NEW FREEDOM PROGRAMS

PROGRAM UNIT H

Resources in this general delinquency unit increase self-awareness with the specific objective of decreasing discomfort with the old choices.

PROGRAM UNIT B

In addition to core, the theme of this unit is successful management of external risk factors and triggers.

PROGRAM UNIT C

In addition to core, the theme of this unit is development of internal strengths and insight, and relapse prevention.

PROGRAM UNIT G

Change-focused substance abuse resource helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change (MI elements).

PROGRAM UNIT A (J)

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	FFT: What's the difference?	Guides assessment of the importance of making changes.
	FFT: Sam's 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	FFT: Hard work.	Addresses resistance to change.
	Worksheet: Getting Started	Builds awareness of critical issues and past experiences in addictions or dependencies.
	FFT: I shouldn't be here	Addresses defensiveness and resistance.
A3	FFT: Values activity #1	Basic motivational resource. Begins process of identifying "importance" factors in the change process.
	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	FFT: Some words I hate	Change-focused self-awareness resource.
	SD5.4aoda: Understanding your dependencies	Examines addictions and multiple dependencies and explains chronic nature of dependencies, internal risk factors, and denial.
	FFT: It's often a matter of degree	Addresses reluctance and rationalization.
A5	FFT: Superhero activity	Basic motivational and self-awareness resource (change-of-pace activity).
	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	FFT: I quit	Addresses reluctance and rationalization, contemplation stage of change.
	TP13: 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. *Intensive lesson.*
A7	FFT: I got high to feel good	Supports self-evaluation of internal risk factors.
	TPO9: 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. *Intensive lesson.*
	Worksheet: Internal risk factors SCQ	Provides situational confidence (SCQ) element.
A8	FFT: Setting yourself up #1	Supports self-evaluation of internal risk factors and recovery.
	TP1: 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: 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. *Intensive lesson.*
	Worksheet: Substance abuse self-efficacy scales	Also provides situational confidence (SCQ) element.
A10	FFT: Setting yourself up #2	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. *Intensive lesson.*
	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-1 resource.

PROGRAM UNIT B (J)

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	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	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.
B3	FFT: The warning signs of addiction	Identifies and guides assessment of key elements in dependencies and addictions.
	FFT: Where do you stand today?	Addresses reluctance and rationalization.
B4	FFT: Tell me who your friends are	Addresses reluctance and resigned precontemplation (confidence).
	CBT5a.1: Triggers/External risk factors	Helps identify external triggers (specifically high risk people, places, things, and situations). *Intensive lesson.*
	FFT: Feeling good or feeling better	Supports self-evaluation of internal risk factors.
B5	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). *Intensive lesson.*
	Worksheet: Take a look at what's going on around you	Supports self-evaluation of current external triggers and external risk factors.
B6	FFT: Famous last words (1,2)	Helps identify how certain kinds of thinking may be barriers or obstacles to change.

		RH11: Handling Tough Situations	*Action Maze* - provides decision making opportunities dealing with common temptations and problems (people, places, things, situations, and their own thoughts).
B7	Activity/skills: Handling difficult situations #2,4,7		Supports self-evaluation of key issues in 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. *Intensive lesson.*
	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	FFT: Setting yourself up #3		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-1 resource.

PROGRAM UNIT C (J)

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	FFT: Do-over?	Engagement resource; addresses reluctance to change.
	AODA-1: Some of our life's experiences	Identifies specific risk factors - and clarifies current decisions.
C2	FFT: The $5,000,000 question	MI awareness resource; addresses reluctance to change.
	SD1aoda: Introduction to self-discovery	Starts the process of change though identifying and addressing substance abuse and similar dependencies.
C3	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	FFT: Values activity #2	Basic motivational resource. Begins process of identifying "importance" factors in the change process.
	SD7a: My life so far	Explores life experiences including their experiences with alcohol and other drugs
C5	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. *Intensive lesson.*
	Skills: Thought stopping	Short skills development resource with AODA-specific practice.
C6	FFT: Hurt people hurt people	Self-awareness resource. Develops insight into behavior of self and others.
	SD5.2: Understanding your dependencies	Examines addictions and multiple dependencies. Clarifies chronic nature of dependencies and denial. *Intensive lesson.*

	Worksheet: Substance abuse abstinence risk checklist	Also provides situational confidence (SCQ) element.
C7	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. *Intensive lesson.*
	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	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	FFT: Setting yourself up #5	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. *Intensive lesson.*
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-1 resource.

PROGRAM UNIT F (j)

Core change-focused program model, based on resource SD12. Comprehensive resource guides self-analysis and the development of a plan for personal change. It helps analyze past choices, dysfunctional and functional behavior, substance use/abuse, and similar issues. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net.

	Resource	Description
F1	Pre10j: A new direction	Examines future choices and the decision to make positive changes or to keep things the same; uses decisional balance model to examine options. Guides movement from precontemplation to contemplation of change.
	Activity	Handling difficult situations #4
F2	Pre3c: Life goals and life dreams	Life goals and life dreams engagement activity
	SD12.1 : Key elements of change	This workbook guides self-analysis and the development of a plan for personal change. It helps analyze past choices, dysfunctional and functional behavior, substance use/abuse, and similar issues. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net.
F3	SD12.2 : Key elements of change	As above.
	Activity	A practical question #3
F4	SD12.3 : Key elements of change	As above.
	Activity	A practical question #5
F5	SD12.4 : Key elements of change	As above.
	Activity	Handling difficult situations #6a (anger)

F6	SD12.5 : Key elements of change	As above.
	Activity	A practical question #2
F7	SD12.6 : Key elements of change	As above.
	Activity	Handling difficult situations #7
F8	SD12.7 : Key elements of change	As above.
	Activity	A practical question #5
F9	SD12.8 : Key elements of change	As above.
	Activity	A practical question #11
F10	Worksheet: Confidence assessment	Comprehensive worksheet assesses personal self-confidence in recovery. *(important)*
	Activity *(optional)*	A practical question #4 *(optional - if time permits)*
	Unit Summary	Summarizes the preceding unit of 10 sessions. *(important)*
Checkpoint after Unit F		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-1 resource.

PROGRAM UNIT G (j)

	Core change-focused program model. Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.

	Resource	Description
G1	Pre9j: A Starting Point	MI-based precontemplation engagement activity, focusing on importance and confidence in thinking about change and exploring options.
	FFT: A tough choice for Luis	Short activity helps evaluate the impact of life experiences on past and present choices.
G2	FFT: Benny's summer	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.1: "What's going on in my life?"	Introductory workbook helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G3	FFT: Tony's cousin	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.2: "What's going on in my life?"	Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G4	FFT: Tough choices	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.3: "What's going on in my life?"	Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G5	FFT: Tom's experience	Short activity helps evaluate the impact of life experiences on past and present choices.
	CC3: What does your future look like?	This MI resource assists in developing discrepancy, and increasing confidence in making changes.
G6	FFT: Mike's pain	Short activity helps evaluate the impact of life experiences on past and present choices.

	CC6: I have my reasons	CBT resource provides an opportunity for participants to analyze why they have been making some of the choices they have, and the costs and consequences of these choices.
G7	FFT: Marvin's dilemma	Short activity helps evaluate future choices.
	CC9: Denial	Helps identify denial issues and develop an action plan for change.
G8	RH15c: Setting yourself up	Helps evaluate risks and "set ups" in making future choices.
	CC10: Who is making your choices?	Includes elements of peer pressure and external locus of control (allowing others to make or influence your choices).
G9	FFT: The curfew	Short activity helps evaluate future choices.
	CC11: Why am I thinking about changing?	Helps identify and clarify some of the issues involved in the decision to make changes. Examines specific reasons and obstacles.
G10	FFT: Shawn's choices	Short activity helps evaluate future choices.
	TP4: Then and now - external protective factors and barriers	Examines past experiences to clarify what went wrong. Focuses on development of new - better - external protective factors, and summarizes specific action steps as well as steps to overcome barriers to effective change.
	Unit Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit G		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-1 resource.

Also provided with this unit is a set of eight (8) resources which may be used flexibly:

WYNTK	What you need to know	Basic information about effects of specific substances and consequences of abuse, providing accurate information to counter "street" information.

PROGRAM UNIT H (j)

Resources in this general delinquency unit increase self-awareness with the specific objective of decreasing discomfort with the old choices. Specific elements are designed to increase awareness of discrepancy, a critical motivational interviewing (MI) technique. (i.e. cognitive dissonance).   Ideal with clients who may be early stages of change (later precontemplation, contemplation, and preparation).

	Resource	**Description**
H1	WDYT: 6	Short group discussion activity
	Pre7: Choices	Participants explore choices, including involvement with high risk, people, places, things, and situations, as well as a range of pro-social or positive changes. Increases personal awareness on issues which may benefit from treatment.
	Activity:	Problem behavior activity #1
H2	WDYT: 21	Short group discussion activity
	Pre11: You can't change me	MI resource (specifically focused on anti-contemplation). Examines issues of importance and confidence in making life changes. Asks participants to evaluate where they stand on 13 specific areas of personal change.
	Activity:	Problem behavior activity #2
H3	WDYT: 23	Short group discussion activity
	CC1: What's been getting you in trouble?	Examines past behaviors and issues: fighting, violence, dangerous risk taking, alcohol abuse, drug use, gang activity, drug sales, and crimes like robbery, burglary, and auto theft. Helps participants understand their risk factors and to consider future choices.
	Activity:	Problem behavior activity #3
H4	WDYT: 27	Short group discussion activity
	CC2: Impact!	Victim empathy resource guides participants to consider what victims feel, and various consequences for victims.
	Activity:	Problem behavior activity #4
H5	WDYT: 108	Short group discussion activity
	CC4: Trust and distrust	Guides participants in evaluating the costs and consequences of misplaced trust.

	Activity:	Problem behavior activity #5
H6	WDYT: 94	Short group discussion activity
	CC5j: Friends and peers	Guides participants in evaluating their choice of pro-social or anti-social peers as friends. Helps assess the costs and consequences of these choices.
	Activity:	Problem behavior activity #6
H7	WDYT: 52	Short group discussion activity
	CC7j: Who do you think you are?	The way we think about ourselves helps us decide what we would, and wouldn't do. This session Increases emotional awareness and understanding self-talk and self-image.
	Activity:	Problem behavior activity #7
H8	WDYT: 41	Short group discussion activity
	TP16: I can do this	Helps participants identify key internal strengths and protective factors, and guides them to make better choices about how they will live their life in the future.
	Activity:	Problem behavior activity #8
H9	WDYT: 90	Short group discussion activity
	TP20: Burning your bridges	Builds on the decision to make changes, by removing temptations and increasing distance from critical risk factors.
	Activity:	Problem behavior activity #9
H10	WDYT: 152	Short group discussion activity
	RH17: Keeping your focus on what's important	Key MI resource for most programs. Identifies critical goals, high risk choices, and increases importance of making pro-social choices going forward.
	Activity:	Problem behavior activity #10
	Unit Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit H		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-1 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: 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). *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.*
	PCA Change Talk Tool (PCA-shorter version)	
Worksheet	Pre-program motivation assessment	Short assessment worksheet helps identify specific types of precomtemplators.
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.

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 precomtemplators.
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.

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 *(a brief selection from the Returning Home resources).* |