

ALTERNATIVE TO VIOLATION PROGRAM FOR WOMEN

Program features

- 45-day, 2 hours per day program, divided into six (6) units
- Each unit provides sufficient resources for approximately 15 hours of independent work
- The overriding theme throughout the curriculum is “What went wrong?” Participants will examine the events that led to their referral, their poor decision-making, their ability to handle temptations and risk factors, their difficulties in complying with parole requirements and supervision, and more
- Each unit is constructed around a key theme relating to these issues
- The program model is designed for open admissions. New members may join at any time, and will be able to utilize the same materials as others in the program
- The units are designed to be assigned flexibly - they may be used in any order.

Program units (may be used in any order):

- External risk factors
- Relationships (as risk factors)
- Getting it together
- Substance use and abuse
- Internal risk factors
- Better decision making

Each unit includes:

- 1 Pre-contemplation elements (targeting key reasons for pre-contemplation and lack of success in handling the transition or parole responsibilities)
- 2 Core workbook-based self-study elements. Many are from our *Women’s Issues (W)* series. Others are gender-specific versions of our *Relapse Intervention (RI)* series or similar elements from the New Freedom workbook resources.
- 3 Brief *Food for Thought* elements, targeted to specific issues.
- 4 Focus elements - turning points (determination and commitment) resources. Includes action plan for change
- 5 Summary activity for weekly check-in with program staff. This typically includes specific worksheets and situational confidence activities, as well as an assessment of confidence in handling the highest risk factors. That element, a *Situational Confidence Questionnaire (SCQ)*, can serve as a focal point for the staff member in individual or group work.

PROGRAM UNIT I: EXTERNAL RISK FACTORS

Resource/program element			
1	Introductory element	Pre16c (GS) - Being locked up right now Food for Thought – 1 to 2 hours	Targeted to correctional populations. Addresses the potential for a negative outlook, and encourages participants to examine and challenge feelings of helplessness and hopelessness. The \$5,000,000 question
2	Core element	RI-29 - Relapse intervention issues for women – 6 hours	This workbook provides a variety of issues and activities, each of which addresses a facet of the different nature of women's abuse, relapse and recovery issues - including revocation issues.
3	Core element	RI-2 - Dealing with people in new ways – 4 hours	Helps participants identify what they can do differently if the "old ways" didn't work, including temptations and issues with family, friends, and community which may stand in the way of a successful transition. A set of situation cards for group discussion is provided. The RI version of this workbook includes reference to issues with family and old friends which developed upon returning home.
4	Core element	Food for Thought Worksheet Food for Thought – 1 hour	Introduction to risk factors Hard to say no Makayla
5	Focus element	TP4 - Then and now – 1 hour	Many people in program settings have a history of past relapse or similar failures. This resource starts by examining those past experiences to clarify what went wrong - as well as supportive elements. The major element in the resource focuses on the development of new - better - external protective factors. It concludes by summarizing specific action steps and identifying steps to overcome barriers to effective change.
6	Action plan element	TP2 - Drawing a line – 1 hour	This lesson focuses on the actual determination to make a change - and identifying specific behaviors that they have decided never to do again. As part of the lesson, it identifies 17 specific behaviors and asks participants to draw a line which they will not cross. Specifically it asks: "What will you do? What won't you do? " It also asks participants to assess the importance of making these commitments, develop a concrete action plan for change, and assess their current level of confidence that they can follow through on this determination.
7	Core element	RI-36 - Preparation for program completion – 1 hour	Designed as a summary program element, this resource allows participants to summarize their external and internal risk factors and their plans to deal with them effectively. A supplemental element to this resource provides an optional post-release element for use while on probation or parole.

PROGRAM UNIT 2: RELATIONSHIPS (as risk factors)

Resource/program element			
1	Introductory element	Pre9a - A starting point– 1 hour	MI-based precontemplation engagement activity, focusing on importance and confidence in thinking about change and exploring options.
2	Core element	W2 - Healthy relationships and healthy boundaries – 6 hours	Women will identify: family-of-origin boundary issues, personal warning signs that boundaries need to be set; personal experiences and effects of physical, emotional, sexual and verbal abuse, and drug/alcohol use as a result of boundary violations. Additionally, client will identify areas where difficulties have recently been experienced in setting boundaries and develop an action plan to start setting boundaries for specific personal problem situations. Clients will practice assertion messages to be used in setting boundaries for current issues and use practice scenarios for setting boundaries. Reference is made to boundary issues young women may experience while in custody situations.
3		Food for thought Food for thought Worksheet – 1 hour	Hurt people hurt people The revolving door Relationships - a quick checklist
4	Core element	W7 - Avoiding your old relationships traps – 6 hours	This workbook explores some of the issues and situations which caused trouble in past relationships. In many cases, problems in relationships are triggers to relapse. Clients are guided to explore and evaluate solutions for common situations or “traps” which affect women in their relationships.
5		Food for thought Worksheet Worksheet – 1 hour	Hurting people Family life scales Buffers
6	Core element	W10 - Relationships and friendships – 3 hours	Addresses typical thinking underlying codependent behavior and relationships, as well as other dysfunctional relationship behavior.
7	Focus element	TP20 - Burning your bridges – 1 hour	Key resource for the preparation/determination stage. Guides the selection of specific changes and the development of a concrete action plan to reduce risk.
8	Summary and review element	Worksheet: Relationships (SCQ) – 1 hour	Key summary element

PROGRAM UNIT 3: GETTING IT TOGETHER

Resource/program element			
1	Introductory element	Food for Thought Food for Thought Food for Thought	I shouldn't be here Getting into problems (by accident) A'isha and the right call
2	Core element	Pre4 - What's important to you? – 1 hour	Identifies critical goals, high risk choices, and increases importance of making pro-social choices. Valuable MI resource for nearly all programs.
3	Core element	RI-4 - Facing your responsibilities – 4 hours	This workbook identifies and addresses common responsibilities faced upon transition. Exercises list the most important responsibilities, and ask participants to identify how they will meet each area of responsibility. The responses can be shared and evaluated in individual or group settings. The RI resource targets areas where these responsibilities were not met, including the issues leading to revocation.
4	Core element	RI-16 - Coping skills for emergencies – 3 hours	Clients learn to identify their own highest risk situations, the cues that they are becoming at higher risk, what they will do to cope effectively, and then practice these new coping skills until they are confident they will work. Included in these skills are thought stopping, conflict avoidance and “escape” skills), and a comprehensive set of “refusal skills.”
5	Core element	SP2 - Getting it right this time – 5 hours	Self-assessment and preparation/determination stage resource, addresses issues of taking responsibility and provides continued self-inventory. Helps identify lingering issues of denial or resistance.
6	Protective factor element	Worksheet	Connections
7	Focus element	TPI - Turning Points – 1 hour	The decision to make a significant change - to move to actually doing something - is often called a turning point. This lesson helps identify turning points, and focuses the participant towards making actual changes.
8	Summary and review element	TP6 - Making a transition - how are you going to do? – 1 hour	This lesson identifies and summarizes key areas for problems in maintaining recovery - or in maintaining new life and lifestyle changes. It provides 25 areas for self-evaluation. Participants then summarize their top three areas of concern (where they feel least confident). They then are guided to develop action planning steps to increase their confidence in handling these situations successfully.

PROGRAM UNIT 4: SUBSTANCE USE AND ABUSE

Resource/program element			
1	Introductory element	Food for thought Pre13 - It's just like magic – 1 hour	Mia's cravings A precontemplation acceptance-building resource. MI concepts help increase the importance of making changes and avoiding certain traps in making only a partial commitment to these changes.
2	Core element	W1 - Especially for women (drug abuse, relapse, and recovery) – 6 hours	This workbook provides the counselor and clients with a variety of issues and activities, each of which addresses a facet of the different nature of women's abuse, relapse and recovery issues. It can be used in a variety of ways: as a class or group workbook, as a series of topics and activities for individual and group discussion, or as an individual assignment.
3	Core element	SD7b - Costs and consequences – 2 hours	Includes awareness-building and change-focused resources specifically addressing past behaviors, coping choices, and consequences.
4	Core element	RH5 - If you lapse – 5 hours	This workbook addresses the issues of "lapses" and "relapse" and helps to prepare participants to handle high risk situations by knowing common problems and having confidence in their ability to cope more effectively. A "slip," or having fantasies of use, does not need to lead to a "fall." This workbook provides tools for addressing common slips and reviews two critical coping skills. A set of situation cards for group discussion is provided.
5	Focus element	TP7 - I can't ever do that again – 1 hour	A critical goal in treatment is the decision to make the actual commitment to stop the problem behavior (drugs, alcohol, violence, etc). That decision - a turning point - sometimes occurs as a result of sudden insight. This is sometimes called an "Aha moment!" This resource helps participants clarify their most important reasons for making this kind of change. It includes concepts like "drawing a line," "burning bridges," as well as clarifying the impact of their old choices on the important people in their lives.
6	Action plan element	Worksheet	Goal setting activity
7	Action plan element	Worksheet Less than 1 hour	How do you think you have changed
8	Summary and review element	TP5 - Substance abuse summary – 2 hours	Substance abuse program - critical resource. This activity reviews and summarizes where each participant stands in the crucial elements of their recovery program. It identifies where they have committed to change, summarizes their internal and external risk factors, substance abuse history, importance of change, and confidence in the choices they have now committed to in light of their highest risk factors.

PROGRAM UNIT 5: INTERNAL RISK FACTORS

Resource/program element			
1	Introductory element	Food for Thought Food for Thought Food for Thought – 1 hour	Back again Tough feelings (CF3.5) What’s the difference?
2	Core element	F13 - What does anger do to you? – 2 hours	This resource provides a comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anger.
3	Core element	F14 - What does anxiety do to you? – 2 hours	This resource provides a comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anxiety.
4	Core element	F15 - What does depression do to you? – 2 hours	This resource provides a comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for depression.
5	Core element	SD2 - What went wrong? – 6 hours	Identifies and addresses underlying issues and areas of vulnerability - critical to the process of developing insight, personal change and long-term recovery.
6	Core element	RI-3 - How did you deal with your feelings?– 3 hours	Addresses feelings of discomfort which led to relapse or other problems. “Trouble spots” are addressed individually or in group setting, and a more effective response developed. Again, the focus of the RI resource is on the specific feelings experienced upon returning home, and any connection between those feelings and the issues leading to revocation.
7	Protective factor element	TPI6 - I can do this!– 1 hour	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.
8	Focus element	TP3 - The new reinvented you– 1 hour	This lesson provides the opportunity to explore giving yourself a fresh start. It helps participants clarify new goals, assess their strengths and assets, briefly summarize their new external support system, and clarify their commitment to change. It summarizes with a brief action plan.
9	Action plan element	RI-35 - Keeping your focus on what’s important– 1 hour	Continues Identification of critical goals, high risk choices, and increases importance of making pro-social choices. (Similar to Pre4 - may be used as a pre/post)).
10	Summary and review element	Worksheet	Internal risk factors SCQ

PROGRAM UNIT 6: BETTER DECISION MAKING

Resource/program element			
1	Introductory element	Pre15 - There's no point – 1 hour	Focused MI-based pre-treatment or early treatment activity addressing rebellious precontemplators (anti-contemplation) and resistance to change.
2		Food for thought Food for thought Food for thought – 1 hour	Hitting bottom Do I get a do-over? Michelle's future
3	Core element	RHI - Your first few days – 5 hours	This workbook addresses the issues involved in the first critical days of transition, including common problems and stresses, and planning for safe activities. Includes situation cards for role playing and modeling successful coping.
4	Core element	RI-22 - Red flags – 5 hours	Useful workbook helps participants identify and plan to address the symptoms and cues that they are moving closer to their highest risk situations. This is a key step toward self-efficacy.
5	Protective factor element	RI-23 - Safety nets – 2 hours	This workbook guides clients to identify and address early warning signs that they are at increasing risk to fall back into old (negative) behavior patterns
6	Action plan element	RI-38 -What happened – 2 hours	This resource allows participants to explore what happened during and prior to their last relapse. By exploring the people, places, things, situations and feelings they had, the participants will be in a better position to plan for their next attempt at change.
7	Summary and review element	RI-34 - How are you going to do? (SCQ)– 2 hours	This resource helps participants gauge how confident they are in dealing with the most common or serious situations they will face upon their return home.

Program resources for group activity (can be used in a variety of program and group situations):

RI-32	Problem solving cards for Revocation programs	Using basic problem solving model, presents community and home problem situations experienced by people in transition and/or recovery. Focus includes women returning home to the community from prison.
RI-21 m/f	Handling people problems	This workbook will help participants identify - and develop solutions for - common difficult situations.
RI-MI 1,2,3,4	The Motivational Interviewing Relapse Intervention Resource (4 elements)	The Motivational Interviewing Relapse Intervention Resource. This is a series of four (4) comprehensive resources which are designed to address motivation and change talk issues in a sequential fashion. Designed to support community reintegration and preparation for release in those that have had past "lapses" in their recovery, these MI resources each include more than a dozen MI tools or elements focused on the transition. They help participants and staff assess readiness and confidence for handling specific high risk situations, as well as internal risk factors. Included are parole/probation confidence rulers and resources which may be especially helpful in working with parole staff or members of an individual protective factor safety net (as appropriate). Includes an additional comprehensive element addressing feelings, symptoms, triggers, and self-efficacy in handling transition issues.