

SELF-STUDY AND IN-CELL PROGRAM MODEL

This 4-week program model consists of **weekly self-study packets** with **competency checks** that can optionally be processed in a brief conversation with staff.

- Weekly self-study packets can be delivered via **email, on-line, or at the unit**.
- At the end of each packet is a Competency Check where participants demonstrate not only completion, but comprehension. These Competency Checks can be provided and even processed **without face-to-face contacts** (email, telephone, computer-based technology).

FEATURES OF THE MODEL

- **Four intensive weekly packets**, each packet providing material for at least an hour a day, five to seven days a week.
- Materials can be **readily duplicated**. They will be in PDF format and are provided under a site license arrangement allowing for use at the licensed facility only. There are no future costs.
- The materials are **high-interest and easy-reading**, targeted to a grade 4-6 reading level. Topics and materials deliberately vary within the packet, and from packet to packet.
- Packet-ending Competency Checks probe comprehension and provide opportunities to **demonstrate understanding** of the material covered in each weekly packet.
- Available during this difficult time at a **discounted price of \$750** per facility.

GOALS OF THE MODEL

- Self-discovery, self-awareness, identity clarification.
- Increased understanding, insight (**personal growth; internal change**).
- Potential movement in the **precontemplation** stage of change
- Increased confidence in exercising **independent judgement** and making **functional choices**.

CONTENTS OF THE SELF-STUDY AND IN-CELL PROGRAM MODEL

Theme	Weekly Packet 1	Weekly Packet 2	Weekly Packet 3	Weekly Packet 4
Self Discovery	Introduction Being locked up right now Introduction to self-discovery What's been getting you in trouble? What does your future look like? I have my reasons What's really important in my life? Making a career out of it Competency Check	The revolving door Do I get a do-over What happened to you Introduction to Risk factors Life experiences and resilience Who do you think you are? What does anger do to you? How important is it to you? Competency Check	At home in the lockup? What went wrong? What's the difference? What does anxiety do to you? Time to think Competency Check	On the day you were arrested Back again Reasons to change What does depression do to you? Developing resilience Competency Check

ORDERING INFORMATION

- Complete model in PDF format for \$750 per site or facility (normally priced at \$999). These prices will be valid until June 30, 2020.
- Each licensed site or facility will receive their own version of the program in PDF, ready to print, email, put on tablets, or use with computer systems,
- To order or for more information, you can email rob@newfreedomprograms.com, or call 646-370-1353.