

PROGRAM UNIT F (j)

Core change-focused substance abuse program model. Based on resource SD12. Provides a comprehensive overview of personal change from substance 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	Personal change from substance abuse and similar issues
F3	SD12.2 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #3
F4	SD12.3 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #5
F5	SD12.4 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	Handling difficult situations #6a (anger)
F6	SD12.5 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #2

F7	SD12.6 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	Handling difficult situations #7
F8	SD12.7 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #5
F9	SD12.8 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #11
F10	Worksheet: Confidence assessment	Comprehensive worksheet assesses personal self-confidence in recovery. <i>(important)</i>
	Activity <i>(optional)</i>	A practical question #4 <i>(optional - if time permits)</i>
	Unit Summary	Summarizes the preceding unit of 10 sessions. <i>(important)</i>
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-I resource.

PROGRAM UNIT G (j)

Core change-focused substance abuse 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.
	SDII.1: "What's going on in my life?"	Introductory substance abuse (AODA) 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.
	SDII.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.
	SDII.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	<p>Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.</p>
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Also provided with this unit is a set of eight (8) resources (may be used flexibly):

WYNTK	What you need to know	<p>Basic information about effects of specific substances and consequences of abuse, providing accurate information to counter “street” information.</p>
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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
	CCI: 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. Increases emotional awareness and understanding self-talk and self-image.
	Activity:	Problem behavior activity #7
H8	WDYT: 41	Short group discussion activity
	TPI 6: 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-I resource.	