PROGRAM UNIT D

Warning Signs (Avoiding Relapse) - This unit provides a risk factors approach to relapse prevention. It focuses primarily on the most common internal risk factors, but also identifies early warning signs that their thinking may be drawing them closer to their highest external risk factors (high risk people, places, things, and situations). The final elements provide a working model for building on their internal protective factors and making specific changes.		
D1	Worksheet - Assessment	MI awareness resource; addresses reluctance to change.
	SD6.1 - Reasons to change	MI substance abuse awareness resource; addresses reluctance to change.
	Worksheet - Introduction to risk factors	Awareness resource; provides understanding of risk factors.
D2	FFT - The program	Awareness resource; addresses reluctance to change.
	SD11.3 - What's going on in my life?	Awareness resource; provides understanding of risk factors.
	Worksheet - Is it an addiction?	Substance abuse awareness resource; addresses reluctance to change.
D3	FFT - If you learned	Awareness resource; provides understanding of risk factors.
	TP13 - Key risk factors for relapse: really bad thinking (testing personal control)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking.
	TP13a.1 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D4	Worksheet - Why should it matter?	Awareness resource; provides understanding of risk factors, thinking, and choices.
	RH13.1 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TP13a.2 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D5	FFT - Hurting	Awareness resource; provides understanding of thinking (trauma-informed resource).
	RH13.2 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.

	TP13a.3 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D6	FFT - It's only weed	Awareness resource.
	RH13.3 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TP13a.4 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D7	FFT - Some words I hate	Awareness resource; provides understanding of thinking.
	RH13.4 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TP13a.5 - Key risk factors for relapse: really bad thinking (activity)	Key issues in relapse prevention. Focus is on specific areas of dysfunctional ("stinking") thinking. Practice activity.
D8	Worksheet - Barriers to change	Assesses personal obstacles for changing; explores options to overcome these specific obstacles.
	RH13.5 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	Worksheet - Making changes (examining your past successes)	Assesses past successes to identify internal protective factors for current efforts to change (avoid relapse, etc).
D9	Worksheet - Identity activity	Awareness resource; provides understanding of self-identity.
	RH13.6 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	Worksheet - Your internal resources	Identifies internal protective factors for current efforts to change (avoid relapse, etc).
D10	RH15d - How far have you come?	Assesses current efforts to change.
	TP20 - Burning your bridges	Identifies and implements action plan to reduce exposure to specific external risk factors.
	Worksheet - Summary activity	Summary of key elements (understanding, insight, and action steps) in Unit D.
Checkpoint after Unit D		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 E

Relapse Prevention This unit provides a change-focused approach to relapse prevention. It targets the most common internal risk factors (lapses), external risk factors (identifying and avoiding their specific high risk people, places, things, and situations), and the development of internal and external protective factors (safety nets).		
E1	FFT - How is this likely to work out? #3	Awareness resource; addresses reluctance to change.
	SD7a - My life so far	Awareness resource; provides understanding of risk factors from past experiences.
	Worksheet - Substance abuse motivation assessment	MI substance abuse awareness resources.
E2	FFT - How is this likely to work out? #4	Awareness resource; addresses reluctance to change.
	SD6.4 - Reasons to change	MI-based change-focused resource.
	SD7b - Costs and consequences	Awareness resource; addresses reluctance to change.
E3	FFT - Some time to think	Awareness and acceptance resource; change-focus.
	RH5.1 - If you lapse	Provides information and understanding of personal internal risk factors leading to lapse or relapse.
	Worksheet - How do you think you have changed?	Self-analysis of current stage of change (contemplation stage).
E4	Relapse prevention activity (RH5 cards - set #1)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	RH5.2- If you lapse	Develops further understanding and acceptance of personal internal risk factors leading to lapse or relapse.
	Worksheet - How have things worked in the past?	Analysis of successes - and failures - in the past (contemplation and early preparation stage).
E5	Relapse prevention activity (RH5 cards - set #2)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	RH5.3 - If you lapse	Develops plan for success in managing personal internal risk factors leading to lapse or relapse.
	Worksheet - What's different now?	Analysis of elements of personal change (contemplation or preparation/determination stage resource).
E6	Relapse prevention activity (RH5 cards - set #3)	Provides practice in managing personal internal risk factors leading to lapse or relapse.

	RH5.4 - If you lapse RH5.5 - If you lapse	Provides formal plan to manage personal internal risk factors leading to lapse or relapse.
	Worksheet - Turning points scaling activity	Short analysis of specific aspects of preparation/determination to change.
E7	Relapse prevention activity (RH5 cards - set #4)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	RH7.1 - Avoiding the negative	Key resource in avoiding high external risk factors (people, places, things, and situations).
	Worksheet - Since the last time	Identifies and assesses changes since their last treatment experiences.
	Worksheet - Going forward: triggers and risk factors	Evaluates the linkage between selected triggers and internal risk factors for relapse.
E8	Relapse prevention activity (RH5 cards - set #5)	Provides practice in managing personal internal risk factors leading to lapse or relapse.
	RH7.2 - Avoiding the negative	Key resource in avoiding high external risk factors (people, places, things, and situations).
	Worksheet - Risk factors summary activity	Evaluates personal internal and external risk factors.
E9	FFT - Survival (protective factors)	Evaluates elements of personal internal protective factors.
	RH12.1 - Safety nets	Key resource in developing external protective factors (personal safety net) - includes analysis of specific action plan for relapse prevention.
E10 *	Worksheet - Substance abuse abstinence self-efficacy scales	Assesses current level of confidence at handling specific problem situations and risk factors.
	RH12.2 - Safety nets	Key resource in developing external protective factors (personal safety net) - includes analysis of specific action plan for relapse prevention.
	Worksheet - Action plan: Going forward from here	Develops personal action plan.
	Summary activity - Unit E	Summary of understanding and insight in key elements in this unit.
Checkpoint after Unit E		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.

* Note: this is a comprehensive lesson and may be extended beyond a single program session.

ISSUES IN AFTERCARE: MANAGING YOUR RISK FACTORS (RELAPSE PREVENTION)
(RG)

Issues in Aftercare: Managing Your Risk Factors (Relapse Prevention). This unit provides a change-focused approach to recidivism and relapse prevention. It targets the most common external risk factors (identifying, avoiding, or dealing more effectively with their specific high risk people, places, things, and situations), and the development of internal and external protective factors (safety nets).

RG1	Situations	Problem solving and positive (functional) thinking scenario.
	TP9 - Key risk factors for relapse: Pleasant Emotions	Certain risk factors occur again-and-again as the most common reasons or set-ups for relapse. This lesson, one of several in the series, helps participants examine how this risk factor has affected their past decisions, and what role it could play going forward.
	Pleasant Emotions #1	Problem solving (risk factors) scenario - with TP9.
RG2	Pleasant Emotions #2	Problem solving (risk factors) scenario - with TP9.
	TP8.1 - Resilience, part 1	Resilience in the face of difficulties can be a critical quality. It's basic: people with this quality do better in life, and it can be especially helpful in making changes to support recovery. This lesson addresses both external and internal elements in resilience. On the external side, it helps clarify currently available supports and options for expanding this safety net. Then participants evaluate themselves on 20 characteristics of internal supports for resilience - as basic assessment of their own capacity for resilience. The resource then guides participants in developing a specific action plan to increase their support system.
	Pleasant Emotions #3	Problem solving (risk factors) scenario - with TP9.
RG3	Pleasant Emotions #4	Problem solving (risk factors) scenario - with TP9.
	TP8.2 - Resilience, part 2	Resilience in the face of difficulties can be a critical quality. It's basic: people with this quality do better in life, and it can be especially helpful in making changes to support recovery. This lesson addresses both external and internal elements in resilience. On the external side, it helps clarify currently available supports and options for expanding this safety net. Then participants evaluate themselves on 20 characteristics of internal supports for resilience - as basic assessment of their own capacity for resilience. The resource then guides participants in developing a specific action plan to increase their support system.
	Pleasant Emotions #5	Problem solving (risk factors) scenario - with TP9.

RG4	Pleasant Emotions #6	Problem solving (risk factors) scenario - with TP9.
	TP11 - Key risk factors for relapse: Social problems at work	Certain risk factors occur again-and-again as the most common reasons or set-ups for relapse. This lesson, one of several in the series, helps participants examine how this risk factor has affected their past decisions, and what role it could play going forward.
	Criminal Thinking #15	Problem solving and positive (functional) thinking scenario: seeking and maintaining employment.
RG5	Problem Solving Activity	Problem solving (risk factors) scenario - Problem Behaviors #7
	TP12 - Key risk factors for relapse: Problems at home	Certain risk factors occur again-and-again as the most common reasons or set-ups for relapse. This lesson, one of several in the series, helps participants examine how this risk factor has affected their past decisions, and what role it could play going forward.
	Problem Solving Activity	Difficult situations #7: Problems with maintaining your recovery
RG6	Problem Solving Activity	Problem solving (risk factors) scenario: Problem Behaviors #2
	TP14 - Key risk factors for relapse: Physical discomfort	Certain risk factors occur again-and-again as the most common reasons or set-ups for relapse. This lesson, one of several in the series, helps participants examine how this risk factor has affected their past decisions, and what role it could play going forward.
	Problem Solving Activity	Problem solving (risk factors) scenario: Problem Behaviors #5
RG7	Problem Solving Activity	Problem solving (risk factors) scenario: Problem Behaviors #6
	TP10 - Key risk factors for relapse: Social Tension	Certain risk factors occur again-and-again as the most common reasons or set-ups for relapse. This lesson, one of several in the series, helps participants examine how this risk factor has affected their past decisions, and what role it could play going forward.
	Social Tension #1	Problem solving (risk factors) scenario - with TP10.
RG8	Problem Solving Activity	Problem solving (risk factors) scenario: Problem Behaviors #8
	RH15a- How far have you come?	Analysis of progress in recovery to date.
	RH15d - Recovery activities planning	Recovery activities planning
	Social Tension #2	Problem solving (risk factors) scenario - with TP10.
RG9	Problem Solving Activity	Problem solving (risk factors) scenario - Problem Behaviors #9
	RH15c - Setting yourself up	Setting yourself up
	Social Tension #3	Problem solving (risk factors) scenario - with TP10.
RG 10	Problem Solving Activity	Problem solving (risk factors) scenario: Problem Behaviors #10

	Problem solving (risk factors) scenario - RH18.2 - Summary of internal and external risk factors, coping, and action planning	This resource allows participants to summarize their external and internal risk factors and their plans to deal with them effectively.
Key element for review: RH18.2 - Summary of internal and external risk factors, coping, and action planning		

PROGRAM UNIT F

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	Pre10a: 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	A practical question #1, #2
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 #4, #5
F5	SD12.4 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #6
F6	SD12.5 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #7

F7	SD12.6 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #8, #9
F8	SD12.7 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #10
F9	SD12.8 : Key elements of change	Personal change from substance abuse and similar issues
	Activity	A practical question #11
F10	SD12.9 : Key elements of change	Personal change from substance abuse and similar issues
	Worksheet: Confidence assessment	Comprehensive worksheet assesses personal self-confidence in recovery.
	Unit Summary	Summarizes the preceding unit of 10 sessions.
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.

ISSUES IN TRANSITION: RECIDIVISM AND RELAPSE PREVENTION (RA)

Issues in transition: Recidivism and Relapse Prevention - This unit provides a change-focused approach to recidivism and relapse prevention. It targets the most common external risk factors (identifying, avoiding, or dealing more effectively with their specific high risk people, places, things, and situations), and the development of internal and external protective factors (safety nets).

RA1	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH2.1 - Dealing with people in new ways, part 1	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.
	Problem solving activities	Post-release problem scenarios. ("Situations")
RA2	Mindfulness moment	Brief centering activity.
	Lesson RH2.2 - Dealing with people in new ways, part 2	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.
	2 Problem solving activities	Post-release problem scenarios. ("Situations")
RA3	Mindfulness moment	Brief centering activity.
	Lesson RH2.3 - Dealing with people in new ways, part 3	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.
	Problem solving activities	Post-release problem scenarios. ("Situations")
RA4	Problem solving activities	Post-release problem scenarios. ("Situations"
	Lesson RH2.4 - Dealing with people in new ways, part 3	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.
	Problem solving activities	Post-release problem scenario. CF10.9 - A Practical Question #9.
RA5	Problem solving activities	Post-release problem scenarios. ("Situations"

	Lesson RH2.5 - Dealing with people in new ways, part 5	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.
	Problem solving activities	Post-release problem scenarios, CF20.4 - Handling difficult situations #4..
RA6		
	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Starting to make things better	Comprehensive self-analysis resource. Encourages self-awareness of the influence of past events and experiences on their own past and current dysfunctional behaviors. Evaluates elements of victim impact (empathy), and sets up action plan for personal change. Note: this is a potentially powerful resource. Staff may consider assigning it in advance as pre-group "homework," or schedule additional time for group and/or 1:1 sessions.
	Problem solving activities	Action plan - based on "Starting to make things better"
RA7	Mindfulness moment	Brief centering activity.
	Lesson RH6.1 - Making positive steps, part 1	Develops a detailed plan for the use of a post-release "safety net" and recovery activities. It guides the process of identification and selection of friends and community resources to assist in the transition. Additionally, it identifies and addresses the high risk factors members of the support system will need to know in order to help.
	Problem solving activities	Post-release problem scenarios. ("Situations")
RA8	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH6.2 - Making positive steps, part 3	Develops a detailed plan for the use of a post-release "safety net" and recovery activities. It guides the process of identification and selection of friends and community resources to assist in the transition. Additionally, it identifies and addresses the high risk factors members of the support system will need to know in order to help.
	Problem solving activities	Post-release problem scenarios. ("Situations")
RA9	Back again	Post-release issues. Awareness resource; addresses reluctance to change.

	Lesson RH6.3 - Making positive steps, part 3	Develops a detailed plan for the use of a post-release "safety net" and recovery activities. It guides the process of identification and selection of friends and community resources to assist in the transition. Additionally, it identifies and addresses the high risk factors members of the support system will need to know in order to help.
	Problem solving activities	Post-release problem scenarios. ("Situations")
RA 10	Back Again	Brief centering activity.
	Lesson RH6.4 - Making positive steps, part 4	Develops a detailed plan for the use of a post-release "safety net" and recovery activities. It guides the process of identification and selection of friends and community resources to assist in the transition. Additionally, it identifies and addresses the high risk factors members of the support system will need to know in order to help.
	Problem solving activities	Post-release problem scenarios. ("Situations")
Checkpoint after Unit (optional)		Evaluate RH6.4 (above). Also assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare from Lesson #6 ("Starting to make things better").

ISSUES IN TRANSITION - YOUR FIRST FEW DAYS (RD)

Issues in transition: Your first few days. Addresses the issues involved in the first critical days of transition, including common problems and stresses, and planning for safe activities.

The final elements in this unit address the critical factors in transition, including common thoughts and feelings and summary elements assess importance and confidence in addressing highest risk factors.

RD1	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH1.1 - Your first few days, part 1	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.
	Problem solving activities	Situation cards for role playing and modeling successful coping (from RH1).
RD2	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH1.2 - Your first few days, part 2	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.
	Problem solving activities	Situation cards for role playing and modeling successful coping (from RH1).
RD3	Mindfulness moment	Brief centering activity.
	Lesson RH1.3 - Your first few days, part 3	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.
	Problem solving activities	Situation cards for role playing and modeling successful coping (from RH1).
RD4	Mindfulness moment	Brief centering activity.
	Worksheet	Your timeline
	Problem solving activities	CF20.3 - Handling difficult situations #3 CF20.6 - Handling difficult situations #6

	Problem solving activities	Situation cards for role playing and modeling successful coping (from RH1).
RD5	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Worksheet	Dealing with loneliness and boredom
	Worksheet	New activities
	Problem solving activities	Post-release problem scenarios (Situations)
RD6	Mindfulness moment	Brief centering activity.
	RH17 - Keeping your focus on what's important	Key MI-based resource. Identifies critical goals, high risk choices, and increases importance of making pro-social choices going forward.
	Problem solving activities	Post-release problem scenarios (Situations)
RD7	Mindfulness moment	Brief centering activity.
	Lesson RH16.1 - How are you going to do?, Part 2	Situational Confidence (SCQ) 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.
	Problem solving activities	Post-release problem scenarios. (Situations)
RD8	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH16.2 - How are you going to do?, Part 2	Situational Confidence (SCQ) 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.
	Problem solving activities	Post-release problem scenarios. (Situations)
RD9	Mindfulness moment	Brief centering activity.
	RH18.1 - Preparation for program completion	A program summary element. Allows participants to summarize their internal and external risk factors and their plans to deal wih them effectively. A supplemental element to this resource provides an optional element for use while on probation or parole.
	Problem solving activities	Post-release problem scenarios. (Situations)
RD 10	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	RH18.2 - Preparation for program completion	A program summary element. Allows participants to summarize their internal and external risk factors and their plans to deal wih them effectively. A supplemental element to this resource provides an optional element for use while on probation or parole.
	Problem solving activities	Situation Cards from RH2

Key summary elements:

This unit provides several comprehensive summary and evaluation elements which may assist in evaluating an individual's readiness for a successful transition.

RH17 - Keeping your focus on what's important. Key MI-based resource. Evaluates the importance of handling their highest risks successfully.

RH16 - How are you going to do? Key MI-based resource. Evaluates their confidence in handling specific risk factors successfully going forar4d. May be especially useful if used in additional 1:1 sessions.

RH18.1a - Preparation for program completion. Summarizes all areas of internal and external risk factors management going forward.

ISSUES IN TRANSITION: RESPONSIBILITIES AND AVOIDING PROBLEMS (RE)

Issues in Transition: Responsibilities and Avoiding Problems. This unit addresses transition and post-release issues in two specific ways. The first element addresses critical areas of responsibility (meeting the conditions of parole, seeking and maintaining employment, family responsibilities, and avoiding problems with authority).

RE1	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH4.1 - Facing your responsibilities, part 1	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.
	Problem solving activities	Post-release problem scenarios. (Problem solving card set RH8.1)
RE2	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH4.2 - Facing your responsibilities, part 2	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.
	Problem solving activities	Post-release problem scenarios. (Problem solving card set RH8.2)
RE3	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH4.3 - Facing your responsibilities, part 3	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.
	Problem solving activities	Post-release problem scenarios. (Problem solving card set RH8.3)
RE4	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Lesson RH4.4 - Facing your responsibilities, part 4	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.
	Problem solving activities	Post-release problem scenarios. (Problem solving card set RH8.4)
RE5	Back again	Post-release issues. Awareness resource; addresses reluctance to change.

	RH9.1 - Avoiding problems with authority, part 1	Addresses issues involved in dealing with authority figures and helps participants understand the nature of their anger, hurt, and resentment - and the ways in which they may create more problems for themselves. It offers specific suggestions for dealing with potential conflicts with authority figures, and a template for evaluating responses to typical situations.
	Problem solving activities	Post-release problem scenarios: CF20.5 - Handling difficult situations #5
RE6	Food for Thought	FFT Authority Figures.
	RH9.2 - Avoiding problems with authority, part 2	Addresses issues involved in dealing with authority figures and helps participants understand the nature of their anger, hurt, and resentment - and the ways in which they may create more problems for themselves. It offers specific suggestions for dealing with potential conflicts with authority figures, and a template for evaluating responses to typical situations
	Problem solving activities	Post-release problem scenarios. (Problem solving card set RH8.5)
RE7	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	RH9.3 - Avoiding problems with authority, part 3	Addresses issues involved in dealing with authority figures and helps participants understand the nature of their anger, hurt, and resentment - and the ways in which they may create more problems for themselves. It offers specific suggestions for dealing with potential conflicts with authority figures, and a template for evaluating responses to typical situations.
	Problem solving activities	Post-release problem scenarios. (Problem solving card set RH8.6)
RE8	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	RH9.4 - Avoiding problems with authority, part 4 (lesson and cards)	Addresses issues involved in dealing with authority figures and helps participants understand the nature of their anger, hurt, and resentment - and the ways in which they may create more problems for themselves. It offers specific suggestions for dealing with potential conflicts with authority figures, and a template for evaluating responses to typical situations.
	Problem solving activities	Situation cards from RH9.
RE9	Back again	Post-release issues. Awareness resource; addresses reluctance to change.

	RH9.5 - Avoiding problems with authority, part 5 (cards)	Addresses issues involved in dealing with authority figures and helps participants understand the nature of their anger, hurt, and resentment - and the ways in which they may create more problems for themselves. It offers specific suggestions for dealing with potential conflicts with authority figures, and a template for evaluating responses to typical situations.
	Problem solving activities	Situation cards from RH9.
RE 10	Mindfulness moment	Brief centering activity.
	TP-SL Worksheet - At this point (decision summary)	Critical MI-based self-evaluation (importance, confidence and readiness to continue to make positive changes). Evaluates current status and commitment, and includes self-evaluation of protective factors, including support system (safety net) going forward. The decision to make a significant change - to move to actually doing something - is often called a turning point. Key review and summary worksheet helps identify turning points, and focuses the participant towards making actual changes. *This turning point - if achieved - can be viewed as the transition between the Contemplation Stage of change and the Determination Stage.*
	Worksheet - The rest of your life can be the best of your life	Worksheet evaluates past issues and current outlook. Provides summary self-evaluation, and helps shape focus for future choices. Worksheet includes action plan for going forward.

Key summary elements:

TP-SL Worksheet - At this point (decision summary)
Worksheet - The rest of your life can be the best of your life - and action plan

ISSUES IN TRANSITION: GETTING YOURSELF READY (RECIDIVISM AND RELAPSE PREVENTION)

April 29, 2018

Issues in Transition: Getting yourself ready (recidivism and relapse prevention)

This unit provides a change-focused approach to recidivism and relapse prevention. It targets high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks. Focuses on the thoughts, feelings, and temptations which may occur prior to and during - the transition. Addresses both risk and protective factors.

- A key feature of this unit is the inclusion of multiple problem solving issues and scenarios.

RF1	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	RH14.1 - Getting close to getting out, part 1	Designed for the last few weeks before going home, this resource addresses common thoughts, feelings, and temptations, including typical anxieties and worries.
	Problem solving activities	Post-release problem scenarios. RH33.1 - How are you going to do? Part 1
RF2	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	RH14.2 - Getting close to getting out, part 2	Designed for the last few weeks before going home, this resource addresses common thoughts, feelings, and temptations, including typical anxieties and worries.
	Problem solving activities	Post-release problem scenarios. CF10.1 - Problem scenario: A Practical Question #1
RF3	Problem solving activities	Post-release problem scenarios. CF22.1 - How likely is this to work out? #1
	RH26.1 - Reducing your risk, part 1	Core risk reduction resource, includes obvious high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks.
	Problem solving activities	Post-release problem scenarios. RH33.5 - How are you going to do? Part 5
RF4	Problem solving activities	Post-release problem scenarios. CF22.2 - How likely is this to work out? #2
	RH26.2 - Reducing your risk, part 2	Core risk reduction resource, includes obvious high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks.
	Problem solving activities	Post-release problem scenarios. RH33.2 - How are you going to do? Part 2

RF5	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	RH26.3 - Reducing your risk, part 3	Core risk reduction resource, includes obvious high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks.
	Problem solving activities	Post-release problem scenarios. RH33.3 - How are you going to do? Part 3
RF6	Problem solving activities	Post-release problem scenarios. CF22.5 - How likely is this to work out? #5
	RH26.4 - Reducing your risk, part 4	Core risk reduction resource, includes obvious high risk situations, warning signs, high risk feelings leading to relapse, and coping skills suggestions for avoiding a person's high risks.
	Problem solving activities	Post-release problem scenarios. RH33.4 - How are you going to do? Part 4
RF7	Problem solving activities	Post-release problem scenarios. CF22.6 - How likely is this to work out? #6
	Worksheet	Making the adjustment. Anticipating the emotional and practical aspects of the next transition in their lives.
	Problem solving activities	Post-release problem scenarios. CF24.1 - Problem Behaviors #1
	Problem solving activities	Post-release problem scenarios. CF10.7 - Problem scenario: A Practical Question #7
RF8	Problem solving activities	CF22.3 - How is this likely to work out?
	RH19a - Getting ready	Helps analyze a range of challenges, including high risk people and situations, facing them upon their after they leave the program. Helps identify steps that can be taken to help ease in the transition.
	Problem solving activities	Post-release problem scenarios. CF24.3 - Problem Behaviors #3
	Problem solving activities	Post-release problem scenarios. CF10.6 - Problem scenario: A Practical Question #6
RF9	Mindfulness moment	Brief centering activity.
	Back again	Post-release issues. Awareness resource; addresses reluctance to change.
	Worksheet	The basic recipe. Recommendations for meeting new people and making positive friends upon transition.
	Problem solving activities	Post-release problem scenarios. CF10.3 - Problem scenario: A Practical Question #3

	Problem solving activities	Post-release problem scenarios. CF24.4 - Problem Behaviors #4
RF 10	Problem solving activities	Post-release problem scenarios. CF10.4 - Problem scenario: A Practical Question #4
	TP16 - I can do this (strengths)	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.
	Worksheet	Returning Home action plan and summary
Key resource for summary/review:		Worksheet - Returning Home action plan and summary Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare.