

PROGRAM UNIT D

<p>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.</p>		
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.
	TPI3 - 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.
	TPI3a.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.
	TPI3a.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.

	TPI 3a.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.
	RH 13.3 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TPI 3a.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.
	RH 13.4 - Red flags (warning signs of danger or relapse)	Helps assess and guide awareness and management of internal risk factors for relapse.
	TPI 3a.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.
	RH 13.5 - 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.
	RH 13.6 - 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	RH 15d - 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-I resource.

PROGRAM UNIT E

<p>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).</p>		
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-I 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	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		

TRANSITION: GETTING CLOSE

Transition: Getting Close. This resource is designed for implementation in the period prior to transition. It addresses multiple risk factors and reviews a range of protective factors for successful community reintegration. 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. RH33.4 - How are you going to do? Part 4
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. CF10.5 - Problem scenario: A Practical Question #5
RF8	Problem solving activities	Post-release problem scenarios. RH33.1 - How are you going to do? Part 1
	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. CF10.1 - Problem scenario: A Practical Question #1

	Problem solving activities	Post-release problem scenarios. CF24.4 - Problem Behaviors #4
RF 10	Problem solving activities	Post-release problem scenarios. RH33.3 - How are you going to do? Part 3
	TPI6 - 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
Checkpoint after Unit (optional)	Worksheet - Returning Home action plan and summary Assess participation, motivation, understanding, insight. Assess action plan for self-care and aftercare.	