

OHIO DYS Core C PROGRAM PACKAGE ELEMENTS - February 3, 2011

MODULE C1: PREPARATION FOR TREATMENT AND PRE-CONTEMPLATION			
SD1	Introduction to Self-Discovery	Short introductory workbook for use with individuals or groups. Starts the process of identifying and addressing substance abuse and similar dependencies. <i>(for juvenile and adult corrections programs)</i>	4
SD6	Reasons to change	Addresses denial, resistance, other defenses. Raises awareness of consequences of own behavior for self and others (including criminal thinking and victim empathy). Builds motivation to make personal changes. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach, guiding clients from pre-contemplation to contemplation of change.</i>	6
SD7A	My life so far (a)	Designed to allow participants to describe their life experiences including their experiences with alcohol and other drugs - in a non-threatening manner. Discussion of family issues and childhood memories help identify specific issues and areas to be addressed in counseling. Similar in focus to psychosocial history. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach, guiding clients from pre-contemplation to contemplation of change.</i>	2
SD7B	My life so far (b)	Includes change-focused resources addressing past behaviors, coping choices, and consequences <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach, guiding clients from pre-contemplation to contemplation of change.</i>	2
SD11	“What’s going on in my life?”	Introductory workbook helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change. <i>Based on motivational enhancement (MET model). This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach, guiding clients from pre-contemplation to contemplation of change.</i>	7
F5g	Shame	Identifies client shame and low self-esteem issues, including symptoms and sources of shame, and links between shame and dependencies. Identifies steps to making changes.	7
F11	Are you an “excitement junkie?”	Addresses issues of clients with high need for stimulation and high-risk behavior.	2
FD7	Denial	This short workbook helps clients identify denial issues and develop an action plan for change.	1

MODULE C2: CBT			
<i>Functional Thinking</i> . cognitive-behavioral therapy (CBT) core program elements			
CBT3	Feelings Toolkit	This element includes several tools for assessing feelings and the frequency, intensity and duration of symptoms of selected feelings. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	4
CBT4	Symptoms and Early Warning Signs	This element helps participants identify the specific symptoms and early warning signs of selected feelings and problem areas in their own lives. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	3
CBT5	Triggers	This element helps participants identify the specific triggers of selected feelings and problem areas in their own lives. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	4
CBT6	Faulty Thinking and Functional Thinking	This is a critical cognitive change element. It includes activities designed to help participants identify 13 different kinds of faulty thinking, and ways in which these types of thinking occur in their own lives. Then it identifies and guides practice in ways to change these types of thinking into more functional thinking. It also provides support in developing more independent thinking, and taking charge of their own lives.	14
CBT 7A	Functional Behaviors: making choices that work	This program element guides the process of making more effective and helpful choices. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	5

Package C3: Coping Skills			
CS1/ DP	Coping skills for emergencies	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.” <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach in preparation for change and action stages.</i>	6
CS7/ RH22	Coping skills, set 6: techniques for making long-term changes	Practical and comprehensive post-release and relapse prevention plan. This workbook is designed to identify and address issues and responsibilities facing individual participants, addressing self-efficacy and reduction of recidivism issues. <i>This workbook is available in correctional and non-correctional versions.</i>	6
CS8/ RH23	Making it personal: your own plan to maintain your recovery by identifying and addressing your highest risks	Identification of personal highest risk factors with specific coping skills to be used and demonstration of competence (self-efficacy) in addressing risks for relapse. Special emphasis is placed on the transition to the community, self-efficacy, and reduction of recidivism issues. Critical workbook. <i>This workbook is available in correctional and non-correctional versions.</i>	“3”
CS9	Managing your stress	Basic stress management workbook, including self-examination, symptoms awareness, identification of triggers, underlying stressors and lifestyle issues, evaluation of past coping, and introduction to several key coping skills.	5
CS10/ RH26	Reducing your risk	Basic risk reduction workbook, addresses highest risk situations, warning signs, high risk feelings leading to relapse, and provides coping skills guidelines.	2

Package C4: Transition Module (RH series workbooks)			
<b><i>Returning Home.</i></b> Short highly-interactive workbooks for “maintenance,” community reintegration or aftercare programming. <b>These materials are specifically designed to support the process of self-efficacy and the reduction of recidivism.</b>			
RH3	Dealing with discomfort	This workbook identifies and addresses common feelings experienced during the transition period. Activities identify issues and ask participants to demonstrate how they plan to handle these concerns. This information can be used by counselors to identify effective - and ineffective - responses. When possible, the “trouble spots” can be addressed individually or in group setting, and a more effective response developed. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	5
RH5	If you “lapse”	This workbook addresses the issues of “ <i>lapses</i> ” and “ <i>relapse</i> ” 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. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	5
RH6	Making positive steps to take control of your life	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. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	5
RH8	Practice in handling difficult situations	This workbook will help participants identify - and develop solutions for - common difficult situations encountered during the transition. Exercises identify specific concerns, and a set of situation cards of commonly-encountered problems is provided for group discussion. Problem areas can be used as discussion and learning points to help individuals develop confidence that they can handle these situations appropriately when they face them again. <i>This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	5
RH9	Avoiding problems with authority	This workbook 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. Situation cards provide opportunities for modeling appropriate responses.	4
RH10	Avoiding trouble (when you are with others)	Peer pressure and poor choices often lead to trouble. Being in the wrong place at the wrong time, with the wrong people, is a common explanation for failure. This workbook identifies common problems and solutions, and provides twenty typical situations for role-playing and demonstration of effective coping skills.	4

RH13	Red flags	Short 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
RH15	How are you doing?	How far have you come?	1
		Controlling your impulses	1
		Setting yourself up	1
		Recovery activities planning	1
RH21J	Problem Solving 1-2-3	Using basic problem solving model, presents 54 community and home problem situations experienced by people in transition and/or recovery.	9
RH24/P S3	Self-efficacy and problem solving	This short workbook summarizes the key coping or avoidance/escape strategies used by clients for their highest risk situations. <i>(key self-efficacy summary activity). This workbook is designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach.</i>	2