

## 90 DAY OPEN GROUP RELAPSE INTERVENTION NEW FREEDOM PROGRAM MODEL

### PROGRAM FEATURES

- 60 three-hour sessions, divided into six (6) units
- Each unit provides resources for ten (10) three-hour group sessions
- The overriding theme throughout the curriculum is “What went wrong?” Participants will examine the events that led to their referral, their poor decision-making, their ability to handle temptations and risk factors, their difficulties in complying with parole requirements and supervision, and more
- Each unit is constructed around a key theme relating to these issues
- The program model is designed for open admissions. New members may join at any time, and will be able to utilize the same materials as others in the program

The units are designed to be assigned flexibly - they may be used in any order. Each unit includes:

- 1 Pre-contemplation elements (targeting key reasons for pre-contemplation and lack of success in handling the transition or parole responsibilities)
- 2 Core workbook-based self-study elements.
- 3 Two kinds of brief opening elements– *Back Again* (probing the specific reasons their parole violations occurred) and *A Mindfulness Moment* (a brief Mindfulness exercise).
- 4 Focus elements - turning points (determination and commitment) resources. 5 Summary activities at the end of each week. This typically includes specific worksheets and situational confidence activities, as well as an assessment of confidence in handling the highest risk factors.

### GUIDES AND LESSON PLANS

- Each session includes a guide to what is to be covered in the 3 hours, including details of the OPEN TO CHANGE units.
- Part One of each multi-part workbook-based lesson contains a lesson plan for the instructor’s use.

## **WORKBOOKS**

The program is filled with a variety of workbooks from different series:

- The Returning Home series is specifically designed to support the process of self-efficacy and the reduction of recidivism.
- The Relapse Intervention series parallels the Returning Home series while asking the question “What went wrong?” .
- The Coping Skills series selected for this program focus on identifying and addressing highest risk factors.
- Handling the Tough Times and Leisure Time are from the Life Skills series.
- Choices and Changes are briefer workbooks that increase self-awareness with the specific objective of decreasing discomfort with the old choices.
- Turning Points address the critical moment when the participant makes the decision or commitment to change. This decision point, or “turning point,” marks the beginning of the Determination or Preparation Stage of Change - the specific focus of this set of resources.

## **WORKSHEETS**

Summary worksheets are often repeated in the program. This is deliberate. For instance, a worksheet asking them to name their specific highest risk factors is vital to their success when they return to the community this time.

## **SKILLS**

Some basic skills are taught in the program:

Distress relief:

- Deep Breathing
- Muscle Relaxation
- Combined Relaxation

Dialectical Behavioral Skills:

- Self-Soothing
- Distraction

These skills are repeated and alternate between the units. This is deliberate— skill acquisition requires a great deal of repetition. A good way to vary the coverage of the skills presented is to ask participants to give examples from their prior experiences where each skill could have been helpful.

## DISCUSSION ELEMENTS

- *FFT (Food For Thought)*-- Guided discussion scenarios on a variety of subjects. You should take about 8-10 minutes per item.
- *Back Again*-- Discussion starters specifically targeted to recidivism. These should be processed in about 8-10 minutes.
- *A Moment For Your Mind*-- Dialectical Behavior Therapy resources regarding mindfulness. You should take about 8-10 minutes to process. Some of these deal with breathing and muscle relaxation. You can reference those when practicing breathing and muscle relaxation skills.
- *A Practical Question* presents a real scenario that asks for a practical solution.
- *Problem Behaviors and Common Problems* present brief discussion opportunities around a variety of behaviors that commonly lead to recidivism.
- *Difficult Situations* present problem situations and ask the participant for their ideas in how to address these situations.
- *How Are You Going To Do* and *How Is This Likely To Work Out* scenarios ask participants to consider how successful their re-entry will be this time.
- *Trigger Events* focuses on events that trigger emotional responses or that commonly lead to relapse.
- *Setting Yourself Up* explores the many ways participants set themselves up for failure.
- *Cards*-- some of the resources explore recidivism issues via role-playing cards. These can be processed in a wide variety of ways.

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|----------------------------------|---|--|--|--|---|
| <b>Unit #1</b><br><b>Week #1</b> | Back Again<br><br>RHI.1 - Your first few days, part 1                 | A Moment For Your Mind<br><br>RHI.2 - Your first few days, part 2<br><br>RII - practice elements | A Moment For Your Mind<br><br>: RHI.3 - Your first few days, part 3<br><br>RII - practice elements | A Moment For Your Mind<br><br>RHI.4 - Your first few days, part 4<br><br>RII - practice elements | A Moment For Your Mind<br><br>RII - practice elements                       |
|                                  | Open to Change Unit A.1   | Open to Change Unit A.2  | Open to Change Unit A.3  | Open to Change Unit A.4  | Open to Change Unit A.5   |
|                                  | Lesson: CC4 - Trust and distrust                                      | Lesson: CC6 - I have my reasons  | Activities (set of 3): A Practical Question #1   | Activities (set of 3): Setting Yourself Up   | Activities (set of 2): Trigger events #5<br><br>Worksheet (transition)      |
| <b>Unit #1</b><br><b>Week #2</b> | Back Again<br><br>RI3.1 - How did you deal with your feelings, part 1 | A Moment For Your Mind<br><br>RI3.2 - How did you deal with your feelings, part 2                | A Moment For Your Mind<br><br>RI3.3 - How did you deal with your feelings, part 3                  | A Moment For Your Mind<br><br>RI24.1 - Getting close to getting out, part 1                      | A Moment For Your Mind<br><br>RI24.2 - Getting close to getting out, part 2 |
|                                  | Open to Change Unit A.6   | Open to Change Unit A.7  | Open to Change Unit A.8  | Open to Change Unit A.9  | Open to Change Unit A.10  |
|                                  | Lesson: RH19a - Getting ready<br><br>Coping skill (breathing skill)   | Lesson: TT - Introduction to Stress Management<br><br>Coping skill (Muscle Relaxation)           | Activities (set of 6): Common problems #1<br><br>Coping skill (Combined Relaxation)                | Lesson: TT - What is Stress Doing to You?<br><br>Food for thought (2)                            | Activities (set of 2): How are you going to do #2<br><br>Summary worksheet  |

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| <b>Unit #2<br/>Week #1</b> | Back Again<br><br>RH10.1-<br>Avoiding<br>trouble, part 1                 | A Moment For<br>Your Mind<br><br>RH10.2 -<br>Avoiding<br>trouble, part 2              | A Moment For<br>Your Mind<br><br>RH10.3 -<br>Avoiding<br>trouble, part 3                    | A Moment For<br>Your Mind<br><br>RH4.1 - Facing<br>your<br>responsibilities<br>part 1         | A Moment For<br>Your Mind<br><br>RH4.2 - Facing<br>your<br>responsibilities<br>part 2         |
|                            | Open to<br>Change Unit<br>B.1  | Open to<br>Change Unit<br>B.2   | Open to<br>Change Unit<br>B.3   | Open to<br>Change Unit<br>B.4   | Open to<br>Change Unit<br>B.5   |
|                            | RI33.1 -<br>Reducing Your<br>Risk, Part 1<br><br>Thought-<br>Stopping    | RI33.2 -<br>Reducing Your<br>Risk, Part 2<br><br>Stop-Think-Act                       | RI33.3 -<br>Reducing Your<br>Risk, Part 3<br><br>How are you<br>going to do #3              | RI33.4 -<br>Reducing Your<br>Risk, Part 4<br>Activities<br>Common<br>problems #2              | RI33.5 -<br>Reducing Your<br>Risk, Part 5<br><br>Worksheet<br>(transition)                    |
| <b>Unit #2<br/>Week #2</b> | Back Again<br><br>RH4.3 - Facing<br>your<br>responsibilities<br>part 3   | A Moment For<br>Your Mind<br><br>RH4.4 - Facing<br>your<br>responsibilities<br>part 4 | A Moment For<br>Your Mind<br><br>R26.1 -Self-<br>efficacy and<br>Problem<br>solving, Part 1 | A Moment For<br>Your Mind<br><br>RI26.2 - Self-<br>efficacy and<br>Problem<br>solving, part 2 | A Moment For<br>Your Mind<br><br>RI26.3 - Self-<br>efficacy and<br>Problem<br>solving, part 3 |
|                            | Open to<br>Change Unit<br>B.6  | Open to<br>Change Unit<br>B.7   | Open to<br>Change Unit<br>B.8   | Open to<br>Change Unit<br>B.9   | Open to<br>Change Unit<br>B.10  |
|                            | TT -<br>What's<br>happened to<br>you?<br>Coping skill<br>(Self-Soothing) | TT - What<br>pushes your<br>buttons?<br><br>Coping skill<br>(Distraction)             | Activities (set<br>of 2): Trigger<br>events #1<br><br>Worksheet<br>(transition)             | Lesson: TT -<br>How have you<br>"coped" in the<br>past?<br><br>Food for<br>thought (2)        | Activities (set<br>of 2): Difficult<br>situations #3<br><br>Summary<br>worksheet              |

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| <b>Unit #3<br/>Week #1</b> | Back Again<br>RH 9.1<br>Avoiding problems with authority, part 1            | A Moment For Your Mind<br>RH 9.2<br>Avoiding problems with authority, part 2                             | A Moment For Your Mind<br>RH 9.3<br>Avoiding problems with authority, part 3             | A Moment For Your Mind<br>RH Lesson, RH11 Handling tough situations (action maze)      | A Moment For Your Mind<br>RH Lesson RH22.1 - Making long-term changes, part 1   |
|                            | Open to Change Unit C.1   | Open to Change Unit C.2  | Open to Change Unit C.3  | Open to Change Unit C.4  | Open to Change Unit C.5   |
|                            | Lesson: RI24 - Getting close to getting out, part 1<br><br>Thought-Stopping | Lesson: RI24 - Getting close to getting out, part 2<br><br>Stop-Think-Act                                | Activities (set of 3):<br>A practical question #2  | Activities (set of 3):<br>Common problems #3   | Activities (set of 2):<br>Trigger events #4                                     |
| <b>Unit #3<br/>Week #2</b> | Back Again<br>RI Lesson RH22.2 - Making long-term changes, part 2           | A Moment For Your Mind<br>RI Lesson RH22.3 -, Making long-term changes, part 3                           | A Moment For Your Mind<br>RI Lesson RH22.4 - Making long-term changes, part 4            | A Moment For Your Mind<br>RI Lesson RH22.5, Making long-term changes, part 5           | A Moment For Your Mind<br>RI Lesson PT8 - Review of relapse prevention plans    |
|                            | Open to Change Unit C.6   | Open to Change Unit C.7  | Open to Change Unit C.8  | Open to Change Unit C.9  | Open to Change Unit C.10  |
|                            | Lesson: TPI5- The future<br><br>Coping skill (breathing skill)              | Lesson: TT - How am I doing today?<br><br>Worksheet (transition)<br><br>Coping skill (Muscle Relaxation) | Activities (set of 2):<br>Problem behaviors #2<br><br>Coping skill (Combined Relaxation) | Lesson: LT - Identifying your needs and wants: for happiness, contentment, and comfort | Difficult situations #3<br><br>Difficult situations #4<br><br>Summary worksheet |

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| <b>Unit #4<br/>Week #1</b> | Back Again<br><br>R12.1 - Dealing with people in new ways, part 1<br><br>Food For Thought | A Moment For Your Mind<br><br>R12.2 - Dealing with people in new ways, 2<br><br>Food For Thought          | A Moment For Your Mind<br><br>R12.3 - Dealing with people in new ways, 3<br><br>Food For Thought | A Moment For Your Mind<br><br>R12.4 - Dealing with people in new ways, 4<br><br>Food For Thought | A Moment For Your Mind<br><br>R12.5 - Dealing with people in new ways, 5<br><br>Worksheet: How Would You Like Things To Be Different |
|                            | Open to Change Unit D.1   | Open to Change Unit D.2   | Open to Change Unit D.3  | Open to Change Unit D.4  | Open to Change Unit D.5  |
|                            | M2 - Healthy relationships and healthy boundaries, part 1<br><br>Thought-Stopping         | M2 - Healthy relationships and healthy boundaries, part 2<br><br>Stop-Think-Act                           | M2 - Healthy relationships and healthy boundaries, part 3<br><br>Food For Thought                | M2 - Healthy relationships and healthy boundaries, part 4<br><br>Food For Thought                | M2 - Healthy relationships and healthy boundaries, part 5  |
|                            |   |   |  |  |  |
| <b>Unit #4<br/>Week #2</b> | Back Again<br><br>TP11 - Key risk factors, social problems                                | A Moment For Your Mind<br><br>TP12 - Key risk factors, problems at home                                   | TP 10 - Key risk factors, Social tension (full lesson includes three activities)                 | A Moment For Your Mind<br><br>R119 - How are things at home?                                     | A Moment For Your Mind<br><br>TP20 - Burning your bridges  |
|                            | Open to Change Unit D.6   | Open to Change Unit D.7   | Open to Change Unit D.8  | Open to Change Unit D.9  | Open to Change Unit D.10   |
|                            | Activities (set of 2): People problems<br><br>Coping skill (Self Soothing)                | Activities (set of 2): Common problems #4<br><br>Worksheet (transition)<br><br>Coping skill (Distraction) | TT - Having a backup plan<br><br>Food for thought (2)  | Activities (set of 3): How is this likely #1   | Activities (set of 2): Problem behaviors #4<br><br>Summary worksheet   |

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| <b>Unit #5<br/>Week #1</b> | Back Again<br><br>RI38.1 - What happened, part 1                                | A Moment For Your Mind<br><br>RI38.2 - What happened, part 2                                     | Back Again<br><br>CS8.1 - Identifying and addressing your highest risks, part 1     | Back Again<br><br>CS8.2 - Identifying and addressing your highest risks, part 2  | Back Again<br><br>CS8.3 - Identifying and addressing your highest risks, part 3 |
|                            | Open to Change Unit E.1   | Open to Change Unit E.2  | Open to Change Unit E.3   | Open to Change Unit E.4  | Open to Change Unit E.5   |
|                            | CC3 - What does your future look like?, part 1<br><br>Thought-Stopping          | CC3 - What does your future look like?, part 2<br><br>Stop-Think-Act                             | Activities (set of 3): A practical question #3                                      | Activities (set of 3): Problem behaviors #3                                      | Activities (set of 3): Difficult situations #1                                  |
| <b>Unit #5<br/>Week #2</b> | Back Again<br><br>CS8.4 - Identifying and addressing your highest risks, part 4 | Back Again<br><br>CS8.5 - Identifying and addressing your highest risks, part 5                  | Back Again<br><br>CS8.6 - Identifying and addressing your highest risks, part 6     | Back Again<br><br>RI13.1 - Handling problem feelings, part 1                     | How Are You Going To Do #4<br><br>RI13.2 - Handling problem feelings, part 2    |
|                            | Open to Change Unit E.6   | Open to Change Unit E.7  | Open to Change Unit E.8   | Open to Change Unit E.9  | Open to Change Unit E.10  |
|                            | RH28 - Accept this help?<br><br>Coping skill (breathing skill)                  | TT - Making use of community resources<br>External<br><br>Coping skill (muscle relaxation skill) | Activities (set of 3): Common problems #5<br><br>Coping skill (Combined Relaxation) | TT - External supports<br><br>Food for thought (2)<br><br>Worksheet (transition) | Activities (set of 2): How is this likely #2<br><br>Summary worksheet           |



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| <b>Unit #6<br/>Week #1</b>                                       | Back Again   | Back Again                                   | Back Again   | Back Again  | Back Again                                    |
|  | RI17.1 - Let's talk about feelings, part 1   | RI17.2 - Let's talk about feelings, part 2   | Anger triggers summary<br>Anxiety triggers summary<br>Depression triggers summary  | RI6.1 - Making positive steps, part 1                                   | RI6.2 - Making positive steps, part 2         |
|  | Open to Change Unit F.1  | Open to Change Unit F.2                      | Open to Change Unit F.3  | Open to Change Unit F.4   | Open to Change Unit F.5                       |
| CC11- What Am I Thinking About Changing?<br><br>Thought-Stopping | Activities (set of 3):<br>Trigger events #2<br><br>Stop-Think-Act                    | Activities:<br>Difficult Situations          | How to be good to yourself<br><br>Worksheet (transition)                           | Activities (set of 3):<br>Problem behaviors #1                          |   |
| <b>Unit #6<br/>Week #2</b>                                       | Back Again   | Back Again                                   | Back Again   | Back Again  | How Are You Going To Do #5                    |
|  | RI6.3 - Making positive steps, part 3  | RI6.4 - Making positive steps, part 4        | Lesson TP8.1 - Resilience, part 1  | Lesson TP8.2 - Resilience, part 2                                       | RI35 - Keeping your focus on what's important |
|  | Open to Change Unit F.6  | Open to Change Unit F.7                      | Open to Change Unit F.8  | Open to Change Unit F.9   | Open to Change Unit F.10                      |
| TP 16 - I can do this!<br><br>Coping skill (Self Soothing)       | TT - Get yourself together<br><br>Food for thought<br><br>Coping skill (Distraction) | Activities (set of 3):<br>Common problems #6 | LT - Adding balance to your life with new activities<br><br>Worksheet (transition) | Activities (set of 2): A practical question #4<br><br>Summary worksheet |   |

**End of program summary activity:**

- **RH18 - Preparation for program completion (critical summary resource)**
- **RH 16 - How are your going to do (critical situational confidence resource)**