

Orientation/Program Introduction

Resources dedicated to this element include

ICD - What's treatment all about? - 2
 SDI - Introduction to self-discovery - 2
 Tx2 - Treatment Adherence (helping treatment work) -2
 FID/FIT charts and activities
 Feelings survey
 Using the feelings rulers to identify triggers

 pre/post: URICA, General self-efficacy scale

Module # A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CBT1 -1 Introduction to functional thinking	1 CBT1-3 Introduction to functional thinking	1 CBT4-1 Symptoms and early warning signs	1 CBT4-3 Symptoms and early warning signs	1 CBT5-23 Triggers	1 MAV <i>(MAV is a coping skills, aggression, and violence resource)</i>
2 CBT1-2 Introduction to functional thinking	2 CBT1-4 Introduction to functional thinking	2 CBT4-2 Symptoms and early warning signs	2 CBT5-1 Triggers	2 CBT5-3 Triggers competency checklist	2 MAV

Module # B					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CBT5a -1 Triggers2	1 CBT5a -3 Triggers2	1 CS9-1 Stress Management	1 CS9-1 Stress Management	1 CS9-1 Stress Management	1 MAV
2 CBT5a -2 Triggers2	2 CBT5a -4 Triggers2	2 CS9-1 Stress Management	2 CS9-1 Stress Management	2 Triggers/ behavior summary activity competency checklist	2 MAV

Module # C					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CSI-1 Coping skills for emergencies	1 CSI-3 Coping skills for emergencies	1 CSI-5 Coping skills for emergencies	1 Pathways to physical or emotional health-1	1 FI2-2 Let's talk about feelings	1 MAV
2 CSI-2 Coping skills for emergencies	2 CSI-4 Coping skills for emergencies	2-CSI-6 Coping skills for emergencies	2 FI2-1 Let's talk about feelings	2 Summary activities ● Coping skills self-efficacy review assessment ● Post-CBT coping skills review ● What are your choices? competency checklist	2 MAV

Module # D					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SD10-1 Harm Reduction (Reducing Consequences)	2 SD10-3 Harm Reduction (Reducing Consequences)	1 SD11-2 What's going on in my life?	1 SD11-4 What's going on in my life?	1 CS10-2 Reducing your risk	1 MAV
2 SD10-2 Harm Reduction (Reducing Consequences)	2 SD11-1 What's going on in my life?	2 SD11-3 What's going on in my life?	1 CS10-1 Reducing your risk	2 CS10-3 Reducing your risk competency checklist	2 MAV

Module # E					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PDL25 - Taking your meds	1 RH13-2 Red flags	1 RH13-4 Red flags	1 SD6-1 Reasons to change	1 SD6-3 Reasons to change	1 MAV
2 RH13-1 Red flags	2 RH13-3 Red flags	2 RH13-5 Red flags	2 SD6-2 Reasons to change	2 SD6-4 Reasons to change competency checklist	2 MAV

Module # F					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SD7b - 1 My Life So Far	1 RH3-1 Dealing with Discomfort	1 RH3-3 Dealing with Discomfort	1 RH7-1 Avoiding the negative	1 RH7-3 Avoiding the negative	1 MAV
2 SD7b - 2 My Life So Far	2 RH3-2 Dealing with Discomfort	2 RH3-4 Dealing with Discomfort	2 RH7-2 Avoiding the negative	2 RH15b/c/d competency checklist	2 MAV

Counselors Resources for 1:1

- competency checklists for each week
- Since the last time we met (1:1 support activity)
- Something happened (activity for self-monitoring)
- What was going on?
- FID charts - 3 varieties

OPTIONS:

How far have you come? - 1

FULL MOTIVATIONAL INTERVIEWING MANUAL AND MI TOOLKIT INCLUDED