



# The Phoenix/New Freedom Mental Health Programming

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## Orientation/Introduction to Programming

The following model represents a program designed for 14 mental health units in the New York City Jail system on Riker’s Island. The material was created as a six-week intervention. An orientation/program introduction is also included which was designed to prepare clients for the upcoming treatment. Pre- and Post-test tools are also included to help track change, in particular various Motivational Interviewing tools which have been added seamlessly into the text.

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## 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 <b>CBT1 -1</b> 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  <b>competency checklist</b>	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  <b>competency checklist</b>	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?  <b>competency checklist</b>	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

# Introduction To Functional Thinking

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*The attached materials include the table of contents, lesson plan elements, and a selection of pages which illustrate the content and program elements in this resource.*

# Lesson Planning Support

## Workbook

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### Introduction to Functional Thinking (CBT 1.1)

#### Instructor's Preparation

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This program element introduces basic CBT concepts. This workbook was designed to support the motivational interviewing (MI)/motivational enhancement (MET) approach, guiding clients from precontemplation to contemplation to change. Please review the workbook and the material in this packet. As you consider the needs and personalities of the people you will be helping, you may place a greater emphasis on certain sections of the workbook. It may help to talk your plans over with others who have used this material or with your supervisor.

#### Suggestions for Presentation

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1. This short workbook can be used with individuals or in groups.
2. The stories can be read aloud and discussed, as well as the final activity.

#### Behaviorally Stated Objectives

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This program element introduces basic CBT concepts.

1. The client will identify their current importance, confidence and readiness to make a change.
2. The client will identify one thing in their life that they would like to change and elaborate as to why this is important to them.



## Taking charge of your life

### John's story

It seems like John's life is just a series of fights. Almost every day, he's in a fight - or almost gets into a fight. And it's not like he only fights with people he has a beef with. Sometimes, it's with his friends.

His last girlfriend broke up with him this morning. "I just don't like being around you," she said. "It's not fun." He's been arrested a couple of times, and he's been suspended from school regularly, and always for fighting.

While he feels angry much of the time, he usually doesn't plan to get into a fight. He explained, "I usually don't go looking for trouble." But it's almost like ready to "go off" most of the time. And, it's not working out well for him. You better fix this," his girlfriend said. "I'm out of your life."

Do you know anybody like John? yes  no

### Tonio's story

When Tonio was 15, he started selling weed and committing other crimes. By the time he was 18, he was selling weed and he'd moved on to selling other drugs. At first, it was just about getting a little money. He'd steal money from his mom's purse. Or he'd take money from his grandmother's dresser. Later, he broke into people's houses to find something he could take and sell so he could make more money. Now he's 25, and his whole life is about selling drugs and stealing. The people around him can see how badly this is messing him up. But he pretty much thinks things are cool. Still, once in a while, he wonders whether he has a problem. Things aren't working out the way he wants.

Do you know anybody like Tonio? yes  no

### Sandra's story

Sandra's childhood was a mess. Her dad left them. Her mother had problems keeping a job, and drank a lot. By the time she was 10, Sandra had been moved around to several homes. She had been neglected, abandoned, and abused. She started having sex by age 13. It seemed to dull the pain in her life and make her feel wanted and "loved", but things didn't get better. In fact, they got worse. By the time she was 18 she got pregnant, and basically her life wasn't working out very well.

Do you know anybody like Sondra? yes  no

### Jayden's story

Jayden has also been hurt. His childhood and family life seemed like one crisis after the next. There was a lot of fighting and violence. Sometimes things at home were so out of control that he couldn't sleep. When he could sleep he had bad dreams. So much has happened, that he expects only bad things in his life.

One counselor told him that he had an "anxiety" problem. To Jayden, it was a lot more than that. It went beyond feeling worried or stressed. He couldn't even find the words to describe how he felt. Sometimes he just felt numb. He told one friend that his life was just "messed up beyond repair."

Do you know anybody like Jayden? yes  no

The life of every one of these people is a mess. The choices they are making aren't working out very well. There are many reasons why this happens, and there are many ways people act out their emotional discomfort or pain.

- Shannon cuts herself when she feels bad.
- LeBron eats a lot. He says eating helps him when he feels down.
- Maria stops eating when she feels upset or bad about herself. She's very thin, and really very pretty, but she tells herself she's fat and ugly. She's 22 and weighs about 95 pounds. And, she won't eat.
- Billy feels the urge to do something crazy and dangerous. He's doing a lot of vandalism, and breaking and entering. It's like he can't help himself from taking bigger and bigger risks. Now he's 15, and he's just been arrested for starting several fires.

When someone is having problems in life like this, they often do things that hurt themselves or others. In many cases, they end up getting arrested.

On some level, they all know things aren't "right." This sense of being "out of control" may actually be the way they feel much of the time.

Have you ever felt this way?  yes  sometimes  no

When people feel this way, they may also feel helpless to make changes. It's hard to make changes - or think about making changes - if you don't know what to do to get your life back under control.

The good news is that there are good ways to take charge of your life. If you are reading this workbook, you have the chance to learn how to do this! This workbook can help give you the tools, if you want to change.

Right now, think for a moment about your life. If someone offered you some help in making changes, would you take that help?

How important is it for you to make some changes? How confident are you that you could make some changes if you wanted to? How ready are you for change? Below are some "importance, confidence and readiness rulers". This will give you a chance to look at where you are today.

A low number (1, 2, or 3) indicates that you are probably not ready or interested in changing much in your life. A higher number indicates that you might be ready to consider making some changes. Where are you today?

IMPORTANCE RULER									
How important is it to you to make a change?									
(not very important to me)			(somewhat important to me)				(very important to me)		
1	2	3	4	5	6	7	8	9	10

CONFIDENCE RULER									
If you tried hard, how confident are you that you would be able to make a change?									
(I don't think I can do it)			(I might be able to make a change)				(I'm very confident I can do this)		
1	2	3	4	5	6	7	8	9	10

READINESS RULER									
How ready are you to make this change?									
(not ready to make a change)			(somewhat ready to make a change)				(more ready to make a changes)		
1	2	3	4	5	6	7	8	9	10

## Getting started

This program is called **Functional Thinking**. It's basically a form of "cognitive-behavioral therapy," which is sometimes called "CBT." As you work this program, it will help you in several ways:

- 1 You can gain awareness of your own thoughts, your own feelings and the choices you make.

You can understand better how your thoughts, your feelings and your actions affect each other. You'll be able to figure out what's going on. You can get a better understanding of what's been happening in your life.

- 2 You can ask yourself: "Is this thought working for me, or not working for me?"

- 3 You can learn how to change your thoughts to thoughts that work! These kinds of thoughts are called "functional thinking."

- 4 You have the chance to take charge of your own life!

One way to get started is to take a good look at things that are going on in your life. Like most people, you'll discover that some things are going well, and others are going poorly.

As for the things that aren't going so well in your life, you may want to fix those. There's no point to letting those things continue to drag you down. The good news is that you actually can do something about most of them. You can learn new ways to solve life's problems. And, you can learn new ways to deal with tough situations. Best of all, you can learn new ways you can take charge of your life so you can have a happy and good future.

You can learn some new ways to use your strengths. And, you may be surprised to discover how many strengths you really have. For example, if you've lived through some tough times, you are a "survivor." You made it when others didn't. Being a survivor means you had some pain (and some of it may still be with you). But, it also means you're tough. You were tough enough to live through some bad times. You can use that toughness to pull through again. It's a strength, and a lot of other people don't have it.

**As a starting point, think about your life. If you could change one thing, what would it be? What is most important to you and why?**

Sample