

## CHANGE FOR LIFE - C4L UNIT A

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is successful management of internal risk factors and difficult symptoms - and increased awareness of symptoms commonly experienced by people immediately following acute withdrawal (or detox).

### Note to the counselor:

In addition to the basic program elements addressing substance use and abuse, this resource introduces the concept of post-acute withdrawal symptoms. These symptoms (post-detox) may be among the most critical relapse triggers going forward - both during the program, and for several months after their time in the program is over.

In addition to this emphasis, many of the resources in this set include Motivational Interviewing (MI) tools shaped to address the various elements of Precontemplation which can be expected in your group. Change is the intention of the entire program, and this set of units introduces and sets up the opportunity for Change Talk - in the group and in any other opportunities you may have with the participants.

Each Unit of 10 sessions in this set "Change for Life (C4L) includes elements designed for engagement - to get the participants comfortable with the process, and increase the likelihood that they will identify some elements in the core program elements that speak to their addictions and substance abuse. The intent is to help them move out of Precontemplation into the Contemplation stage. Structurally, the curriculum is shaped to increase their awareness and acceptance of specific issues underlying the progression of their substance abuse to the point of overdose.

In the open admissions model, this may mean that new arrivals share the group with participants who have been in the program for some weeks and who may have made some progress along the stages of change. This unit may provide those individuals a chance to reaffirm their commitment to change, but also to support the change talk and process in the group for the newcomers. This should be encouraged!

#### Structure:

This series of 10 sessions is shaped as the first unit to be provided in a program day (typically scheduled for 10 days). There are five units shaped like this with similar agendas and intended outcomes (C4L Units A, B, C, G, and H).

|    | Resource                          | Description                                                  |
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| A1 | Worksheet: What's the difference? | Guides assessment of the importance of making changes.       |
|    | FFT Been there done that          | Precontemplation resource for engagement and self-awareness. |

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|    | Pre6: Introduction to the program                                                        | Basic precontemplation resource. Primarily designed to build engagement in the process of change and reduce resistance. Provides introduction to Motivational Interviewing (MI) techniques and tools.                               |
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| A2 | FFT: Hard work                                                                           | Addresses resistance to change.                                                                                                                                                                                                     |
|    | Worksheet: Getting Started                                                               | Builds awareness of critical issues and past experiences in addictions or dependencies.                                                                                                                                             |
|    | Post-acute withdrawal                                                                    | Getting started after Acute Withdrawal. Important introductory document for symptoms self-awareness and management. (PAWS resource)                                                                                                 |
|    |                                                                                          |                                                                                                                                                                                                                                     |
| A3 | FFT: Hitting bottom                                                                      | Basic motivational resource. Addresses issues of importance and confidence in making changes.                                                                                                                                       |
|    | Post Acute Withdrawal major symptoms as risk factors for relapse - PAWS Symptom Check #1 | Guides self-evaluation of the highest and most common risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan. (PAWS resource) |
|    | FFT Costs and consequences #6                                                            | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                          |
|    |                                                                                          |                                                                                                                                                                                                                                     |
| A4 | FFT Old habits                                                                           | Precontemplation resource - explores compulsive or addictive patterns of behavior.                                                                                                                                                  |
|    | Pre4aoda: How important is it to you?                                                    | Targets critical issues underlying the need and desire to explore making changes in life or lifestyle. Goal is acceptance of personal responsibility for choices.                                                                   |
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| A5 | FFT That was then this is now #2                                                         | Evaluates experience with personal change.                                                                                                                                                                                          |
|    | SD5.4 (gen/aoda): Understanding your dependencies                                        | Examines chronic nature of dependencies, internal risk factors, and assesses frequency, intensity and duration of symptoms.                                                                                                         |
|    | FFT: It's often a matter of degree                                                       | Addresses reluctance and rationalization. (PAWS resource)                                                                                                                                                                           |

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| A6 | FFT I quit                                | Helps evaluate the impact the highs and lows of substance abuse, including overdose.                                                                                                                                                                                                    |
|    | SD6.3: Reasons to change                  | Addresses denial, resistance, other defenses. Raises awareness of consequences of own behavior for self and other. Builds motivation to make personal changes.                                                                                                                          |
|    | FFT Costs and consequences #1             | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                                                              |
|    |                                           |                                                                                                                                                                                                                                                                                         |
| A7 | TPI4: Physical discomfort (PAWS resource) | Physical discomfort can be a trigger to early substance use, and later abuse. It can also be a major factor during acute withdrawal (detox) and extended withdrawal. During the post-acute withdrawal period physical symptoms can be a significant trigger to relapse.                 |
|    | Worksheet: Internal risk factors SCQ      | Provides situational confidence (SCQ) element relating to internal risk factors.                                                                                                                                                                                                        |
|    | FFT: I got high to feel good              | Supports self-evaluation of internal risk factors.                                                                                                                                                                                                                                      |
|    |                                           |                                                                                                                                                                                                                                                                                         |
| A8 | FFT I was helpless                        | Addresses issues of past difficulty in making positive changes. Builds confidence.                                                                                                                                                                                                      |
|    | TPI: Turning Points                       | The decision to make a significant change - to move to actually doing something - is often called a turning point. Lesson helps identify turning points, and focuses on making actual changes. Guides transition between the Contemplation Stage of change and the Determination Stage. |
|    | FFT A lot of time before release #1       | Explores risks and options during this time.                                                                                                                                                                                                                                            |
|    |                                           |                                                                                                                                                                                                                                                                                         |
| A9 | TP3: The new reinvented you               | Clarifies new goals, assesses strengths and assets, briefly summarizes new external support system, and guides commitment to change. It summarizes with a brief action plan. <i>Intensive lesson.</i>                                                                                   |
|    | Famous last words #1                      | Topic addresses excuses and rationalizations for dysfunctional behavior.                                                                                                                                                                                                                |
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| A10 | FFT Helpless and hopeless      | Addresses lacking confidence in their ability to sustain change as an underlying factor in precontemplation.                                                                                                                                          |
|     | RH16: How are you going to do? | Substance abuse/use Situational Confidence (SCQ) and MI resource. Participants assess how confident they are in dealing with the most common and serious risk factors, triggers, or situations they will face going forward. <i>Intensive lesson.</i> |
|     | FFT Killer stuff               | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                            |

## CHANGE FOR LIFE - C4L UNIT B

**In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is successful management of external risk factors and triggers - and increased awareness of symptoms commonly experienced by people immediately following acute withdrawal (or detox).**

|    | Resource                                                | Description                                                                                                                                                                                                                               |
|----|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| B1 | FFT: Waiting for the magic wand                         | Addresses reluctance and rationalization.                                                                                                                                                                                                 |
|    | Pre 13: It's just like magic                            | Precontemplation resource. Increases self-awareness and the importance of making changes - and avoiding certain traps in making only a partial commitment to these changes.                                                               |
|    | FFT Tolerance #2                                        | Addresses significant consequences of continued substance abuse.                                                                                                                                                                          |
|    |                                                         |                                                                                                                                                                                                                                           |
| B2 | FFT: Malik                                              | Addresses reluctance, resistance, and rationalization.                                                                                                                                                                                    |
|    | Introduction to Long-term Withdrawal - Introductory Key | Getting started after Acute Withdrawal. Important introductory document for symptoms self-awareness and management. (PAWS resource)                                                                                                       |
|    | Worksheet: Where do you stand today?                    | Addresses reluctance and rationalization.                                                                                                                                                                                                 |
|    |                                                         |                                                                                                                                                                                                                                           |
| B3 | FFT: Aaron                                              | Helps identify how certain kinds of thinking may be barriers or obstacles to change.                                                                                                                                                      |
|    | SA5: The warning signs of addiction                     | Guides the exploration of issues critical to the acceptance of an addiction or dependency issue: tolerance, frequency, intensity and duration of certain behaviors, problems with quitting, guilt, sadness, remorse, relapse, and denial. |
|    | Worksheet: Introduction to risk factors                 | Supports self-evaluation of risk factors (internal and external).                                                                                                                                                                         |
|    |                                                         |                                                                                                                                                                                                                                           |
| B4 | FFT: Marco                                              | Addresses reluctance and resigned precontemplation (confidence).                                                                                                                                                                          |
|    | SD12 AODA: Knowing your risk factors                    | Reinforces the identification and influence of key risk factors in their substance use/abuse. <i>Key resource.</i>                                                                                                                        |

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| B5 | FFT: I've got to have it now                                           | Explores cravings and the need for instant gratification as risk factors for making bad choices.                                                                                                                                                                                                                              |
|    | PAWS Resource: Thinking less clearly - symptoms of extended withdrawal | Thinking issues (including mental confusion and forgetfulness) are both common symptoms and risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan.                                                                     |
|    | FFT Caring                                                             | Sensitive issue: feeling numb - or dissociation, Explores relationship to risky substance abuse.                                                                                                                                                                                                                              |
|    | CBT5a.1: Triggers/External risk factors                                | Helps identify external triggers (specifically high risk people, places, things, and situations). <i>Intensive lesson.</i>                                                                                                                                                                                                    |
|    |                                                                        |                                                                                                                                                                                                                                                                                                                               |
| B6 | How is this likely to work out? (#3)                                   | Explores the future consequences of certain decisions about substance abuse made today.                                                                                                                                                                                                                                       |
|    | CBT5a.2: Triggers/External risk factors                                | Helps target external triggers (specifically high risk people, places, things, and situations). <i>Intensive lesson.</i>                                                                                                                                                                                                      |
|    | Worksheet: What put you at risk?                                       | Identifies and evaluates lifestyle patterns that increase the risk for relapse into old behavior.                                                                                                                                                                                                                             |
|    |                                                                        |                                                                                                                                                                                                                                                                                                                               |
| B7 | Activity/skills: Handling difficult situations #4                      | Supports self-evaluation of key issues in on-going recovery.                                                                                                                                                                                                                                                                  |
|    | TP2: Drawing a line                                                    | Focuses on the actual determination to make a change - and identifying specific behaviors that they have decided never to do again. MI elements assess importance and confidence in making these commitments. Clarifies transition between the Contemplation and the Determination Stages of change. <i>Intensive lesson.</i> |
|    |                                                                        |                                                                                                                                                                                                                                                                                                                               |
| B8 | FFT Strips #2                                                          | Addresses significant issues underlying risky substance abuse in the facility setting.                                                                                                                                                                                                                                        |
|    | Worksheet: Vulnerability - External risk factors                       | Provides more detailed situational confidence (SCQ) element addressing specific types of external risk factors.                                                                                                                                                                                                               |
|    | PAWS Symptom Check #4                                                  | Evaluates current symptoms, specifically related to drug cravings, as part of extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan.                                                                                                                   |
|    | RH18: Risk and protective factors summary                              | Participants summarize their external risk factors and their plans to deal with them effectively. Includes evaluation element.                                                                                                                                                                                                |

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| B9  | TP4: Then and now                                  | Examines past relapse experiences to clarify what went wrong and develops of new external protective factors. Includes action plan.                                                                |
|     | Relapse prevention activity<br>Lapses set #        | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                          |
|     |                                                    |                                                                                                                                                                                                    |
| B10 | FFT Setting yourself up #3                         | Supports self-evaluation of internal risk factors and recovery.                                                                                                                                    |
|     | TP6: Making a transition: how are you going to do? | Addresses key areas for problems in maintaining recovery - or in maintaining new life and lifestyle changes                                                                                        |
|     | FFT If you learned                                 | Accepting the seriousness of an addiction or dependency can be hard. This activity helps evaluate their current acceptance of the importance in addressing these issues. <i>Includes MI tools.</i> |
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## CHANGE FOR LIFE - C4L UNIT C

In addition to core PreContemplation, Preparation, and Situational Confidence elements, the theme of this unit is development of internal strengths and insight, as well as relapse prevention - and increased awareness of symptoms commonly experienced by people immediately following acute withdrawal (or detox).

NOTE: The elements in this unit progress from the pre-contemplation stage through contemplation, and ultimately to resources which may help guide participants to explore turning points (preparation and determination stage).

|    | Resource                                 | Description                                                                                                                                        |
|----|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| C1 | AODA-I: Some of our life's experiences   | Identifies specific risk factors - and clarifies current decisions. <i>Major program element.</i>                                                  |
|    | FFT Bad days and bad weeks               | Addresses reluctance and rationalization. (PAWS resource)                                                                                          |
|    | Worksheet: What happens.                 | MI tool - decision matrix                                                                                                                          |
|    |                                          |                                                                                                                                                    |
| C2 | FFT Do-over                              | Engagement resource; addresses reluctance to change.                                                                                               |
|    | SDI aoda Introduction to self-discovery  | Starts the process of change though identifying and addressing substance abuse and similar dependencies.                                           |
|    | FFT What's in it?                        | Taking risks with unknown substances.                                                                                                              |
|    |                                          |                                                                                                                                                    |
| C3 | FFT: The \$5,000,000 question            | MI awareness resource; addresses reluctance to change.                                                                                             |
|    | Post-acute withdrawal symptoms checklist | Introduction and overview of typical symptoms experienced in the post acute (detox) withdrawal process. <i>Key resource.</i>                       |
|    | SD5.1: Understanding your dependencies   | Explains basic criteria for dependencies, Examines critical substance abuse denial issues and helps develop the importance of considering changes. |
|    |                                          |                                                                                                                                                    |
| C4 | FFT Tolerance #1                         | Precontemplation resource - addresses significant issues underlying continued substance abuse.                                                     |
|    | FFT TJ's story                           | Significant issues underlying risky substance abuse.                                                                                               |
|    | SD5.2: Understanding your dependencies   | Examines specific areas of participants' alcohol and substance abuse.                                                                              |

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| C5 | Worksheet: How did this become a big problem?                               | Develops insight: helps participants explore the development of their dependency and clarifies issues with tolerance, withdrawal, and relapse.                                                                                                                                                                                                                                                                                                            |
|    | Worksheet: Multiple dependencies                                            | Most people with one area of dependency have at least one similar pattern of thinking or behavior. In many cases, this includes multiple substance and behaviors. In the process of abstaining from one behavior, there still may remain a risk for replacing that behavior with another (i.a. a person quitting smoking may engage in unhealthy eating habits). This worksheet guides the identification of areas of dependency and compulsive behavior. |
|    |                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| C6 | Introduction to tracking Frequency, Intensity, and Duration of top symptoms | Introductory activity. Sets up multi-day tracking.<br>Note: when this is provided, the leader should set up a multi-day tracking plan and follow-up on specific (or general) symptoms in subsequent sessions.                                                                                                                                                                                                                                             |
|    | AODA-2 Addictions and Choices                                               | Introductory workbook clarifies the nature of addictions, including issues of tolerance, withdrawal and relapse. Addresses issues including areas of additional dependencies. Explores current status of importance, confidence, and readiness to cut down or actually stop use/abuse of substances. Identifies some available areas of support and basic coping or self-management options.                                                              |
|    | FFT Moving to heavier drugs                                                 | Addresses issues of increasing tolerance.                                                                                                                                                                                                                                                                                                                                                                                                                 |
|    |                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| C7 | FFT Loss of control                                                         | Explores issues underlying past issues with substance abuse.                                                                                                                                                                                                                                                                                                                                                                                              |
|    | Withdrawal and Symptoms                                                     | Addresses typical withdrawal symptoms, and provides context for post-acute withdrawal experiences (current and likely to be forthcoming). (PAWS resource).                                                                                                                                                                                                                                                                                                |
|    | FFT Some quiet time #1                                                      | Taking advantage of their current situation to assess past and future choices.                                                                                                                                                                                                                                                                                                                                                                            |
|    |                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| C8 | FFT: Living the life                                                        | Helps develop insight into their life experiences, and their past and current behavior.                                                                                                                                                                                                                                                                                                                                                                   |
|    | SD6.2: Reasons to change                                                    | Supports the process of change though identifying and addressing selected costs and consequences of substance abuse and similar dependencies.                                                                                                                                                                                                                                                                                                             |
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| C9  | TP23: Where are you setting yourself up?    | Comprehensive lesson for reducing vulnerability to making bad decisions. Includes 30-item checklist, self-assessment tools, and action plan.                                                                                |
|     | FFT Addicts' Manipulations #18              | Addresses thinking and behavior underlying risky substance abuse.                                                                                                                                                           |
|     |                                             |                                                                                                                                                                                                                             |
| C10 | FFT: Re-start                               | Evaluates issues in making lifestyle - and life - changes.                                                                                                                                                                  |
|     | PAWS Symptom Check #2                       | Evaluates current symptoms, specifically related to anger, stress, and mental fog, as part of extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan. |
|     | Worksheet: Substance abuse risk checklist   | Substance abuse risk checklist; assesses situational confidence to sustaining recovery.                                                                                                                                     |
|     | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                   |

## CHANGE FOR LIFE - C4L UNIT G

Core change-focused model, addresses thinking issues and risk factors, reducing resistance, and beginning the process of personal awareness and change - **and increased awareness of symptoms commonly experienced by people immediately following acute withdrawal (or detox)**. Specific elements are designed to increase awareness of discrepancy, a critical motivational interviewing (MI) technique. (i.e. cognitive dissonance). Ideal with clients who may be early stages of change (later precontemplation, contemplation, and preparation).

| G1 | Resource                              | Description                                                                                                                                                                          |
|----|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | FFT There's no point                  | Short activity addresses resistance in precontemplation (anti-contemplation).                                                                                                        |
|    | Pre9A: A Starting Point               | MI-based precontemplation engagement activity, focusing on importance and confidence in thinking about change and exploring options.                                                 |
|    | PAWS Resource - Brain Fog             | Brain Fog is a major risk factor for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan     |
|    |                                       |                                                                                                                                                                                      |
| G2 | FFT The negative                      | Short activity helps evaluate the impact of life experiences on past and present choices.                                                                                            |
|    | FFT Caught                            | Short activity helps evaluate the impact of life experiences on past and present choices.                                                                                            |
|    | Drugs Resource - Opioids              | Comprehensive drug use resource:: Opioids. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use. |
|    |                                       |                                                                                                                                                                                      |
| G3 | FFT: Tough Start                      | Short activity helps evaluate the impact of life experiences on past and present choices.                                                                                            |
|    | CC3: What does your future look like? | This resource includes self-assessment tools, and MI elements which assist in developing discrepancy, and increasing confidence in making changes.                                   |
|    | FFT Re-think                          | Short activity helps evaluate the impact of life experiences on past and present choices.                                                                                            |

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|    | FFT Costs and consequences #5                            | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                                                                                                                                         |
|    |                                                          |                                                                                                                                                                                                                                                                                                                                                                    |
| G4 | FFT Tough choices                                        | Short activity helps evaluate the impact of life experiences on past and present choices.                                                                                                                                                                                                                                                                          |
|    | CC16: Not thinking                                       | This resource helps explore how people suddenly find themselves in a high risk situation. It includes elements addressing “not thinking at the time,” seemingly unimportant decisions (SUDs), a lack of situational awareness, and similar ways of setting themselves up. Participants evaluate recent poor decisions and better options on 14 critical questions. |
|    |                                                          |                                                                                                                                                                                                                                                                                                                                                                    |
| G5 | FFT Tom’s experience                                     | Short activity helps evaluate the impact of life experiences on past and present choices.                                                                                                                                                                                                                                                                          |
|    | CC6: I have my reasons                                   | CBT resource provides an opportunity for participants to analyze why they have been making some of the choices they have, and the costs and consequences of these choices.                                                                                                                                                                                         |
|    | PAWS Symptom Check - Withdrawal symptoms as risk factors | Evaluates current symptoms, specifically related to difficulties with memory, confusion, or cloudy thinking, as part of extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan.                                                                                                              |
|    |                                                          |                                                                                                                                                                                                                                                                                                                                                                    |
| G6 | FFT Using serious drugs #10                              | Addresses significant issues underlying risky substance abuse.                                                                                                                                                                                                                                                                                                     |
|    | CC7.1: Who do you think you are? (Part one)              | The way we think about ourselves helps us decide what we would, and wouldn’t do. Increases emotional awareness and understanding self-talk and self-image.                                                                                                                                                                                                         |
|    | FFT I could die                                          | Precontemplation resource - addresses consequences of risky substance abuse.                                                                                                                                                                                                                                                                                       |
|    |                                                          |                                                                                                                                                                                                                                                                                                                                                                    |
| G7 | Symptoms Check                                           | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific.                                                                                           |
|    | CC7.2 (Part two) Who do you think you are?               | The way we think about ourselves helps us decide what we would, and wouldn’t do. Increases emotional awareness and understanding self-talk and self-image.                                                                                                                                                                                                         |

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|     | FFT Setting yourself up #4                     | Addresses significant issues underlying risky substance abuse.                                                                                                                       |
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| G8  | FFT Doing anything to avoid withdrawal         | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                           |
|     | PAWS Resource - Drug Cravings                  | Drug cravings are major risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan |
|     | FFT How I got these scars                      | Meth-related. Note that some participants may have experiences with multi-drug abuse.                                                                                                |
|     |                                                |                                                                                                                                                                                      |
| G9  | Worksheet: Getting into problems - by accident | Explores the patterns and the consequences of seemingly unimportant decisions, taking responsibility for bad choices around others, and how our own thinking can set us up.          |
|     | CC10: Who is making your choices?              | Includes elements of peer pressure and external locus of control (allowing others to make or influence your choices).                                                                |
|     | Worksheet: Progression                         | Addresses the development or progression of addictions, including issues of increased tolerance, harder drugs, or stronger drug dosages.                                             |
|     |                                                |                                                                                                                                                                                      |
| G10 | Drugs Resource - Strips                        | Comprehensive drug use resource - addresses type of drugs which may be available in an institutional setting.                                                                        |
|     | Worksheet: Self-defeating behaviors #2         | Brief self-analysis activities.                                                                                                                                                      |
|     | CC13: Why are you thinking about changing      | Reviews the process and experience of cognitive change, including the experiencing of cognitive dissonance and discomfort in the change process. Includes MI tools.                  |
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## CHANGE FOR LIFE - C4L UNIT H

### CHOICES AND BEHAVIORS

Resources in this criminogenic behavior unit increase self-awareness with the specific objective of decreasing discomfort with the old choices - **and increased awareness of symptoms commonly experienced by people immediately following acute withdrawal (or detox).** Specific elements are designed to increase awareness of discrepancy, a critical motivational interviewing (MI) technique. (i.e. cognitive dissonance). Shaped for use with clients who may be early stages of change (later precontemplation and contemplation).

|    | Resource                                | Description                                                                                                                                                                                                                                                            |
|----|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| H1 | FFT Overdose                            | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                                             |
|    | PAWS Resource: Memory Issues            | Memory issues are risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan                                                                                         |
|    | Defeating yourself #1                   | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                                             |
|    |                                         |                                                                                                                                                                                                                                                                        |
| H2 | FFT That was then #3                    | Addresses significant issues underlying continued substance abuse.                                                                                                                                                                                                     |
|    | Pre I I: You can't change me            | MI resource (specifically focused on anti-contemplation). Examines issues of importance and confidence in making life changes. Asks participants to evaluate where they stand on 13 specific areas of personal change.                                                 |
|    | FFT Chris' choice                       | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                                             |
|    |                                         |                                                                                                                                                                                                                                                                        |
| H3 | FFT The risk                            | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                                             |
|    | CCI What's been getting you in trouble? | Examines past behaviors and issues: fighting, violence, dangerous risk taking, alcohol abuse, drug use, gang activity, drug sales, and crimes like robbery, burglary, and auto theft. Helps participants understand their risk factors and to consider future choices. |
|    | FFT Hit the bottom #2                   | Precontemplation resource - addresses significant consequences and issues underlying continued substance abuse.                                                                                                                                                        |
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| H4 | FFT When you wake up                 | Precontemplation resource - addresses significant issues underlying risky substance abuse.                                                                                                                                                 |
|    | Pre7: Choices                        | Participants explore choices, including involvement with high risk, people, places, things, and situations, as well as a range of pro-social or positive changes. Increases personal awareness on issues which may benefit from treatment. |
|    | WDYT 21 - Future plans               | What do you do if you have absolutely no future plans? Brief topical resource addresses hopelessness and helplessness.                                                                                                                     |
|    |                                      |                                                                                                                                                                                                                                            |
| H5 | FFT Addiction has no conscience      | When they are desperate, addicts could do anything to obtain their drug.                                                                                                                                                                   |
|    | PAWS Symptoms Check #5               | Evaluates current symptoms, specifically physical symptoms, as part of <u>extended</u> post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan. Physical symptoms              |
|    | FFT Up in smoke                      | Explores selected risk factors as potential triggers to substance use going forward after the program.                                                                                                                                     |
|    | FFT Costs and consequences #3        | Precontemplation resource - addresses significant consequences and issues underlying continued substance abuse.                                                                                                                            |
|    |                                      |                                                                                                                                                                                                                                            |
| H6 | FFT There's some things I'd never do | Illustrates the concept of drawing a line, and living with the consequences going forward.                                                                                                                                                 |
|    | CC4: Trust and distrust              | Guides participants in evaluating the costs and consequences of misplaced trust.                                                                                                                                                           |
|    | Defeating yourself #2                | Addresses significant consequences and issues underlying continued substance abuse.                                                                                                                                                        |
|    | FFT Jacob's day                      | Meth-related. Note that some participants may have experiences with multi-drug abuse.                                                                                                                                                      |
|    |                                      |                                                                                                                                                                                                                                            |

|     |                                                          |                                                                                                                                                                                                                                                                                                   |
|-----|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| H7  | FFT Nobody gets to tell me what to do                    | <i>What do <u>you</u> think?</i> Brief topical resource addresses a key area of resistance to change.                                                                                                                                                                                             |
|     | Drugs Resource - Fentanyl                                | This resource assists in evaluating the use/abuse of fentanyl as their drug of choice - or as a possible ingredient in strips or another similar option in the facility setting. Fentanyl may be a likely element in building tolerance or use.                                                   |
|     | Defeating yourself #3                                    | Addresses significant consequences and issues underlying continued substance abuse.                                                                                                                                                                                                               |
|     |                                                          |                                                                                                                                                                                                                                                                                                   |
| H8  | Heroin and barbiturates - and other downers              | Explores use and abuse of downers. Some participants may have experiences with multi-drug abuse. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use.                                                        |
|     | FFT Are you setting yourself up for problems or relapse? | Explores exposure to high risk people, places, things, thoughts, feelings and situations.                                                                                                                                                                                                         |
|     | PAWS Resource - Mood swings as a risk factor for relapse | Mood swings are a major risk factor for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan                                                                                                               |
|     |                                                          |                                                                                                                                                                                                                                                                                                   |
| H9  | FFT Setting yourself up #1                               | Helps evaluate options and stressful choices which may increase personal risk for relapse.                                                                                                                                                                                                        |
|     | CCI4 Risk taking                                         | Reviews 40 areas where we may take risks - some negative or dangerous, and some positive. Participants analyze factors in their own risk taking style and evaluate past outcomes. A final step is identifying where risk taking or challenging yourself could have positive effects going forward |
|     | Defeating yourself #4                                    | Addresses significant consequences and issues underlying continued substance abuse.                                                                                                                                                                                                               |
|     | FFT Heroin                                               | Explores use and abuse of heroin. Some participants may have experiences with multi-drug abuse. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use.                                                         |
|     |                                                          |                                                                                                                                                                                                                                                                                                   |
| H10 | FFT Tweaker #3                                           | Meth-related. Note that some participants may have experiences with multi-drug abuse.                                                                                                                                                                                                             |

|  |                                        |                                                                                                                                                                                                         |
|--|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | PAWS Worksheet - My top three symptoms | Provides practice in identifying and evaluating frequency, intensity, and duration of their top three PAWS symptoms.                                                                                    |
|  | Drugs Resource - Cocaine               | Some participants may have experiences with multi-drug abuse. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use. |
|  | WDYT 33 - Crazy                        | <i>What do <u>you</u> think?</i> Brief topical resource addresses risky thinking and behavior.                                                                                                          |

## MANAGING SYMPTOMS AND TRIGGERS UNIT A

The primary focus of these resources is awareness and self-management of symptoms and **internal risk factors** which contribute to problems. Key elements include a basic cognitive-behavioral approach, supplemented by DBT distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

### Note to the counselor:

This unit provides the core CBT concepts which underlie many other elements in the 200-hour resources. Unlike most of the other material, the core elements in several of the hours in this 10-session resource are shaped to provide an understanding of how triggers, feelings, symptoms, thoughts, and behaviors interact. Given the nature of the population, the resource tries to avoid a purely educational or psycho educational approach, but rather seeks to make the connections in a practical or applied manner. Participants who have had a traditional CBT educational curriculum may even recognize these parallels. The intention here is to provide an opportunity for them to understand the connections which led to the specific types of choices which underlay their overdose. In other words, as their feelings and symptoms occur, they can recognize them for what they are - even the more immediate post-acute withdrawal symptoms - and begin to use new coping skills to address those symptoms.

A critical element in this unit is the inclusion of instruction in four key coping skills for self-management (Distress Tolerance Skills - DBT). The instructors script for each of these four skills is repeated in each unit in this set of 5 units. A brief summary of those skills is also provided in many short problem solving scenarios throughout the program. Multiple repetitions - and even more repetition and reinforcement - is critical to learning, mastering, and more automatically applying that new skill when it is most needed. Some experts in addiction treatment suggest that the majority of time be spent rehearsing and reinforcing such skills. While the program has other elements, we strongly encourage counselors not to miss the opportunity to make the skills almost an automatic response to uncomfortable triggers and symptoms.

For an instructional point of view, each session includes engagement activities and problem solving scenarios, both as a change-of-pace opportunity, and as continued reinforcement. In an open admission model, some group members will have been in the process much longer, and may, in fact, be helpful co-facilitators in the problem solving and in modeling and reinforcing the selected coping skills.

|      | Resource                                             | Description                                                                                                                                                         |
|------|------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BA-I | Activity                                             | Strategies #1                                                                                                                                                       |
|      | Worksheet: What do you want to get out of your time? | What do you want to get out of your time? An expectations (MI-focused) resource.                                                                                    |
|      | CBT I.I - Introduction to Functional Thinking        | Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements. Symptoms element addresses anger. |

|      |                                                                                             |                                                                                                                                                                                                                        |
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|      | FFT Jose                                                                                    | Addresses significant consequences and issues underlying continued substance abuse.                                                                                                                                    |
|      |                                                                                             |                                                                                                                                                                                                                        |
| BA-2 | WDYT The biggest obstacle                                                                   | Addresses issues underlying change from risky substance abuse.                                                                                                                                                         |
|      | CBT 1.2 - Introduction To Functional Thinking, part 2; and Introduction to symptoms, part 2 | Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements. Symptoms element addresses anxiety.                                                  |
|      | Skills instruction session                                                                  | Introduction to Thought Stopping, and Introduction to Stop-Think-Act (and practical activity)                                                                                                                          |
|      | Relapse prevention activity<br>Lapses set #                                                 | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                              |
|      |                                                                                             |                                                                                                                                                                                                                        |
| BA-3 | Worksheet - How are you doing?                                                              | Self-evaluation and worksheet. Focuses on progress in specific change areas relating to their program experience.                                                                                                      |
|      | CBT 1.3 - Introduction To Functional Thinking, part 3; and Introduction to symptoms, part 3 | Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements. Symptoms element addresses depression.                                               |
|      | MI element                                                                                  | Where do you see yourself in 5, 10, 15 years. A look over the fence<br><i>Discussion topic - to be processed as a MI change-focused opportunity.</i><br>Option is to use smaller groups (the ABC method, for example). |
|      |                                                                                             |                                                                                                                                                                                                                        |
| BA-4 | FFT Costs and consequences #7                                                               | Addresses significant consequences and issues underlying continued substance abuse.                                                                                                                                    |
|      | CBT 1.4 - Introduction To Functional Thinking, part 4                                       | Introduces basic CBT concepts for this population. Includes feelings, scaling tools, and motivational interviewing (MI) elements                                                                                       |
|      | Skills Instruction session                                                                  | Deep breathing skill for relaxation.                                                                                                                                                                                   |
|      |                                                                                             |                                                                                                                                                                                                                        |
| BA-5 | FFT You need to hold this for me                                                            | Addresses significant choices - and the risk of stressful situations on continued commitment to recovery - after post-acute withdrawal.                                                                                |
|      | FD.4 - Coping with uncomfortable feelings, part 1                                           | Addresses role key symptoms and cues in past problems.                                                                                                                                                                 |

|      |                                                   |                                                                                                                                                |
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|      | Skills instruction session                        | Self-management skill set Muscle Relaxation ( <i>and optional homework activity</i> )                                                          |
|      | Relapse prevention activity<br>Lapses set #       | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                      |
|      |                                                   |                                                                                                                                                |
| BA-6 | FFT Situation #8                                  | Explores stress relating to discussing current commitment to change (relapse prevention) with skeptical family or old friend from the outside. |
|      | FD4 - Coping with uncomfortable feelings, part 2  | Addresses key cues (internal and external) of critical symptoms and feelings.                                                                  |
|      | MI element                                        | What's really important to me                                                                                                                  |
|      | Distress tolerance skill set                      | Distraction Skills Part #1                                                                                                                     |
|      |                                                   |                                                                                                                                                |
| BA-7 | FFT Boxy                                          | Addresses suboxone and similar drugs which may be available.                                                                                   |
|      | Worksheet - The last time                         | Explores factors in most recent use.                                                                                                           |
|      | FFT Small problems add up                         | Helps identify build up of specific stressors as risk factors for relapse.                                                                     |
|      | Distress tolerance skill set                      | Distraction Skills Part #2                                                                                                                     |
|      |                                                   |                                                                                                                                                |
| BA-8 | Worksheet - Outside yourself                      | Helps identify specific external protective factors they can begin to develop over the next several months.                                    |
|      | CBT4.1 - Symptoms and Early warning signs, part 1 | Helps identify and address individual-specific symptoms and early warning signs of selected feelings and problem areas.                        |
|      | Worksheet                                         | Brief assessment of confidence in use of selected skills to address discomfort.                                                                |
|      | Distress tolerance skill set                      | Distraction Skills Part #3.                                                                                                                    |
|      |                                                   |                                                                                                                                                |
| BA-9 | FFT Do you care?                                  | Helps explore options and feelings around a stressful overdose in another person in their facility housing unit.                               |
|      | CBT4.2 - Symptoms and Early warning signs, part 2 | Helps identify and address individual-specific symptoms and early warning signs of selected feelings and problem areas.                        |
|      | Skills Instruction session                        | Self-management skill set; Creative Visualization skills.                                                                                      |

|       |                                                   |                                                                                                                         |
|-------|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
|       |                                                   |                                                                                                                         |
| BA-10 | CBT4.3 - Symptoms and Early warning signs, part 3 | Helps identify and address individual-specific symptoms and early warning signs of selected feelings and problem areas. |
|       | Worksheet                                         | Build up of symptoms - Situational Confidence activity. This specific version does not include PAWS symptoms.           |
|       | WDYT L28 - Just go and hang out                   | Explores a high risk option in transition after this program.                                                           |

## MANAGING SYMPTOMS AND TRIGGERS UNIT B

The primary focus of these resources is awareness and self-management of triggers and **external risk factors** which contribute to problems. There is a specific emphasis on anxiety, depression, and anger/aggression, as well as a basic cognitive-behavioral approach, supplemented by self-management strategies and skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

A critical element in this unit is the inclusion of instruction in four key coping skills for self-management (Distress Tolerance Skills - DBT).

|      | Resource                                          | Description                                                                                                                            |
|------|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| BB-1 | FFT I've become the kind of person I always hated | Short story provides basis for self-analysis about on-going decisions and choices.                                                     |
|      | CBT5.1 - Triggers, part 1                         | Identifies and addresses specific triggers for problem feelings                                                                        |
|      | FFT Functional or dysfunctional?                  | Explores the functional alcoholic and functional drug user.                                                                            |
|      | MI element                                        | One thing                                                                                                                              |
|      |                                                   |                                                                                                                                        |
| BB-2 | Worksheet - To review                             | To review the situation (triggers element); identifies the relationship between specific triggers and symptoms                         |
|      | CBT 5.2, 5.3 - Triggers, Part 2                   | Identifies and addresses specific triggers for problem feelings                                                                        |
|      | Skills instruction session                        | Introduction to Thought Stopping, and Introduction to Stop-Think-Act (and practical activity)                                          |
|      |                                                   |                                                                                                                                        |
| BB-3 | Worksheet - FID                                   | Assessing your symptoms (frequency, intensity and duration activity)                                                                   |
|      | F13.1 - What does anger do to you, part 1         | A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anger (as above). |
|      | Skills Instruction session                        | Deep breathing skill for relaxation.                                                                                                   |
|      | Relapse prevention activity<br>Lapses set #       | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                              |
|      |                                                   |                                                                                                                                        |

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|------|------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| BB-4 | WDYT 4 - Ask for help                                | <i>What do <u>you</u> think?</i> Brief topical resource addresses key issues in avoiding relapse or recidivism.                                   |
|      | F13.2 - What does anger do to you, part 2            | A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anger (as above).            |
|      | Activity                                             | Using the Anger Scale to identify triggers and thoughts                                                                                           |
|      | Worksheet                                            | Triggers activity summary                                                                                                                         |
|      |                                                      |                                                                                                                                                   |
| BB-5 | FFT Drama #1                                         | High stress environments may trigger uncomfortable feelings which may be risk factors to returning to substance abuse.                            |
|      | F14.1 - What does anxiety do to you, part 1          | A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anxiety (as above).          |
|      | Worksheet: Stressors and triggers lead to discomfort | Stressors and triggers lead to discomfort (potential triggers for relapse).                                                                       |
|      | Skills instruction session                           | Self-management skill set Muscle Relaxation ( <i>and optional homework activity</i> )                                                             |
|      |                                                      |                                                                                                                                                   |
| BB-6 | F14.2 - What does anxiety do to you, part 2          | A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anxiety (as above).          |
|      | Skills Instruction session                           | Self-management skill set; Creative Visualization skills.                                                                                         |
|      | Anxiety Scale                                        | Using the Anxiety Scale to identify triggers and thoughts                                                                                         |
|      | WDYT L12 Ghost                                       | Explores options for successful transition after completing this program.                                                                         |
|      |                                                      |                                                                                                                                                   |
| BB-7 | Worksheet: Lifestyle patterns                        | Topic: managing your risks and managing your life to reduce the risk for relapse,                                                                 |
|      | Worksheet: A Quick Review                            | Evaluates the impact of issues and situations within the facility in terms of their effect - and potentially acting as triggers to substance use. |
|      | Worksheet: Becoming less sensitive to your triggers  | Becoming less sensitive to your triggers (risk reduction).                                                                                        |

|       |                                                           |                                                                                                                                             |
|-------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
|       | Relapse prevention activity<br>Lapses set #               | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                   |
|       |                                                           |                                                                                                                                             |
| BB-8  | F15.1 - What does depression do to you, part 1            | A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for depression (as above). |
|       | Depression Scale                                          | Using the Depression Scale to identify triggers and thoughts                                                                                |
|       | Skills Instruction session                                | Combined skill set - full instructor's script                                                                                               |
|       |                                                           |                                                                                                                                             |
| BB-9  | F15.2 - What does depression do to you, part 2            | A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for depression (as above). |
|       | Worksheet: 6-step triggers activity                       | 6-step triggers activity (evaluates progression from triggers to action).                                                                   |
|       | Worksheet: External risk factors - Situational Confidence | External risk factors - Situational Confidence activity - explored importance and confidence change factors.                                |
|       | FFT Deep Sadness                                          | Explores significant sadness/depression.                                                                                                    |
|       |                                                           |                                                                                                                                             |
| BB-10 | FFT Daniel's story                                        | Story provides basis for discussion on risk factors and choices                                                                             |
|       | Worksheet: Review: Acting out                             | Review: Acting out (explores dysfunctional behaviors).                                                                                      |
|       | Building your risk reduction plan                         | Provides practical suggestions and steps for success going forward,                                                                         |
|       | Worksheet: Possible future stressors #1                   | Going forward - your next stop                                                                                                              |
|       |                                                           |                                                                                                                                             |

## CHANGE FOR LIFE - UNIT E

**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).

This resource includes multiple tools for self-evaluation. A critical element in this unit is the inclusion of instruction in four key coping skills for self-management (Distress Tolerance Skills - DBT).

|    | Resource                                         | Description                                                                                                                                                            |
|----|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| E1 | FFT Some time to think                           | Awareness and acceptance resource; change-focus.                                                                                                                       |
|    | SD7a AODA Model - My life so far                 | Comprehensive substance use/abuse self-evaluation. Awareness resource; provides understanding of risk factors from past experiences. <i>Includes two (2) optional.</i> |
|    | Worksheet for developing insight #1              | A look back at the most recent times you used - while you were in the system.                                                                                          |
|    |                                                  |                                                                                                                                                                        |
| E2 | Worksheet for developing insight #2              | A look back at other recent times you used.                                                                                                                            |
|    | PUSH Evaluation - Substance abuse and addictions | Critical resource helps assess the importance of significant life experiences and events in contributing to the motivation to contemplate making significant changes.  |
|    | Skills instruction session                       | Introduction to Thought Stopping, and Introduction to Stop-Think-Act (and practical activity)                                                                          |
|    |                                                  |                                                                                                                                                                        |
| E3 | RH5.1 - If you lapse                             | Provides information and understanding of personal internal risk factors leading to lapse or relapse.                                                                  |
|    | Relapse prevention activity Lapses set #1        | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                              |
|    | Worksheet: Substance abuse assessment            | MI substance abuse motivation awareness resource.                                                                                                                      |
|    |                                                  |                                                                                                                                                                        |

|           |                                                                         |                                                                                                                                                                                           |
|-----------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>E4</b> | Worksheet for developing insight #3                                     | One of the ways to develop insight is to break down your reasons for your drug use.                                                                                                       |
|           | RH5.2- If you lapse                                                     | Develops further understanding and acceptance of personal internal risk factors leading to lapse or relapse.                                                                              |
|           | Relapse prevention activity<br>Lapses set #2                            | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                 |
|           | PAWS Resource<br>Increasing your situational awareness for risk factors | Helps explore and identify risk factors for relapse during extended post acute withdrawal. Specific focus is to become more aware of changes around them which could increase their risk. |
|           |                                                                         |                                                                                                                                                                                           |
| <b>E5</b> | Worksheet - Going forward: triggers and risk factors                    | Evaluates the linkage between selected triggers and internal risk factors for relapse.                                                                                                    |
|           | Worksheet: What happened?                                               | What happened? Explores relapse event.                                                                                                                                                    |
|           | Relapse prevention activity<br>Lapses set #3                            | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                 |
|           | Skills Instruction session                                              | Deep breathing technique skill for relaxation.                                                                                                                                            |
|           |                                                                         |                                                                                                                                                                                           |
| <b>E6</b> | Worksheet for developing insight #4                                     | How is your most recent pattern of use - while locked up - different from what you were doing before?                                                                                     |
|           | RH5.4 - If you lapse<br>RH5.5 - If you lapse                            | Provides formal plan to manage personal internal risk factors leading to lapse or relapse.                                                                                                |
|           | Relapse prevention activity<br>Lapses set #4                            | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                 |
|           |                                                                         |                                                                                                                                                                                           |
| <b>E7</b> | Relapse prevention activity<br>Lapses set #5                            | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                 |
|           | RH3.1 - Dealing with discomfort, part I                                 | Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns.                                                  |
|           | Skills instruction session                                              | Self-management skill set Muscle Relaxation ( <i>and optional homework activity</i> )                                                                                                     |
|           |                                                                         |                                                                                                                                                                                           |

|            |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>E8</b>  | RH3.2 - Dealing with discomfort, part 2                     | Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns.                                                                                                                                                                                                                                                                                                                                                                                                              |
|            | Relapse prevention activity<br>Lapses set #6                | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|            | Self-evaluation - Strategies for extended withdrawal (PAWS) | Checklist explores options for handling multiple extended withdrawal issues going forward. PAWS resource.                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|            | Skills Instruction session                                  | Self-management skill set; Creative Visualization skills.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|            |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>E9</b>  | RH3.3 - Dealing with discomfort, part 3                     | Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns.                                                                                                                                                                                                                                                                                                                                                                                                              |
|            | Drugs Resource - Meth                                       | Some participants may have experiences with multi-drug abuse. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use.                                                                                                                                                                                                                                                                                                                                               |
|            | Relapse prevention activity<br>Lapses set #7                | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|            | Worksheet - Substance abuse abstinence self-efficacy scales | Assesses current level of confidence at handling specific problem situations and risk factors. .                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|            |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>E10</b> | RH3.4 - Dealing with discomfort, part 4                     | Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns.                                                                                                                                                                                                                                                                                                                                                                                                              |
|            | TP7 I can't ever do that again                              | <p>A critical goal in treatment is the decision to make the actual commitment to stop the problem behavior (drugs, alcohol, violence, etc). That decision - a turning point - sometimes occurs as a result of sudden insight. This is sometimes called an "Aha moment!"</p> <p>This resource helps participants clarify their most important reasons for making this kind of change. It includes concepts like "drawing a line," "burning bridges," as well as clarifying the impact of their old choices on the important people in their lives.</p> |
|            | FFT Debts                                                   | Summary of understanding and insight in key elements in this unit.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|            |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

## CHANGE FOR LIFE - UNIT F(a)

**Relapse prevention** and change-focused resource guides self-analysis and the development of a plan for personal change. It helps analyze past choices, dysfunctional and functional behavior, substance use/abuse, and similar issues. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, and the development of key coping skills.

A key element in this unit is the inclusion of Situational Confidence Questionnaires (SCQs) in several lessons addressing **the most common risk factors for relapse**. Participants specifically assess how confident they are in dealing with these risk factors, triggers, or situations going forward.

A critical element in this unit is the inclusion of instruction in four key coping skills for self-management (Distress Tolerance Skills - DBT).

|    | Resource                                                                                                              | Description                                                                                                                                                                                                                                                                                                                                                                                    |
|----|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| F1 | Confidence Assessment Pre/Post                                                                                        | Pre/Post tool provides a comprehensive assessment of their current recovery.                                                                                                                                                                                                                                                                                                                   |
|    | SD12.1: Key elements of change                                                                                        | This workbook guides self-analysis and the development of a plan for personal change. It helps analyze past choices, dysfunctional and functional behavior, substance use/abuse, and similar issues. It includes elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, and the development of key coping and refusal skills, |
|    | Drugs Resource - Heroin                                                                                               | Some participants may have experiences with multi-drug abuse. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use.                                                                                                                                                                                        |
| F2 | SD12.2: Key elements of change                                                                                        | See SD12 (above).                                                                                                                                                                                                                                                                                                                                                                              |
|    | Worksheet SCQ #1 - Risk factors assessment:<br>External risk factors (specific people, places, things and situations) | Each individual's biggest relapse challenges typically come from a specific type of high risk situation. Individually we are each likely to be more vulnerable to certain ones. This resource helps identify - and prepare for - the most critical ones. This resource also provides an opportunity to assess their level of confidence versus their highest specific risk factors.            |

|    |                                                                                                                                                                                            |                                                                                                  |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
|    | FFT Anticipating - and planning to overcome - future obstacles #1                                                                                                                          | Decision making for success going forward.                                                       |
|    |                                                                                                                                                                                            |                                                                                                  |
| F3 | SD12.3: Key elements of change                                                                                                                                                             | As above.                                                                                        |
|    | Worksheet SCQ #3 - Risk factors assessment:<br>Stress, tension, or anxiety from difficult interpersonal situations                                                                         | SCQ risk factors worksheet (as above)                                                            |
|    | FFT Anticipating - and planning to overcome - future obstacles #2                                                                                                                          | Decision making for success going forward.                                                       |
|    |                                                                                                                                                                                            |                                                                                                  |
| F4 | SD12.4: Key elements of change                                                                                                                                                             | As above.                                                                                        |
|    | Worksheet SCQ #6 - Risk factors assessment:<br>Handling positive or pleasurable emotions<br><br>Assessing current frequency, intensity and duration of specific feelings or symptoms (FID) | SCQ risk factors worksheet (as above)                                                            |
|    | Activity - A practical question #5                                                                                                                                                         | Problem scenario (includes skills practice option).                                              |
|    | Relapse prevention activity<br>Lapses set #                                                                                                                                                | Provides practice in managing personal internal risk factors leading to lapse or relapse.        |
|    |                                                                                                                                                                                            |                                                                                                  |
| F5 | FFT Dan's story                                                                                                                                                                            | Meth-related. Note that some participants may have experiences with multi-drug abuse.            |
|    | Worksheet SCQ #7 - Feelings and symptoms as critical risk factors in relapse prevention                                                                                                    | SCQ risk factors worksheet (as above)                                                            |
|    | Skills instruction session                                                                                                                                                                 | Introduction to Thought Stopping, and<br>Introduction to Stop-Think-Act (and practical activity) |

|    |                                                                                            |                                                                                                             |
|----|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|    | Activity - A practical question #10                                                        | Problem scenario (includes skills practice option).                                                         |
|    |                                                                                            |                                                                                                             |
| F6 | More work to be done                                                                       | Key issues in recovery, especially for people after an overdose or with a history of substance abuse. (PAW) |
|    | Worksheet SCQ #9 - Risk factors assessment:<br>Dealing with physical pain or discomfort    | SCQ risk factors worksheet (as above)                                                                       |
|    | Cocaine issues #1                                                                          | Note that some participants may have experiences with multi-drug abuse.                                     |
|    | Relapse prevention activity<br>Lapses set #                                                | Provides practice in managing personal internal risk factors leading to lapse or relapse.                   |
|    |                                                                                            |                                                                                                             |
| F7 | FFT Anticipating - and planning to overcome - future obstacles #3                          | Decision making for success going forward.                                                                  |
|    | Worksheet: Difficult feelings and PAWS symptoms action plan                                | Comprehensive symptoms evaluation - both common symptoms and for post-acute withdrawal.                     |
|    | Skills Instruction session                                                                 | Deep breathing skill for relaxation.                                                                        |
|    | Relapse prevention activity<br>Lapses set #                                                | Provides practice in managing personal internal risk factors leading to lapse or relapse.                   |
|    |                                                                                            |                                                                                                             |
| F8 | FFT Drugs                                                                                  | Issues and risk factors likely to be faced going forward.                                                   |
|    | Worksheet SCQ #8 Risk factors assessment:<br>Dealing with urges, cravings, and temptations | SCQ risk factors worksheet (as above)                                                                       |
|    | PAWS Symptom Check #6                                                                      | Common symptoms for extended withdrawal. (Review of sleep issues)                                           |
|    | Relapse prevention activity<br>Lapses set #                                                | Provides practice in managing personal internal risk factors leading to lapse or relapse.                   |
|    |                                                                                            |                                                                                                             |
| F9 | FFT The supermarket guy                                                                    | Issues and risk factors likely to be faced going forward.                                                   |

|     |                                                                                     |                                                                                                                                                           |
|-----|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|     | Worksheet SCQ #11 - Risk factors assessment: Setting yourself up                    | SCQ risk factors worksheet (as above)                                                                                                                     |
|     | Skills instruction session                                                          | Self-management skill set Muscle Relaxation ( <i>and optional homework activity</i> )                                                                     |
|     | Worksheet - Vulnerability (risk factors) assessment                                 | Assesses seriousness of the critical risk factors issues addressed in this unit, and their confidence in handling these important relapse/recovery areas. |
|     | Relapse prevention activity Lapses set #                                            | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                 |
|     |                                                                                     |                                                                                                                                                           |
| F10 | Worksheet SCQ #10 - Risk factors assessment: Testing your recovery and self-control | SCQ risk factors worksheet (as above)                                                                                                                     |
|     | Skills Instruction session                                                          | Self-management skill set: Creative Visualization skills.                                                                                                 |
|     | Relapse prevention activity Lapses set #                                            | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                 |
|     |                                                                                     |                                                                                                                                                           |

## ISSUES IN RECOVERY UNIT #2

The resources in this unit provide a collection of important topics in relapse prevention and recovery. As such, this unit may be more flexible in application, though most of the issues and topics are appropriate to the Contemplation and Preparation Stages of change. An additional use of these resources may be that selected elements serve as discussion focus in an aftercare setting.

A critical element in this unit is the inclusion of instruction in four key coping skills for self-management (Distress Tolerance Skills - DBT).

|   |                                             |                                                                                                                                                                                                                                                                                                           |
|---|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Symptoms Check                              | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific.                                  |
|   | The rest of your life                       | Building hope: the rest of your life <u>can</u> be the best of your life.                                                                                                                                                                                                                                 |
|   | Resilience #1<br>Resilience #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.                                                                                                         |
| 2 | Resilience #3                               | 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.                                                                                                         |
|   | Life experience and resilience              |                                                                                                                                                                                                                                                                                                           |
|   | Skills instruction session                  | Introduction to Thought Stopping, and<br>Introduction to Stop-Think-Act (and practical Activity)                                                                                                                                                                                                          |
|   | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                                                 |
| 3 | TP24 The crab in the pot                    | People who are trying to change their life may sometimes find themselves being sabotaged or dragged backwards by their peers. Their efforts at recovery, self-improvement, or other positive changes may be targeted by others. This resource provide support for positive self-talk and positive change. |
|   | Skills Instruction session                  | Deep breathing skill for relaxation.                                                                                                                                                                                                                                                                      |

|   |                                             |                                                                                                                                                                                                                  |
|---|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | TP9 Pleasant emotions                       | Examines how this risk factor has affected their past decisions, and what role it could play going forward.                                                                                                      |
|   | Activity - Pleasant emotions #1             | Two (2) short activity elements provide an opportunity for practice and mastery of a range of coping options.                                                                                                    |
|   | Activity - Pleasant emotions #2             |                                                                                                                                                                                                                  |
|   | Worksheet: Stressors now                    | Stressors now - evaluation.                                                                                                                                                                                      |
|   | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                        |
|   |                                             |                                                                                                                                                                                                                  |
| 5 | Crisis Addiction                            | Some participants may have experiences with risky, dramatic, or crisis-causing behaviors in seeking excitement - similar to the use/abuse of certain drugs. This resource assists in evaluating these behaviors. |
|   | Drugs Resource - Alcohol                    | Some participants may have experiences with multi-drug abuse. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use.          |
|   | Activity - Pleasant emotions #3             | Short activity element provide an opportunity for practice and mastery of a range of coping options.                                                                                                             |
|   | Worksheet - Possible future stressors #2    | Going forward - if you're back in the old mix                                                                                                                                                                    |
|   |                                             |                                                                                                                                                                                                                  |
| 6 | Worksheet - Possible future stressors #3    | Going forward - worries about situations (getting out and going home)                                                                                                                                            |
|   | RH14 making adjustments                     | This resource addresses common thoughts, feelings, and temptations, including typical anxieties and worries.                                                                                                     |
|   | Barriers                                    | Brief self-check tool.                                                                                                                                                                                           |
|   |                                             |                                                                                                                                                                                                                  |
| 7 | Worksheet - Self-efficacy                   | Resource evaluates realistic self-confidence (self-efficacy) in addressing specific challenges going forward.                                                                                                    |
|   | Worksheet - Looking ahead                   | Some additional problems that people may face with family, in their next facility, etc.. Problem awareness and problem solving.                                                                                  |

|    |                                                                                 |                                                                                                                                                                     |
|----|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Worksheet - Possible future stressors #4                                        | Problems with your feelings: how well will you handle them going forward?                                                                                           |
|    |                                                                                 |                                                                                                                                                                     |
| 8  | Worksheet for developing insight #5                                             | You can reduce your risk of relapse by exploring - and challenging - the reasons why you <u>might</u> do it going forward.                                          |
|    | Activity - Pleasant emotions #4                                                 | Short activity element provide an opportunity for practice and mastery of a range of coping options.                                                                |
|    | Skills Instruction session                                                      | Self-management skill set Muscle Relaxation ( <i>and optional homework activity</i> ).                                                                              |
|    | Relapse prevention activity Lapses set #                                        | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                           |
|    |                                                                                 |                                                                                                                                                                     |
| 9  | The 90-day plan                                                                 | Guides the process of building protective factors.                                                                                                                  |
|    | FFT Anticipating - and planning to overcome - future obstacles (the close call) | Issues likely to be faced going forward.                                                                                                                            |
|    | Activity - Pleasant emotions #5                                                 | Short activity element provide an opportunity for practice and mastery of a range of coping options.                                                                |
|    | Relapse prevention activity Lapses set #                                        | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                           |
|    |                                                                                 |                                                                                                                                                                     |
| 10 | CC13 Changing                                                                   | Reviews the process and experience of cognitive change, including the experiencing of cognitive dissonance and discomfort in the change process. Includes MI tools. |
|    | Skills Instruction session                                                      | Self-management skill set: Creative Visualization skills.                                                                                                           |
|    | FFT Drama #2                                                                    | Living in a chaotic or noisy environment can be stressful. It can also - for some - be a trigger to relapse.                                                        |
|    |                                                                                 |                                                                                                                                                                     |

## HANDLING DIFFICULT FEELINGS - ANGER AND OTHER FEELINGS UNIT

### KEY FOCUS OF THIS UNIT

The primary focus of these resources is awareness and self-management of symptoms and triggers. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by key distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

#### GOALS:

- Increased understanding and successful management of angry feelings.
- Success in handling angry feelings from specific problem situations.
- Successful handling other difficult feelings in problem situations
- Demonstrated understanding (CBT).
- Movement to Contemplation Stage. (□ awareness, □ understanding, □ insight, □ acceptance)

- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

|   |                                                              |                                                                                                                                                      |
|---|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |                                                              |                                                                                                                                                      |
| 1 | Feelings as Risk Factors: Anger as a risk factor and trigger | Some future worries. Evaluates potential stressors (including anger) as risk factors.                                                                |
|   | F2 - Anger, part 2                                           | Identifies client anger symptoms, issues, and triggers, links anger to dependencies. Topics include repressed anger and passive-aggressive behavior. |
|   | Activity - Trigger event #3                                  | Problem solving activity                                                                                                                             |
|   |                                                              |                                                                                                                                                      |
| 2 | Feelings as Risk Factors: Self-Directed Anger                | Some future worries. Evaluates potential stressors (including self-directed anger) as risk factors.                                                  |
|   | F2 - Anger, part 2                                           | Identifies client anger symptoms, issues, and triggers, links anger to dependencies. Topics include repressed anger and passive-aggressive behavior. |
|   | Activity - Problems with your feelings - anger #1            | Problem solving activity                                                                                                                             |
|   |                                                              |                                                                                                                                                      |
| 3 | Feelings as Risk Factors: HALT                               | Some future worries. Evaluates potential stressors (feeling hungry, angry, lonely, or tired) as risk factors.                                        |

|   |                                                                          |                                                                                                                                                                        |
|---|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | F2 - Anger, part 3                                                       | Identifies client anger symptoms, issues, and triggers, links anger to dependencies. Topics include repressed anger and passive-aggressive behavior.                   |
|   | Activity- Problems with your feelings - anger #2                         | Problem solving activity                                                                                                                                               |
|   |                                                                          |                                                                                                                                                                        |
| 4 | FFT Anger and stress                                                     | Explores anger and stress as triggers to relapse.                                                                                                                      |
|   | Worksheet - Anger Triggers summary activity                              | - How well do you know yourself? Assesses internal and external triggers.                                                                                              |
|   | Worksheet - Symptoms Management                                          | - Assessing frequency, intensity, and duration                                                                                                                         |
|   |                                                                          |                                                                                                                                                                        |
| 5 | Situational confidence assessment                                        | SCQ for Anger issues which may trigger relapse and similar poor choices.                                                                                               |
|   | PAWS Resource - Anger and irritability as risk factors for relapse       | Anger is a risk factor for relapse during extended post acute withdrawal. Includes FID charts and the key DBT distress tolerance coping skills, plus brief action plan |
|   | FFT A lot of time before release #2                                      | Explores risks and options during this time.                                                                                                                           |
|   |                                                                          |                                                                                                                                                                        |
| 6 | FFT Loss of control                                                      | Addiction often includes loss of control ("I could not stop." "I was on a run." , etc.).                                                                               |
|   | Worksheet - Using the feelings rulers to identify triggers and thoughts. | Feelings rulers provide template for identifying specific triggers. Includes Anger, Anxiety (worry, fear, stress), Sadness and Depression.                             |
|   | Worksheet - What are your triggers?                                      | Triggers identification for multiple issues (anger, sadness, hurt, loneliness, anxiety, fear, guilt. shame, substance use/abuse, addictions).                          |
|   | Activity - Problems with your feelings - anger #1 .3                     | Problem solving activity                                                                                                                                               |
|   |                                                                          |                                                                                                                                                                        |
| 7 | FFT Louis and his family                                                 | In order to get drugs in the facility, individual puts his family at risk.                                                                                             |
|   | F10 - Feelings, part I                                                   | reviews feelings and symptoms, and links relapse and feelings.                                                                                                         |

|    |                                                                  |                                                                                                                                                                                                                                                                          |
|----|------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Activity - Problems with your feelings - anger #4                | Problem solving activity                                                                                                                                                                                                                                                 |
|    |                                                                  |                                                                                                                                                                                                                                                                          |
| 8  | F10 - Feelings, part 2                                           | reviews feelings and symptoms, and links relapse and feelings.                                                                                                                                                                                                           |
|    | Worksheet - Planning for change. Issues with difficult feelings. | Addresses several feelings and options for successfully dealing with each. Also includes comprehensive action plan                                                                                                                                                       |
|    | Worksheet: What really matters to you?                           | Values clarification activity. Objective is to identify issues which may be important factors to maintaining long-term recovery.                                                                                                                                         |
|    |                                                                  |                                                                                                                                                                                                                                                                          |
| 9  | FFT Memories                                                     | Risk factors likely to be faced going forward.                                                                                                                                                                                                                           |
|    | F10 - Feelings, part 3                                           | Reviews feelings and symptoms, and links relapse and feelings.                                                                                                                                                                                                           |
|    | Worksheet - past successes                                       | Helps build perspective on recovery.                                                                                                                                                                                                                                     |
|    | Relapse prevention activity<br>Lapses set #                      | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                |
|    |                                                                  |                                                                                                                                                                                                                                                                          |
| 10 | F10 - Feelings, part 4                                           | Reviews feelings and symptoms, and links relapse and feelings.                                                                                                                                                                                                           |
|    | Symptom Check                                                    | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific. |
|    | Worksheet: In the short run                                      | Examines transition after this program (and risk factors)                                                                                                                                                                                                                |
|    |                                                                  |                                                                                                                                                                                                                                                                          |

## HANDLING DIFFICULT FEELINGS (ANXIETY)

### KEY FOCUS OF THIS UNIT

The primary focus of these resources is awareness and self-management of symptoms relating to anxiety. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT-distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management, especially anxiety.

- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

|   |                                             |                                                                                                                                                                        |
|---|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |                                             |                                                                                                                                                                        |
| 1 | Worksheet - Anxiety and where you are now   | Addresses common sources of anxiety in their current environment, and going forward.                                                                                   |
|   | Chaos #1                                    | Risk factors and Issues likely to be faced going forward. Living in a chaotic or noisy environment can be stressful. It can also - for some - be a trigger to relapse. |
|   | Worksheet: Using the feelings rulers        | Practice in self-evaluation of feelings and symptoms.                                                                                                                  |
|   | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                              |
|   |                                             |                                                                                                                                                                        |
| 2 | Feelings as Risk Factors: Anxiety           | Some future worries. Evaluates potential stressors (anxiety) as risk factors.                                                                                          |
|   | Worksheet: Anxiety self-assessment          | Self-assessment of current status.                                                                                                                                     |
|   | Anxiety (F3.1sl)                            | Identifies client anxiety symptoms, issues, stressors, and triggers. Topics include fears, phobias, and unnecessary worries. Links anxiety to dependencies.            |
|   |                                             |                                                                                                                                                                        |
| 3 | Worksheet - Anxiety vs Fear                 | Helps clarify the distinction between anxiety and fear.                                                                                                                |
|   | Anxiety (F3.2sl)                            | Identifies client anxiety symptoms, issues, stressors, and triggers. Topics include fears, phobias, and unnecessary worries. Links anxiety to dependencies.            |

|   |                                                                                    |                                                                                                                                                                                                                            |
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|   | Activity - Problems with your feelings - anxiety #1                                | Problem solving practice.                                                                                                                                                                                                  |
|   | Relapse prevention activity<br>Lapses set #                                        | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                  |
|   |                                                                                    |                                                                                                                                                                                                                            |
| 4 | FFT Anticipation of change                                                         | Risk factors and Issues likely to be faced going forward.                                                                                                                                                                  |
|   | Worksheet: I lose sleep over this                                                  | Identification of current significant issues.                                                                                                                                                                              |
|   | Worksheet: Anxiety Scale                                                           | Practice in self-evaluation.                                                                                                                                                                                               |
|   | Activity - Problems with your feelings - anxiety #2                                | Problem solving activity.                                                                                                                                                                                                  |
|   |                                                                                    |                                                                                                                                                                                                                            |
| 5 | Worksheet - Looking back - when anxiety or stress started                          | Helps develop understanding and insight.                                                                                                                                                                                   |
|   | “What’s wrong with my feelings?” - Problems with anxiety (workbook Di I la) PART I | Guides self-analysis of: (1) experiences with anxiety and worry: (2) thinking underlying helplessness and relapse: (4) feelings of helplessness. Develops action plan for addressing issues of helplessness.               |
|   | Relapse prevention activity<br>Lapses set #                                        | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                  |
|   | Activity - Problems with your feelings - anxiety #3                                | Problem solving activity.                                                                                                                                                                                                  |
|   |                                                                                    |                                                                                                                                                                                                                            |
| 6 | PAWS Resource Anxiety as risk factor for relapse                                   | Anxiety is a key risk factor for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan.                                              |
|   | “What’s wrong with my feelings?” - Problems with anxiety (workbook Di I la) PART 2 | This workbook guides self-analysis of: (1) experiences with anxiety and worry: (2) thinking underlying helplessness and relapse: (4) feelings of helplessness. Develops action plan for addressing issues of helplessness. |
|   | Worksheet: Anxiety Triggers                                                        | Self-analysis if most critical anxiety triggers.                                                                                                                                                                           |
|   |                                                                                    |                                                                                                                                                                                                                            |

|    |                                                        |                                                                                                                                                                                                                                                                          |
|----|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7  | FFT Noise                                              | Risk factors and Issues likely to be faced going forward. Living in a chaotic or noisy environment can be stressful. It can also - for some - be a trigger to relapse.                                                                                                   |
|    | Worksheet: Think of one time                           | Evaluates recent experience with anxiety.                                                                                                                                                                                                                                |
|    | Worksheet: Where do I go from here? - anxiety          | Action planning.                                                                                                                                                                                                                                                         |
|    | Worksheet: Anxiety                                     | Basic anxiety worksheet.                                                                                                                                                                                                                                                 |
|    |                                                        |                                                                                                                                                                                                                                                                          |
| 8  | FII Are you an excitement junkie?                      | Addresses issues of high need for stimulation and high-risk behavior.                                                                                                                                                                                                    |
|    | Worksheet: Anxiety feelings scale and confidence ruler | Self-assessment                                                                                                                                                                                                                                                          |
|    | Activity - What's the best way #8                      | Problem solving activity (3 scenarios).                                                                                                                                                                                                                                  |
|    |                                                        |                                                                                                                                                                                                                                                                          |
| 9  | Feelings as Risk Factors: Pain and Anxiety             | Some future worries. Evaluates potential pain and anxiety as risk factors.                                                                                                                                                                                               |
|    | FFT Ten troubles                                       | Gaining perspective on risk factors and Issues likely to be faced going forward.                                                                                                                                                                                         |
|    | Worksheet: Situational confidence for anxiety          | Evaluates confidence in successfully handling multiple potential problem situations.                                                                                                                                                                                     |
|    | Worksheet for Anxiety                                  | Provides starting point with typical cues. Worksheet helps identify and list key symptoms and cues.                                                                                                                                                                      |
|    |                                                        |                                                                                                                                                                                                                                                                          |
| 10 | Feelings as Risk Factors: Anxiety and health issues    | Some future worries. Evaluates potential anxiety and health issues as risk factors.                                                                                                                                                                                      |
|    | FFT Serenity                                           | Guidance on handling risk factors and issues likely to be faced going forward.                                                                                                                                                                                           |
|    | Symptoms Check                                         | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific. |

|  |                                                                              |                                                                                                                                     |
|--|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|  | Worksheet:- Self-assessment summary - feelings and symptoms                  | General assessment and evaluation of confidence in handling a range of feelings and symptoms which may be risk factors for relapse. |
|  | Using the feelings rulers - review of change over the whole ten-session unit | Evaluation of current feelings- over the last 10-14 days.                                                                           |
|  |                                                                              |                                                                                                                                     |

## HANDLING DIFFICULT FEELINGS: SADNESS AND DEPRESSION

**The primary focus of these resources is awareness and self-management of symptoms relating to sadness and depression. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT coping strategies and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.**

- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

|   |                                                        |                                                                                                                |
|---|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|   |                                                        |                                                                                                                |
| 1 | FFT Arjay                                              | Explores individual choices and consequences.                                                                  |
|   | F6.1 SL Sadness and depression                         | Identifies client symptoms and sources of sadness. Links sadness to dependencies.                              |
|   | Worksheet - Dealing with your sadness and depression   | Basic worksheet on feelings and symptoms, Building block for understanding their role in past substance abuse. |
|   |                                                        |                                                                                                                |
| 2 | Feelings as risk factors - Depression                  | Some future worries. Evaluates potential stressors (depression) as risk factors.                               |
|   | F6.2 SL Sadness and depression                         | Identifies client symptoms and sources of sadness. Links sadness to dependencies.                              |
|   | FFT Everybody feels down                               | While depression is common, serious depression can be both a symptom and a risk factor.                        |
|   |                                                        |                                                                                                                |
| 3 | FFT Mike's pain                                        | Short activity helps evaluate the impact of life experiences on past and present choices.                      |
|   | Worksheet - Sadness and depression: here and now       | Depression - here and now - is both a common feeling, and also a risk factor.                                  |
|   | Activity - Problems with your feelings - depression #1 | Problem solving activity.                                                                                      |
|   | Relapse prevention activity Lapses set #               | Provides practice in managing personal internal risk factors leading to lapse or relapse.                      |
|   |                                                        |                                                                                                                |

|   |                                                                                      |                                                                                                                                                                                                                                                                          |
|---|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | FFT Masks                                                                            | Putting up a front.                                                                                                                                                                                                                                                      |
|   | Worksheet - Situational Confidence for Depression                                    | Evaluates confidence in successfully handling multiple potential problem situations.                                                                                                                                                                                     |
|   | Activity - Problems with your feelings - depression #2                               | Problem solving activity.                                                                                                                                                                                                                                                |
|   |                                                                                      |                                                                                                                                                                                                                                                                          |
| 5 | FFT Chris' pain                                                                      | It is possible to learn and grow through a painful experience.                                                                                                                                                                                                           |
|   | PAWS Resource Depression                                                             | Depression is a risk factor for relapse during extended post acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan.                                                                                             |
|   | Worksheet: Sadness or depression scale and confidence ruler                          | Basic evaluation of current symptoms of depression. Provides practice in self-evaluation of critical symptoms.                                                                                                                                                           |
|   | FFT A lot of time before release #3                                                  | Explores risks and options during this time.                                                                                                                                                                                                                             |
|   |                                                                                      |                                                                                                                                                                                                                                                                          |
| 6 | Famous last words #2                                                                 | Topic addresses excuses and rationalizations for dysfunctional behavior.                                                                                                                                                                                                 |
|   | Worksheet: Using the Sadness and Depression scales to identify triggers and thoughts | Helpful analysis provides insight on triggers to uncomfortable feelings. Can help develop strategies to avoid or handle these triggers more successfully.                                                                                                                |
|   | Dealing with tough feelings, #3                                                      | Problem solving activity.                                                                                                                                                                                                                                                |
|   |                                                                                      |                                                                                                                                                                                                                                                                          |
| 7 | Worksheet: Where do you stand?                                                       | Current status evaluation - multiple areas, including substance use and violence.                                                                                                                                                                                        |
|   | Symptoms Check                                                                       | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific. |
|   | FFT Methamphetamine - and overdose                                                   | Overdose risk includes opioids, such as fentanyl and from meth. Some participants may have history of multiple drug use/abuse.                                                                                                                                           |
|   | Relapse prevention activity Lapses set #                                             | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                |

|    |                                                             |                                                                                            |
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|    |                                                             |                                                                                            |
| 8  | Can't be alone                                              | Addresses the issue of being alone or loneliness as a risk factor for relapse.             |
|    | F12SL Feelings Summary                                      | Comprehensive activity (multiple feelings).                                                |
|    | Relapse prevention activity<br>Lapses set #                 | Provides practice in managing personal internal risk factors leading to lapse or relapse.  |
|    |                                                             |                                                                                            |
| 9  | FFT Shawn's choices                                         | Short activity explores mindsets and patterns in making bad choices.                       |
|    | Worksheet - Goal setting activity - sadness and depression  | Goal setting and action planning for this critical feeling and symptoms.                   |
|    | Activity - Problems with your feelings - depression #3      | Problem solving activity.                                                                  |
|    | Relapse prevention activity<br>Lapses set #                 | Provides practice in managing personal internal risk factors leading to lapse or relapse.  |
|    |                                                             |                                                                                            |
| 10 | FFT One thing you'd do                                      | What is one thing you'd do differently - in regard to the situation that brought you here? |
|    | Combined coping skill                                       | Using Instructors Script.                                                                  |
|    | Worksheet: Sadness and depression triggers summary activity | Triggers summary.                                                                          |
|    | Quick check on FID (current symptoms)                       | Quick check-in after depression unit.                                                      |

## LIFE EXPERIENCES AND RESILIENCE UNIT

### KEY FOCUS OF THIS UNIT

The primary focus of these resources is awareness, insight, and more effective self-management of the impact of distressful life experiences, such as past traumatic events. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by distress tolerance, affect regulation, and coping skills, and tools designed to assist awareness and motivation for successful symptoms self-management and effective sleep hygiene.

**Please note:** While this unit is not designed as an intensive PTSD therapeutic resource, it does provide a broad helpful psycho-educational perspective. It may be assumed that most participants have been exposed to traumatic events in their lives. Some group members may have experienced the symptoms of post-traumatic stress, and certain others may qualify for a PTSD diagnosis. As with any program, the guidelines of trauma-informed care should rule. First: do no harm and seek to avoid making things worse.

**For this program:** An overdose may be viewed as a significant emotional and even traumatic event. For some, it may have serious indications for self-harm or reckless risk (“I didn’t care if I died.”). It can also be a turning point for positive change.

- This unit includes multiple Motivational Interviewing (MI) tools.
- This unit teaches specific self-management skills.
- This unit provides opportunities for discussion and problem solving.

We strongly encourage you to review all elements of this unit before bringing them to the group. If in doubt about a specific resource or a specific participant, **consult your clinical supervisor**. These materials have been used successfully in correctional settings, but your population may be different.

### Key questions for participants:

- How do certain kinds of life experiences affect who you are today?
- How could certain kinds of life experiences affect what you choose to do going forward?
- How could certain events in your past leave you more vulnerable to substance abuse? Where do these experiences leave you now?

|   |                                           |                                                                                                                                                                                                     |
|---|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |                                           |                                                                                                                                                                                                     |
| I | FFT Tom’s experience                      | Introductory resource. Introduces the concept of post-traumatic stress. .                                                                                                                           |
|   | MI I.I Strategies for having a great life | Certain life experience can have lasting consequences. The goal of this resource is to help move from “being a victim,” and moving past simply “surviving” to a more positive outlook (“thriving”). |

|   |                                                       |                                                                                                                                                                                                            |
|---|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Worksheet TC How do certain kinds of life experiences | Life experiences and personal growth.                                                                                                                                                                      |
|   |                                                       |                                                                                                                                                                                                            |
| 2 | FFT Trauma - and life                                 | Story provides the connections between aversive (or traumatic) earlier experiences and subsequent dysfunctional behavior (including substance abuse). Includes brief explanation of post traumatic stress. |
|   | SD3.1: Getting stronger with MII element              | Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change.                                      |
|   | Worksheet TB How can certain life experiences knock   | Life experiences and personal growth., continued.                                                                                                                                                          |
|   |                                                       |                                                                                                                                                                                                            |
| 3 | FFT Just tired                                        | Explores the relationship between past trauma and current behavior - includes overdose.                                                                                                                    |
|   | SD3.2: Getting stronger                               | Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change.                                      |
|   | Worksheet TJ Where you are                            | Personal growth in current circumstances.                                                                                                                                                                  |
|   |                                                       |                                                                                                                                                                                                            |
| 4 | FFT David                                             | Story provides another brief illustration of post traumatic stress.                                                                                                                                        |
|   | SD3.3: Getting stronger (survivor guilt)              | Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change.                                      |
|   | Worksheet TH What can I do now?                       | Action plan - building resilience                                                                                                                                                                          |
|   |                                                       |                                                                                                                                                                                                            |
| 5 | SD3.4: Getting stronger                               | Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change.                                      |

|   |                                                                    |                                                                                                                                                                       |
|---|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Worksheet TD2 Self awareness review                                | Self-awareness worksheet - resilience.                                                                                                                                |
|   |                                                                    |                                                                                                                                                                       |
| 6 | FFT I don't feel.                                                  | Brief story illustrating dissociation.                                                                                                                                |
|   | SD3.5: Getting stronger (self-destructive)                         | Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change. |
|   | Worksheet: What is the connection                                  | Links certain life experience with past choices.                                                                                                                      |
|   |                                                                    |                                                                                                                                                                       |
| 7 | FFT Thinking back                                                  | Story provides an opportunity to consider the long-term effects of their own choices on family, or friends.                                                           |
|   | SD3.6 and 3.7: Getting stronger                                    | Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change. |
|   | Worksheet - Survival                                               | Worksheet explores the concept and consequences of being a "survivor."                                                                                                |
|   |                                                                    |                                                                                                                                                                       |
| 8 | Worksheet -What do you want to be?                                 | Personal growth and resilience.                                                                                                                                       |
|   | The Self Check                                                     | Major self-evaluation resource.                                                                                                                                       |
|   | Worksheet: How are you dealing with these issues (decision matrix) | Self-evaluation and decision-making resource for going forward.                                                                                                       |
|   |                                                                    |                                                                                                                                                                       |

|    |                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9  | TP8.1 Developing Resilience            | <p>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.</p> <p>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.</p> |
|    | Worksheet TK Your own exposure         | Evaluation of past events in the light of new insights.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|    |                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 10 | TP8.2 Resilience                       | <p>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.</p> <p>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.</p> |
|    | Worksheet: Trauma self-efficacy scales | SCQ activity (Self-confidence in handling future triggers).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|    |                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## HANDLING DIFFICULT FEELINGS UNIT #2 (shame, guilt, loneliness, and boredom)

The primary focus of these resources is awareness and self-management of symptoms from difficult feelings like shame, guilt, loneliness, and boredom. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT coping strategies and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

- This unit teaches specific self-management skills.
- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

|   |                                             |                                                                                                                                                                                                                                                                                                                                                                       |
|---|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Feelings as risk factors: Restlessness      | Some future worries. Evaluates potential stressors (restlessness) as risk factors.                                                                                                                                                                                                                                                                                    |
|   | F1.1 Introduction to your feelings          | Links troublesome feelings and symptoms with past substance abuse and relapse. Establishes context for other feelings workbooks.                                                                                                                                                                                                                                      |
|   | FFT Some quiet time #2                      | Being here may provide an opportunity for evaluating future choices.                                                                                                                                                                                                                                                                                                  |
|   |                                             |                                                                                                                                                                                                                                                                                                                                                                       |
| 2 | Symptoms Check                              | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan |
|   | F1.2 Introduction to your feelings          | Links troublesome feelings and symptoms with past substance abuse and relapse. Establishes context for other feelings workbooks.                                                                                                                                                                                                                                      |
|   | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                                                                                                             |
|   |                                             |                                                                                                                                                                                                                                                                                                                                                                       |
| 3 | FFT Is it troubling you?                    | Self-analysis change-focused tool.                                                                                                                                                                                                                                                                                                                                    |
|   | Guilt (F4.1sl)                              | Identifies client symptoms and sources of guilt. Topics include forgiveness and change. Links guilt to dependencies                                                                                                                                                                                                                                                   |
|   | FFT Labels                                  | Being labeled can be uncomfortable. But what if some of it fits?                                                                                                                                                                                                                                                                                                      |

|   |                                                               |                                                                                                                                                                                                                                                                                         |
|---|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |                                                               |                                                                                                                                                                                                                                                                                         |
| 4 | Worksheet: Making a bad choice (looking back) (PAWS resource) | <b>Counselor note:</b> This may be sensitive resource. It asks participants to evaluate relationships and issues with family in the light of past choices including what brought them to their current post-acute withdrawal situation. May require more time or use in 1:1 counseling. |
|   | Guilt (F4.1sl)                                                | Identifies client symptoms and sources of guilt. Topics include forgiveness and change. Links guilt to dependencies                                                                                                                                                                     |
|   | Relapse prevention activity<br>Lapses set #                   | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                               |
|   |                                                               |                                                                                                                                                                                                                                                                                         |
| 5 | Guilt (F4.2sl)                                                | Identifies client symptoms and sources of guilt. Topics include forgiveness and change. Links guilt to dependencies                                                                                                                                                                     |
|   | FFT Samuel's story                                            | Meth-related. Note that some participants may have experiences with multi-drug abuse.                                                                                                                                                                                                   |
|   | Relapse prevention activity<br>Lapses set #                   | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                               |
|   |                                                               |                                                                                                                                                                                                                                                                                         |
| 6 | FFT Omar                                                      | Overdose as a wake-up call.                                                                                                                                                                                                                                                             |
|   | Shame (F5.1sl)                                                | 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.                                                                                                              |
|   | Worksheet - Develop a healthy outlook (shame-focus)           | Helps develop positive focus towards recovery.                                                                                                                                                                                                                                          |
|   |                                                               |                                                                                                                                                                                                                                                                                         |
| 7 | FFT Cravings                                                  | Addresses cravings while in an institutional setting.                                                                                                                                                                                                                                   |
|   | Shame (F5.2sl)                                                | 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.                                                                                                              |
|   | FFT Strips #1                                                 | Addresses drugs which may be available in an institutional setting.                                                                                                                                                                                                                     |
|   |                                                               |                                                                                                                                                                                                                                                                                         |
| 8 | <b>Feelings as risk factors: Boredom</b>                      | <b>Some future worries. Evaluates potential stressors (boredom) as risk factors.</b>                                                                                                                                                                                                    |

|           |                                                                       |                                                                                                                                                                                   |
|-----------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           | <b>F7SL - Loneliness</b>                                              | <b>Identifies symptoms and sources of loneliness. Links loneliness to past problem behaviors and dependencies</b>                                                                 |
|           | <b>Worksheet: Dealing with loneliness and boredom - going forward</b> | <b>Some future worries. Evaluates loneliness and boredom as risk factors.</b>                                                                                                     |
|           |                                                                       |                                                                                                                                                                                   |
| <b>9</b>  | <b>FFT The price is right</b>                                         | <b>Taking risks in current circumstances.</b>                                                                                                                                     |
|           | <b>Worksheet: Self-defeating behaviors #1</b>                         | <b>Brief self-analysis activities.</b>                                                                                                                                            |
|           | <b>What did you miss?</b>                                             | <b>Explores significant SUDS (Seemingly Unimportant Decisions) situations. Major relapse prevention concept.</b>                                                                  |
|           | <b>Relapse prevention activity<br/>Lapses set #</b>                   | <b>Provides practice in managing personal internal risk factors leading to lapse or relapse.</b>                                                                                  |
|           |                                                                       |                                                                                                                                                                                   |
| <b>10</b> | <b>FFT The designated worrier</b>                                     | <b>Some people are more anxious - in general - than others. How does this work out for them?</b>                                                                                  |
|           | <b>FFT Costs and consequences #2</b>                                  | <b>Precontemplation resource - addresses significant issues underlying risky substance abuse.</b>                                                                                 |
|           | <b>Dealing with common tough feelings</b>                             | <b>Evaluates common feeling, and compare with symptoms of post-acute withdrawal. Includes FID charts and the key DBT-distress tolerance coping skills, plus brief action plan</b> |
|           | <b>Relapse prevention activity<br/>Lapses set #</b>                   | <b>Provides practice in managing personal internal risk factors leading to lapse or relapse.</b>                                                                                  |
|           |                                                                       |                                                                                                                                                                                   |

## CHANGE FOR LIFE - UNIT D

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. **NOTE:** this is the most intensive treatment-focused unit

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 (“red flags”) 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.

*Include for staff: Overview - RF Overview (counselor elements)*

|           | Resource                       | Description                                                                                                                                                                                                                                                          |
|-----------|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>D1</b> | Self-assessment                | MI awareness resource: addresses reluctance to change.                                                                                                                                                                                                               |
|           | Is it an addiction             | Substance abuse awareness resource: also addresses reluctance to change.                                                                                                                                                                                             |
|           | Introduction to red flags      | Identifies early warning signs (“red flags”) that their thinking may be drawing them closer to relapse.                                                                                                                                                              |
|           |                                |                                                                                                                                                                                                                                                                      |
| <b>D2</b> | FFT The Program                | Awareness resource: addresses reluctance to change.                                                                                                                                                                                                                  |
|           | External Risk factors          | Helps assess and guide awareness and management of external risk factors for relapse.                                                                                                                                                                                |
|           | Internal risk factors          | Helps assess and guide awareness and management of internal risk factors for relapse.                                                                                                                                                                                |
|           |                                |                                                                                                                                                                                                                                                                      |
| <b>D3</b> | Feelings as red flags, part #2 | Identifies the feelings which have been most problematic in the past (frequency and difficulty in handling them) as likely future issues. Clarifies those as early warning signs of risks for their continued recovery. Brief action plan and confidence assessment. |
|           | Symptoms                       | Identifies and assesses specific symptoms as highest risk factors.                                                                                                                                                                                                   |
|           | Cravings                       | Cravings can be a major risk factor for people in recovery. Brief resource clarifies current status of cravings and assesses confidence in handling them.                                                                                                            |

|    |                                      |                                                                                                                                                                            |
|----|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Insight worksheet                    | Optional worksheet summarizes the most important relapse prevention insight from the previous three resources.                                                             |
|    |                                      |                                                                                                                                                                            |
| D4 | AODA self-efficacy scales            | Likert scales assess confidence in handling recent, current, and likely future recovery risk areas.                                                                        |
|    | Triggers                             | Comprehensive resource addresses internal and external triggers, and guides assessment of those as helpful red flags to relapse prevention risks.                          |
|    | Keeping it going                     | Following this program, what are the most likely factors if you are going to succeed – and what are those if you are likely to fail?                                       |
|    |                                      |                                                                                                                                                                            |
| D5 | Worksheet - The last time            | Reviews the situation, thoughts and feelings in the last time they used. Assesses current motivation.                                                                      |
|    | Risky or Dysfunctional Thinking      | Targets specific thoughts that are part of their substance abuse patterns. Assesses the most common, the most series, and the most difficult for them to handle.           |
|    | Worksheet - Risk factors for relapse | Comprehensive worksheet assesses more than 40 risk areas. Helps evaluate confidence in using specific coping strategies and coping skills.                                 |
|    |                                      |                                                                                                                                                                            |
| D6 | Progressions and Patterns            | Addresses the progressive nature of addictions, and includes elements addressing tolerance, withdrawal, and relapse. Important self-evaluation resource.                   |
|    | Patterns #1                          | Identifies specific patterns or cycles in their past substance use and abuse, and dependency. Important resource.                                                          |
|    | Insight worksheet                    | Summary activity, based on previous resources in this unit.                                                                                                                |
|    |                                      |                                                                                                                                                                            |
| D7 | FFT A high risk time for relapse     | Identifies specific time frames and anniversaries where risk of relapse may be higher.                                                                                     |
|    | Patterns #2                          | Comprehensive resource identifies and addresses both external and internal risk factors that have been common elements in their past substance use, abuse, and dependence. |
|    | FFT Hurting                          | Awareness resource: provides understanding of thinking (trauma-informed resource).                                                                                         |
|    |                                      |                                                                                                                                                                            |

|            |                                                 |                                                                                                                                                                                                                                                                       |
|------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>D8</b>  | <b>FFT - Vulnerability</b>                      | Falling back into old ways is a major relapse risk factor. This activity examines some of the typical issues, and explores options - both immediate, and going forward.                                                                                               |
|            | <b>Insight for your recovery #1</b>             | Important resource helps examine the underlying issues in past use, abuse and dependency.                                                                                                                                                                             |
|            |                                                 |                                                                                                                                                                                                                                                                       |
| <b>D9</b>  | <b>Things can go wrong</b>                      | Key resource explores situations where early warning signs (red flags) were missed in the past, and the consequences.                                                                                                                                                 |
|            | <b>Confidence</b>                               | Useful tools examines their confidence in maintaining their recovery for one week, one month, and three months going forward. Additional tools help assess the degrees of difficulty, temptation, and commitment - and the importance of maintaining that commitment. |
|            |                                                 |                                                                                                                                                                                                                                                                       |
| <b>D10</b> | <b>What puts you most at risk?</b>              | Comprehensive summary element assesses their past risk factors and the coincidence in handling them. Includes insight questions and action plans.<br><i>Key long-term recovery resource</i>                                                                           |
|            | <b>Relapse prevention activity Lapses set #</b> | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                             |
|            |                                                 |                                                                                                                                                                                                                                                                       |

## ISSUES IN RECOVERY #1

The resources in this unit provide a collection of important topics and activities for relapse prevention and recovery. As such, this unit is flexible in application, though most of the issues and topics are appropriate to the Contemplation and Preparation Stages of change.

Many of these topics lend themselves to extended discussion, and may also be useful if revisited in an aftercare setting.

### ISSUES IN RECOVERY

|   |                                          |                                                                                                                                          |
|---|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | SD6x Change                              | Explores key steps in the process of change.                                                                                             |
|   | FFT Setting yourself up #2               | Helps evaluate readiness, and explores issues in commitment and confidence in change.                                                    |
|   | Worksheet: The rest of your life         | The rest of your life can be the best of your life.                                                                                      |
|   | Worksheet: Self-assessment               | Self-assessment                                                                                                                          |
|   |                                          |                                                                                                                                          |
| 2 | Obstacles for changing                   | Explores significant and common obstacles for changing.                                                                                  |
|   | FFT "Mister NA"                          | Explores the experience of talking a good talk through treatment, and the risks of overconfidence.                                       |
|   | Your commitments                         | Explores commitments and issues going forward after completing this program.                                                             |
|   | Worksheet: Confidence pre/post           | Confidence pre/post                                                                                                                      |
|   |                                          |                                                                                                                                          |
| 3 | FFT Recovery and anger                   | Anger is a common feeling - for many people - during recovery.                                                                           |
|   | RH43 When a slip turns into a fall       | Discusses and guides evaluation of the Abstinence Violation Effect (AVE). The objective is to help avoid turning a lapse into a relapse. |
|   | Relapse prevention activity Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                |
|   |                                          |                                                                                                                                          |

|   |                                             |                                                                                                                                                                                                                                                                          |
|---|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | Worksheet: Risk assessment review           | Risk assessment review (similar to other review and summary elements, it can serve to validate their understanding and progression in relapse prevention.                                                                                                                |
|   | FFT - JT's anger                            | The role of anger in relapse.                                                                                                                                                                                                                                            |
|   | Worksheet: Pain                             | Pain. A common trigger for relapse, and a risk factor going forward.                                                                                                                                                                                                     |
|   | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                |
|   |                                             |                                                                                                                                                                                                                                                                          |
| 5 | Worksheet: Your internal resources          | Your internal resources 1-2                                                                                                                                                                                                                                              |
|   | TP13 Testing personal control               | Certain risk factors occur again-and-again. Short workbook sets up multiple activities.                                                                                                                                                                                  |
|   | Testing personal control activities         | Testing personal control activities <i>with added skills and discussion guide element</i> . 3 activities                                                                                                                                                                 |
|   |                                             |                                                                                                                                                                                                                                                                          |
| 6 | Testing personal control activities         | Testing personal control activities <i>with added skills and discussion guide element</i> . 3 activities                                                                                                                                                                 |
|   | Worksheet                                   | Confidence assessment - as Review                                                                                                                                                                                                                                        |
|   |                                             |                                                                                                                                                                                                                                                                          |
| 7 | Partial abstinence                          | Helps evaluate the serious risk of trying to minimize their commitment to recovery.                                                                                                                                                                                      |
|   | Symptoms Check                              | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific. |
|   | Summary Activity                            | External Risk Factors Summary Activity and Internal Risk Factors Brief Confidence Assessment                                                                                                                                                                             |
|   | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                |
|   |                                             |                                                                                                                                                                                                                                                                          |
| 8 | FFT Getting out of the swamp                | Explores some common difficulties in making changes to life and lifestyle going forward.                                                                                                                                                                                 |

|           |                                               |                                                                                                                                                                                                                                                                 |
|-----------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           | <b>TP30 Challenges in recovery, Part 1</b>    | Explores common risks and challenges experienced by people in recovery after treatment.                                                                                                                                                                         |
|           | <b>FFT Dope</b>                               | Drugs in the facility setting.                                                                                                                                                                                                                                  |
|           |                                               |                                                                                                                                                                                                                                                                 |
| <b>9</b>  | <b>TP30 Challenges in recovery, Part 2</b>    | Explores common risks and challenges experienced by people in recovery after treatment.                                                                                                                                                                         |
|           | <b>SUDS - Seemingly unimportant decisions</b> | Helps identify careless or unthinking choices which may bring them closer to relapse. Explores options in establishing guidelines and guard rails to avoid becoming too close to the high risk moments and situations. Helps develop a more proactive approach. |
|           | <b>FFT A good front</b>                       | Explores consequences of taking an easy route through treatment.                                                                                                                                                                                                |
|           |                                               |                                                                                                                                                                                                                                                                 |
| <b>10</b> | <b>TP20 - Burning your bridges</b>            | Identifies opportunities to cut or destroy links to past high risk people, places things, situations, and other triggers to euphoric recall or memories. Helps develop lists and action plans.                                                                  |
|           | <b>FFT Had it figured out</b>                 | Explores the experience of faking it through treatment. "I really had no intention of not using. I did have the intention of not getting caught again."                                                                                                         |
|           | <b>Worksheet: Action Plans</b>                | Action Plans                                                                                                                                                                                                                                                    |
|           | <b>Worksheet: Review questions</b>            | Review questions.                                                                                                                                                                                                                                               |
|           |                                               |                                                                                                                                                                                                                                                                 |

## RISK FACTORS AND PROTECTIVE FACTORS - MOVING FORWARD

This relapse prevention resource places a major focus on internal protective factors and self-management. It includes several key components of Emotion Regulation strategies (DBT).

After completing this program, most participants will go forward into settings with limited external protective factors. Many options available in the community may not be immediately available to them (employment, second jobs, volunteer and community activities, safe spaces for leisure or recreational activities, multiple weekly support group meetings, counseling programs, or faith-based options - all of which can serve to reduce their exposure to many of the traditional high risk factors (people, places, things and situations).

As these options may be limited in their immediate future, internal protective factors become more critical. This unit provides multiple self-assessment and planning opportunities. Additionally, it provides practice in problem solving against multiple potential future stressors and risk factors.

|   | Resource                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <b>Worksheet: Take a look at what's going on around you</b> | Supports self-evaluation of current external triggers and external risk factors                                                                                                                                                                                                                                                                                                                                          |
|   | <b>TP22.1 - Starting to make things better (Part 1)</b>     | Valuable resource in self-discovery and self-healing. Useful resource in developing positive focus to continuing changes.                                                                                                                                                                                                                                                                                                |
|   | <b>Worksheet - Where am I? Where do I go from here?</b>     | Self-analysis worksheets - recovery and going forward.                                                                                                                                                                                                                                                                                                                                                                   |
|   | <b>FFT Snorting</b>                                         | Auditory risk factor which may be a trigger going forward.                                                                                                                                                                                                                                                                                                                                                               |
|   |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 2 | <b>Relapse prevention activity Lapses set #</b>             | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                                                                                                                                                                |
|   | <b>TP22.2 - Starting to make things better (Part 2)</b>     | Valuable resource in self-discovery and self-healing. Useful resource in developing positive focus to continuing changes.                                                                                                                                                                                                                                                                                                |
|   | <b>Worksheet - Then and now #1</b>                          | Change evaluation (external risk factors and external protective factors). A critical point is that many individuals will have few - or no - external protective factors right now. The solutions are to start to build them, going forward, and as part of community reintegration. Additionally, the development of internal protective factors (especially coping strategies and skills) becomes even more important. |
|   | <b>Situation - RH #8</b>                                    | Brief self-analysis and problem solving activity                                                                                                                                                                                                                                                                                                                                                                         |

|   |                                                                   |                                                                                                                                                                                                                                                                                                                                                                                              |
|---|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |                                                                   |                                                                                                                                                                                                                                                                                                                                                                                              |
| 3 | <b>TP31 - What are you carrying around with you?</b>              | <b>We may have been carrying many burdens around with us. This resource looks at the various issues and guides the evaluation of 33 specific types of issues or common life problems. Each is evaluated in terms of relevance, degree to which it could be under their control, importance, and priority. Selected critical issues are prioritized and action plans steps are developed.</b> |
|   | <b>Worksheet - What if you don't change?</b>                      | <b>Self-evaluation.</b>                                                                                                                                                                                                                                                                                                                                                                      |
|   | <b>Relapse prevention activity<br/>Lapses set #</b>               | <b>Provides practice in managing personal internal risk factors leading to lapse or relapse.</b>                                                                                                                                                                                                                                                                                             |
|   | <b>Relapse prevention activity<br/>Lapses set #</b>               | <b>Provides practice in managing personal internal risk factors leading to lapse or relapse.</b>                                                                                                                                                                                                                                                                                             |
|   |                                                                   |                                                                                                                                                                                                                                                                                                                                                                                              |
| 4 | <b>WDYT LA40 Different directions</b>                             | <b>Brief self-analysis and problem solving activity</b>                                                                                                                                                                                                                                                                                                                                      |
|   | <b>TP27.1- Lifestyle changes (making them happen) (Part 1)</b>    | <b>This resource addresses the issue of “anticipatory socialization.” It explores and guides the process of adjusting from street life to a new life and lifestyle that is based on confirming their critical goals and dreams for a different future</b>                                                                                                                                    |
|   | <b>FFT: Why should it matter?</b>                                 | <b>Explores early and continuing substance use and abuse. Insight-focused resource.</b>                                                                                                                                                                                                                                                                                                      |
|   | <b>Worksheet - Where do you want to be?</b>                       | <b>Self-evaluation (goals).</b>                                                                                                                                                                                                                                                                                                                                                              |
|   |                                                                   |                                                                                                                                                                                                                                                                                                                                                                                              |
| 5 | <b>FFT Different directions - building hope for the long haul</b> | <b>Helps explore options for safety - and continued recovery - after release.</b>                                                                                                                                                                                                                                                                                                            |
|   | <b>TP27.2 - Lifestyle changes (making them happen (Part 2)</b>    | <b>This resource addresses the issue of “anticipatory socialization.” It explores and guides the process of adjusting from street life to a new life and lifestyle that is based on confirming their critical goals and dreams for a different future</b>                                                                                                                                    |
|   | <b>Worksheet- How have things worked in the past?</b>             | <b>Evaluates specific successes and skills in light of current circumstances and projections for success in recovery.</b>                                                                                                                                                                                                                                                                    |

|          |                                                       |                                                                                                                                                                                                                                                                                                                                                            |
|----------|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | <b>Worksheet - Turning points scaling activity</b>    | <b>Short analysis of specific aspects of preparation/determination to change.</b>                                                                                                                                                                                                                                                                          |
|          |                                                       |                                                                                                                                                                                                                                                                                                                                                            |
| <b>6</b> | <b>FFT He lost it</b>                                 | <b>Bad drugs as a stressor in the facility.</b>                                                                                                                                                                                                                                                                                                            |
|          | <b>TP26.1 - Making a choice (part 1)</b>              | <b>Comprehensive checklist and action plan. Addresses 42 key areas in health, mental health and self-management in transition. Action plan includes MI tools for self-assessment.</b>                                                                                                                                                                      |
|          | <b>Worksheet - How do you think you have changed?</b> | <b>Helps assess progress in making critical life changes, including recovery.</b>                                                                                                                                                                                                                                                                          |
|          | <b>Situation - RH #5</b>                              | <b>Brief self-analysis and problem solving activity</b>                                                                                                                                                                                                                                                                                                    |
|          |                                                       |                                                                                                                                                                                                                                                                                                                                                            |
| <b>7</b> | <b>Worksheet - What's different now?</b>              | <b>Analysis of elements of personal change (contemplation or preparation/determination stage resource).</b>                                                                                                                                                                                                                                                |
|          | <b>TP16 - I can do this (strengths)</b>               | <b>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.</b>                                                                                                                                                                                |
|          | <b>TP26.2 - Making a choice (part 2)</b>              | <b>Comprehensive checklist and action plan. Addresses 42 key areas in health, mental health and self-management in transition. Action plan includes MI tools for self-assessment.</b>                                                                                                                                                                      |
|          | <b>Situation - RH #4</b>                              | <b>Brief self-analysis and problem solving activity</b>                                                                                                                                                                                                                                                                                                    |
|          |                                                       |                                                                                                                                                                                                                                                                                                                                                            |
| <b>8</b> | <b>WDYT LA43 Getting out of the swamp</b>             | <b>Brief self-analysis and problem solving activity</b>                                                                                                                                                                                                                                                                                                    |
|          | <b>TP29 (SC mod) - Taking charge of your life</b>     | <b>This resource guides the evaluation of 29 critical self care areas (mental health, physical health, self-management (activities for daily living), and 16 specific physical health issues. Participants identify their top three issues or concerns, specific a personal action plan to address those issues, and list their immediate first steps.</b> |
|          | <b>Worksheet - Your future</b>                        | <b>Self-evaluation (goals).</b>                                                                                                                                                                                                                                                                                                                            |
|          | <b>Situation - RH #3</b>                              | <b>Brief self-analysis and problem solving activity</b>                                                                                                                                                                                                                                                                                                    |
|          |                                                       |                                                                                                                                                                                                                                                                                                                                                            |

|           |                                                                |                                                                                                                                    |
|-----------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>9</b>  | <b>Worksheet: How far have you come?</b>                       | <b>Self-assessment: progress in achieving selected key elements in changing to a good life.</b>                                    |
|           | <b>TP25.1 - Self-Management (Part 1)</b>                       | <b>Comprehensive resource guides planning for the change process toward a more healthy life and lifestyle (MI tools included).</b> |
|           | <b>Situation - RH #7</b>                                       | <b>Brief self-analysis and problem solving activity</b>                                                                            |
|           | <b>Worksheet: Risk factors assessment</b>                      | <b>Risk factors assessment of seriousness of specific risk factors and confidence in handling them.</b>                            |
|           | <b>Situation - RH #2</b>                                       | <b>Brief self-analysis and problem solving activity</b>                                                                            |
|           |                                                                |                                                                                                                                    |
| <b>10</b> | <b>Relapse prevention activity<br/>Lapses set #</b>            | <b>Provides practice in managing personal internal risk factors leading to lapse or relapse.</b>                                   |
|           | <b>TP25.2 - Self-Management (Part 2)</b>                       | <b>Comprehensive resource guides planning for the change process toward a more healthy life and lifestyle (MI tools included).</b> |
|           | <b>Worksheet: Going forward:<br/>your highest risk factors</b> | <b>Self-evaluation and action planning.</b>                                                                                        |
|           | <b>Situation - RH #1</b>                                       | <b>Brief self-analysis and problem solving activity</b>                                                                            |
|           |                                                                |                                                                                                                                    |

**HANDLING DIFFICULT FEELINGS: GRIEF and LOSS  
and SLEEP HYGIENE (Unit DF-3)**

This unit addresses two specific issues:

- Better sleep management)
- Grief and loss issues as underlying risk factors

- - - -

- Improved sleep hygiene, including mastery of key coping skills for self management as well as improved sleep.

Sleep disturbances are among the most significant recurring symptoms in post acute withdrawal. As such, they are uncomfortable in themselves, but also in leaving the individual tired and less likely to cope effectively with other stressors or symptoms during the day. They become a major risk factor for recovery. Additionally, requests for sleep meds are a familiar issue in these settings. In the perspective of their past addictions and in the post-overdose period, most providers are reluctant to authorize more drugs. The development of healthy sleep hygiene and habits (DBT-based emotion regulation strategies and distress tolerance coping skills) is likely the best available alternative.

- This unit also provides a CBT-based approach to grief and loss issues which can be significant in this population.

The immediate issue of potentially quitting an addiction is also a kind of loss. These issues are addressed as potential risk factors to successful recovery. Specific self-management skills are reinforced to assist awareness and motivation for successful symptoms self-management.

- Loss of their freedom is an underlying issue and may be addressed as appropriate in the group.
- This unit teaches specific self-management skills, including specific skills for sleep hygiene.
- This unit includes multiple Motivational Interviewing (MI) tools.

|   |                    |                                                                       |
|---|--------------------|-----------------------------------------------------------------------|
|   |                    |                                                                       |
| I | FFT - Too far gone | Multiple experiences with relapse and unsuccessful recovery programs. |

|          |                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | <b>PAWS Sleep Symptoms Check</b>                | <b>Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is PAWS-specific, and addresses sleep disturbances and symptoms relating to sleep issues (tiredness, drowsiness during the day, dream issues, and physical symptoms).</b> |
|          | <b>Sleep Disturbances p. 4-10</b>               | <b>Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills.</b>                                                                                                                                                                                                                                                                                                         |
|          | <b>Relapse prevention activity Lapses set #</b> | <b>Provides practice in managing personal internal risk factors leading to lapse or relapse.</b>                                                                                                                                                                                                                                                                                                                       |
|          |                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>2</b> | <b>FFT My Life</b>                              | <b>Explores the sensitive issue of serious overdose in very recent experience. <i>May be used in this session, or set aside for more processing.</i></b>                                                                                                                                                                                                                                                               |
|          | <b>FFT Loss issues</b>                          | <b>An option to the above FFT. Addresses the loss of someone outside.</b>                                                                                                                                                                                                                                                                                                                                              |
|          | <b>SD4.1 - Grief/Loss #1</b>                    | <b>Identifies grief and loss issues and links individual losses with dependencies and other dysfunctional behaviors. Identifies helpful steps toward managing grief or loss.</b>                                                                                                                                                                                                                                       |
|          | <b>Sleep Disturbances p. 16-21</b>              | <b>Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills.</b>                                                                                                                                                                                                                                                                                                         |
|          |                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>3</b> | <b>SD4.2 - Grief/Loss #2</b>                    | <b>Identifies grief and loss issues and links individual losses with dependencies and other dysfunctional behaviors. Identifies helpful steps toward managing grief or loss.</b>                                                                                                                                                                                                                                       |
|          | <b>Worksheet: Family issues and losses</b>      | <b>Identifies and helps assess family-related grief and loss issues.</b>                                                                                                                                                                                                                                                                                                                                               |
|          | <b>Sleep Disturbances (20) p. 23-27</b>         | <b>Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills.</b>                                                                                                                                                                                                                                                                                                         |
|          |                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>4</b> | <b>FFT - Closure</b>                            | <b>Addresses grieving while in an institutional setting.</b>                                                                                                                                                                                                                                                                                                                                                           |
|          | <b>Feelings as risk factors: grief/loss</b>     | <b>Some future worries. Evaluates potential stressors (grief or loss) as risk factors.</b>                                                                                                                                                                                                                                                                                                                             |

|          |                                                          |                                                                                                                                                                                  |
|----------|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | <b>Sleep Disturbances p. 28-40</b>                       | <b>Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills.</b>                                                                   |
|          |                                                          |                                                                                                                                                                                  |
| <b>5</b> | <b>SD4 - Grief/Loss #3</b>                               | <b>Identifies grief and loss issues and links individual losses with dependencies and other dysfunctional behaviors. Identifies helpful steps toward managing grief or loss.</b> |
|          | <b>Sleep Disturbances p.41-46</b>                        | <b>Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills.</b>                                                                   |
|          | <b>FFT Frank's story</b>                                 | <b>Meth-related. Note that some participants may have experiences with multi-drug abuse.</b>                                                                                     |
|          |                                                          |                                                                                                                                                                                  |
| <b>6</b> | <b>Dealing with tough feelings #2</b>                    | <b>Problem solving activity.</b>                                                                                                                                                 |
|          | <b>Dealing with tough feelings #1 - Loss issues</b>      | <b>Problem solving activity.</b>                                                                                                                                                 |
|          | <b>FFT Institutional losses</b>                          | <b>Addresses grieving while in an institutional setting.</b>                                                                                                                     |
|          | <b>Sleep Disturbances (30) p. 92-103</b>                 | <b>Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills.</b>                                                                   |
|          |                                                          |                                                                                                                                                                                  |
| <b>7</b> | <b>Worksheet - Changes in relationships</b>              | <b>Addresses issues in home relationships while in an institutional setting.</b>                                                                                                 |
|          | <b>CF2.3 - People problems #3 (family)</b>               | <b>Problem solving - risky issues in family relationships while in an institutional setting.</b>                                                                                 |
|          | <b>Sleep Disturbances p. 104-112</b>                     | <b>Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills.</b>                                                                   |
|          |                                                          |                                                                                                                                                                                  |
| <b>8</b> | <b>FFT Sleep disturbances</b>                            | <b>It is difficult for many to sleep in an institutional setting. It is, however, a major risk factor for people who have experienced post acute withdrawal.</b>                 |
|          | <b>Worksheet: Family life scales (grief/loss issues)</b> | <b>When we look at some of the major elements of our family life, we gain some insight on how they influenced what we do today. This may include losses.</b>                     |

|    |                                                                  |                                                                                                         |
|----|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|    | Feelings as risk factors: A current loss                         | Some future worries. Evaluates a current loss as potential risk factor.                                 |
|    | Sleep Disturbances p. 113-116                                    | Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills. |
|    |                                                                  |                                                                                                         |
| 9  | Feelings as risk factors - Anxiety and Problems with sleeping    | Some future worries. Evaluates anxiety and problems with sleeping as risk factors.                      |
|    | Sleep Disturbances p. 117-125                                    | Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills. |
|    | Skills Instruction session                                       | Combined skill set - full instructor's script                                                           |
|    |                                                                  |                                                                                                         |
| 10 | Dealing with tough feelings #5 - Things can happen (loss issues) | Problem solving activity (losses).                                                                      |
|    | FFT Risk factors the unknown                                     | Taking major chances is both a temptation and a risk factor for many.                                   |
|    | Sleep Disturbances p. 126-136                                    | Comprehensive resource for individual or group use. Addresses causes, sleep hygiene, and coping skills. |
|    |                                                                  |                                                                                                         |

## RISK FACTORS AND COPING STRATEGIES - Bridge C

Core change-focused and emotion regulation program unit.

The primary focus of these resources assessing and establishing balance - emotional stability and the capability to respond in appropriate ways to events. Stress management is treated as an Emotion Regulation element in DBT.

There is major emphasis on dealing with specific feelings and triggers. The final elements address protective factors, resilience and building personal confidence.

|      | Resource                                                   | Description                                                                                                                              |
|------|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| BC-1 | FFT Drift away                                             | Explores the decision to reduce their exposure to selected environmental risk factors (specific types of people, place, and situations). |
|      | SP3.1 - Learning how to keep life in balance               | Guides clients to: (1) evaluate cues that they are out of balance: (2) identify specific ways to keep today in balance                   |
|      | Stressors or Triggers                                      | Evaluates the role of stressors and triggers as key risk factors.                                                                        |
|      |                                                            |                                                                                                                                          |
| BC-2 | Protective measures                                        | Explores the development of specific protective factors going forward.                                                                   |
|      | SP3.2 - Learning how to keep life in balance               | Guides clients to: (1) evaluate cues that they are out of balance: (2) identify specific ways to keep today in balance.                  |
|      | FFT Karl                                                   | Helps assess the costs and consequences, including health risks of drug use while in a facility.                                         |
|      |                                                            |                                                                                                                                          |
| BC-3 | FFT Drama #3                                               | Certain situations contribute to stress and discomfort, and can serve as triggers to substance use.                                      |
|      | FFT Keeping on using: desperation and hitting bottom again | Helps evaluate costs, consequences, and options.                                                                                         |
|      | Worksheet - Going forward: triggers and risk factors       | Evaluates the linkage between selected triggers and internal risk factors for relapse.                                                   |

|             |                                                                      |                                                                                                                                                                                                                           |
|-------------|----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|             | <b>SP3.3 - Learning how to keep life in balance</b>                  | <b>Guides clients to: (1) evaluate cues that they are out of balance: (2) identify specific ways to keep today in balance</b>                                                                                             |
|             |                                                                      |                                                                                                                                                                                                                           |
| <b>BC-4</b> | <b>Worksheet - Buffers</b>                                           | <b>Identifies and helps assess a range of internal and external protective factors. Includes action plan.</b>                                                                                                             |
|             | <b>Feelings as risk factors</b>                                      | <b>Some future worries. Evaluates potential stressors as risk factors.</b>                                                                                                                                                |
|             | <b>SP3.4 - Learning how to keep life in balance</b>                  | <b>Guides clients to: (1) evaluate cues that they are out of balance: (2) identify specific ways to keep today in balance</b>                                                                                             |
|             |                                                                      |                                                                                                                                                                                                                           |
| <b>BC-5</b> | <b>FFT A lot of time #2</b>                                          | <b>Current opportunities for self-evaluation and change.</b>                                                                                                                                                              |
|             | <b>SP3.5 - Learning how to keep life in balance</b>                  | <b>Guides clients to: (1) evaluate cues that they are out of balance: (2) identify specific ways to keep today in balance</b>                                                                                             |
|             | <b>Where do you stand today?</b>                                     | <b>Self-evaluation tool. Explores values and choices.</b>                                                                                                                                                                 |
|             | <b>Anticipating - and planning to overcome - future obstacles #4</b> | <b>Anticipating possible negative reactions from peers upon program completion.</b>                                                                                                                                       |
|             |                                                                      |                                                                                                                                                                                                                           |
| <b>BC-6</b> | <b>Worksheet: Living a lifestyle</b>                                 | <b>Decision matrix on continuing the high risk lifestyle - especially in light of current stress and health consequences.</b>                                                                                             |
|             | <b>FFT Costs and consequences #4</b>                                 | <b>Precontemplation resource - addresses significant issues underlying risky substance abuse. Reviews the acronym and feelings (Hungry, Angry, Lonely, and Tired) as common risk factors for relapse.</b>                 |
|             | <b>CS9.1 - Managing your stress</b>                                  | <b>Basic stress management workbook, including self-examination, symptoms awareness, identification of triggers, underlying stressors and lifestyle issues, evaluation of past coping, and several key coping skills.</b> |
|             | <b>Strategies #2</b>                                                 | <b>Burning specific bridges - high risk things.</b>                                                                                                                                                                       |
|             |                                                                      |                                                                                                                                                                                                                           |
| <b>BC-7</b> | <b>Feelings as risk factors - safety</b>                             | <b>Feeling unsafe can be a trigger to substance abuse.</b>                                                                                                                                                                |
|             | <b>Strategies #3</b>                                                 | <b>Peacefully (stress reduction strategies in this environment).</b>                                                                                                                                                      |

|       |                                             |                                                                                                                                                                                                                                                                          |
|-------|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       | CS9.2 - Managing your stress                | As above                                                                                                                                                                                                                                                                 |
|       | Stressors and triggers lead to discomfort   | Connects stressors and triggers as risk factors for discomfort and substance abuse.                                                                                                                                                                                      |
|       |                                             |                                                                                                                                                                                                                                                                          |
| BC-8  | FFT Failure                                 | Explores confidence in trying to prevent relapse. Which is worse for you: fear of failure, or fear of <u>admitting</u> that you're in over your head?                                                                                                                    |
|       | CS9.3 - Managing your stress                | As above, includes skills practice                                                                                                                                                                                                                                       |
|       | Symptoms Check                              | Guides self-evaluation of continuing or re-emerging symptoms as risk factors for relapse during extended post acute withdrawal. Includes FID charts and the key coping strategies and skills, plus brief action plan. This symptoms check is general, not PAWS-specific. |
|       | FFT The stash                               | Risk taking and choices.                                                                                                                                                                                                                                                 |
|       | FFT Meth (optional)                         | Meth-related. Note that some participants may have experiences with multi-drug abuse. This resource assists in evaluating their possible multi-substance use/abuse, as well as exploring patterns of building tolerance or use.                                          |
|       |                                             |                                                                                                                                                                                                                                                                          |
| BC-9  | FFT Smoke <u>anything</u> ?                 | Addiction and desperation.                                                                                                                                                                                                                                               |
|       | CS9.4 - Managing your stress                | As above, includes skills practice                                                                                                                                                                                                                                       |
|       | What are my options?                        | Major resource guiding personal options to avoid returning to substance use after leaving this program.                                                                                                                                                                  |
|       | Relapse prevention activity<br>Lapses set # | Provides practice in managing personal internal risk factors leading to lapse or relapse.                                                                                                                                                                                |
|       |                                             |                                                                                                                                                                                                                                                                          |
| BC-10 | FFT Lost                                    | Intensive topic. Guides discussion of reasons to keep going on a positive path. May be selected for use in a different group setting.                                                                                                                                    |
|       | CS9.5 - Managing your stress                | As above                                                                                                                                                                                                                                                                 |

|  |                                                     |                                                                                                                                                                                                                                                                                                                |
|--|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Situational Confidence (SCQ) - Going forward</b> | <b>Participants assess how confident they are in dealing with the most common and serious risk factors, triggers, or situations - relating to emotional balance and stress - they will face going forward. <i>This version is similar to one in another unit, but includes the PAWS symptoms, as well.</i></b> |
|  | <b>WDYT Ia9 Caught</b>                              | <b>On the one hand, many people here did not think they were likely to get caught. On the other hand, the most risky choices people make can be very complex.</b>                                                                                                                                              |

|  |                                                     |                                                                                                  |
|--|-----------------------------------------------------|--------------------------------------------------------------------------------------------------|
|  | <b>Relapse prevention activity<br/>Lapses set #</b> | <b>Provides practice in managing personal internal risk factors leading to lapse or relapse.</b> |
|--|-----------------------------------------------------|--------------------------------------------------------------------------------------------------|