

MODEL PROGRAM TEMPLATE

(version 8.1)

A New Freedom Curriculum - Female Program Model

PROGRAM OUTLINE	
Core Program	
Phase 1 Orientation & Preparation for treatment	<ul style="list-style-type: none"> ● Program orientation and motivational enhancement (MI/MET) activities ● Workbooks and other resources: <ul style="list-style-type: none"> Pre1 What am I doing here? Pre2 While you are here Pre3 (a,d) - Treatment readiness activities SD1 Introduction to Self-Discovery (and treatment - ICD) SD5 Understanding your dependencies SD7 My life so far SD11 What's going on in my life?
Phase 2 Self-Discovery	<ul style="list-style-type: none"> ● Core recovery program workbooks: <ul style="list-style-type: none"> F1 An Introduction to Your Feelings SD2 "What went wrong?" SD6 Reasons to change SA1 Self-awareness: preventing relapse by increasing your sensitivity to cues, patterns or cycles SA2 Self-awareness: examining your pattern or cycle in detail W1 Especially for Women: drug abuse, relapse, and recovery
Core Program	
Phase 3 Self-Awareness & Women's Issues	<ul style="list-style-type: none"> ● Core recovery program workbooks: <ul style="list-style-type: none"> W2 Healthy relationships and healthy boundaries W7 Avoiding your old relationships traps W8 Avoiding your old family traps W3 Control: issues and answers for women (<i>optional</i>) W9 For women: self-esteem and identity W10 Relationships W11 Surviving abuse and trauma W12 Self-image and body image W14 Life at home W17 Basic women's health issues W19 Women and the community W23 Making the best use of medical care SP1 Readiness for change CS1 Coping skills for emergencies PT6 A guide to using your new coping skills (<i>support materials</i>) ● Interpersonal skills program (MAS - 36 skill-building lessons) ● Note: several additional titles are provided in the "Women's Issues" series

Individualized Program				
Phase 4 Individual Treatment Program	<p><i>(comprehensive treatment resources -each issue includes binder with treatment plan, worksheets, and several workbooks using cognitive-behavioral - CBT - and social learning approaches. Most clients will address 3-5 topics)</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> Aggression and violence Anger Anxiety Abandonment/neglect Codependency Depression Grief/loss PTSD/Trauma Low self-esteem and shame Feeling hurt Handling difficult feelings Gang involvement </td> <td style="width: 50%; vertical-align: top;"> Eating Disorders Compulsive Gambling Body image and self-image Special Losses (clients with HIV/AIDS) Self-injury Prostitution Treatment adherence Harm reduction (as a step toward recovery) Self-efficacy: coping skills for specific needs Self-inventories Domestic violence <i>(other topics under development)</i> </td> </tr> </table>		Aggression and violence Anger Anxiety Abandonment/neglect Codependency Depression Grief/loss PTSD/Trauma Low self-esteem and shame Feeling hurt Handling difficult feelings Gang involvement	Eating Disorders Compulsive Gambling Body image and self-image Special Losses (clients with HIV/AIDS) Self-injury Prostitution Treatment adherence Harm reduction (as a step toward recovery) Self-efficacy: coping skills for specific needs Self-inventories Domestic violence <i>(other topics under development)</i>
Aggression and violence Anger Anxiety Abandonment/neglect Codependency Depression Grief/loss PTSD/Trauma Low self-esteem and shame Feeling hurt Handling difficult feelings Gang involvement	Eating Disorders Compulsive Gambling Body image and self-image Special Losses (clients with HIV/AIDS) Self-injury Prostitution Treatment adherence Harm reduction (as a step toward recovery) Self-efficacy: coping skills for specific needs Self-inventories Domestic violence <i>(other topics under development)</i>			
Core Program				
Phase 5 Relapse Prevention	<ul style="list-style-type: none"> ● Core recovery program workbooks: <li style="padding-left: 20px;">CS1b,4b,4c Coping skills practice activities <li style="padding-left: 20px;">CS3 Coping skills: establishing a safer environment <li style="padding-left: 20px;">CS4 Coping skills: handling uncomfortable feelings and thoughts <li style="padding-left: 20px;">CS7 Coping skills: relapse prevention plan for long-term changes <li style="padding-left: 20px;">CS8 Making it personal: your own plan to maintain your recovery by identifying and addressing your highest risks <li style="padding-left: 20px;">CS10 Reducing your risk 			
Phase 6 Returning Home	<ul style="list-style-type: none"> ● Core recovery program workbooks: <li style="padding-left: 20px;">RH1 Your first few days <li style="padding-left: 20px;">RH2 Dealing with people in new ways <li style="padding-left: 20px;">RH3 Dealing with discomfort <li style="padding-left: 20px;">RH4 Facing your responsibilities <li style="padding-left: 20px;">RH5 If you “lapse” <li style="padding-left: 20px;">RH6 Making positive steps to take control of your life <li style="padding-left: 20px;">RH7 Avoiding the negative <li style="padding-left: 20px;">RH8 Practice in handling difficult situations <li style="padding-left: 20px;">RH10 Avoiding trouble (when you are with others) <li style="padding-left: 20px;">RH11 Handling tough situations <li style="padding-left: 20px;">RH12 Safety nets <li style="padding-left: 20px;">RH13 Red flags <li style="padding-left: 20px;">RH14 Getting close to getting out <li style="padding-left: 20px;">RH15 How are you doing? <li style="padding-left: 20px;">RH24 Self-efficacy and problem solving <li style="padding-left: 20px;">GG14 Getting away from the gang <i>(optional)</i> ● Staff support materials: <li style="padding-left: 20px;">PT4 Coping skills "self report card" (What do I still need - to prevent relapse?) <li style="padding-left: 20px;">PT8 Self analysis: review of relapse prevention plans 			

Supplemental program resources:

- 1 Social skills and self-care skill-building sessions (based on *Pathways to Daily Living* lessons), using scripts and handouts from this program. Addresses such issues as hygiene, nutrition, clothing, medical visits.
- 2 Skills practice lessons: Handling the tough times (18 lessons); Making good use of your leisure time (6 lessons). **Highly recommended**
- 3 Identifying and changing your “stinking thinking” (ST 1,2,3,5 - cognitive restructuring)
- 4 Manual: What you need to know (*basic CD education*) *On-going program activities*
- 5 What do you think? On-going program activities (GG10, GG11, and GG9, GG12 which are gender-specific) **Highly recommended for certain program settings**
- 6 Counselor’s Manual