

PROPOSED RESIDENTIAL PROGRAM TEMPLATE

Juvenile Female Population Model

(version 2.0NC - May 31, 2007)

A New Freedom - Phoenix Resources

PROGRAM OUTLINE	
Core Program	
<p>Stage 1</p> <p>Orientation & Preparation for treatment</p> <p><i>Pre-contemplation to contemplation</i></p>	<p>Program orientation and motivational enhancement (MET/MI) activities</p> <p>Pre1 What am I doing here?</p> <p>ICD What's treatment all about?</p> <p>Pre2 While you are here</p> <p>Pre3 Treatment readiness activities <i>or Introductory section (WITY) from the Phoenix Curriculum</i></p> <p>SD1 Introduction to Self-Discovery</p> <p style="text-align: right;"><i>approximately 12-14 program hours</i></p>
<p>Stage 2a</p> <p>Self-Discovery</p> <p><i>Pre-contemplation to contemplation</i></p>	<p>SD2 What went wrong?</p> <p>SD5 Understanding your dependencies</p> <p>SD6 Reasons to change</p> <p>SD7 My life so far (<i>short version</i>)</p> <p>SD11 Life and choices</p> <p>SA1 Self-awareness: preventing relapse by increasing your sensitivity to cues, patterns or cycles (<i>support materials</i>)</p> <p>SA2 Self-awareness: examining your pattern or cycle in detail</p> <p>PT6 A guide to using your new coping skills (<i>staff support materials</i>)</p> <p>PC-EI Understanding your feelings <i>or selected materials from workbooks F1,2,3,11</i></p> <p style="text-align: right;"><i>from 35-45 program hours</i></p>
<p>Stage 2b</p> <p>For Women Only</p> <p><i>Contemplation to Preparation</i></p>	<p>W1 Especially for women: drug abuse, relapse...and recovery</p> <p>W2 Healthy relationships and healthy boundaries</p> <p>W3 Control (issues and answers for women)</p> <p>W4,5,6 Domestic violence (three workbook series)</p> <p>W7 Avoiding your old relationships traps</p> <p>W8 Avoiding your old family traps</p> <p>W9 For women: self-esteem, and identity</p> <p>W11 Surviving abuse and trauma</p> <p>W12 Self image and body image</p> <p>W13 Eating issues</p> <p>W14 Life at home</p> <p>W16 Pre-natal care</p> <p>W17 Basic women's health issues</p> <p>W19 Doing their thing</p> <p>W20 Issues with prostitution</p> <p>W22 Self-injury</p> <p>W23 Making best use of medical care</p> <p style="text-align: right;"><i>up to 100 hours</i></p>

<p>Stage 2c</p> <p>Gang intervention, primarily CBT</p> <p><i>Contemplation to Preparation</i></p>	<p>GG10 “What do YOU think? (More than 50 cognitive restructuring activities)</p> <p>GG12 “What do YOU think?” (Women’s materials)</p> <p>GG9 For young women-reducing your risk</p> <p>F5g Shame and low self-esteem</p> <p>GG13 Gang intervention resources (selected short program)</p> <p>ST6 Stinking thinking and gang activity (#6)</p> <p>GG3 What do you need? (needs and gangs)</p> <p>GG1 What was on your mind? (optional)</p> <p>FD1 Giving your thinking a “reality check” (optional)</p> <p>FD6 Learning to trust (optional)</p> <p>SPI Readiness for change (optional)</p> <p style="text-align: right;"><i>approximately 40 program hours, plus optional resources</i></p>
<p>Stage 3</p> <p>Coping Skills</p> <p><i>Action</i></p>	<p>CS1 Coping skills for emergencies</p> <p>CS2 Coping skills - for when you are at greatest risk (optional)</p> <p>CS1b, CS4b, CS4c - Coping skills</p> <p>CS10 Reducing your risk</p> <p>PC-PS Problem solving or PSI-2-3 resource</p> <p>PC-RF Risk factors</p> <p style="text-align: right;"><i>approximately 28-32 program hours</i></p>
<p>Stage 4</p> <p>Returning Home</p> <p><i>Action and Maintenance</i></p>	<p>RH1 Your first few days</p> <p>RH2 Dealing with people in new ways</p> <p>RH4 Facing your responsibilities</p> <p>RH5 If you “lapse”</p> <p>RH6 Making positive steps to take control of your life</p> <p>RH7 Avoiding the negative</p> <p>RH8 Practice in handling difficult situations</p> <p>RH9 Avoiding problems with authority</p> <p>RH11 Handling tough situations</p> <p>RH12 Safety nets</p> <p>RH13 Red flags</p> <p>RH14 Getting close to getting out</p> <p>RH24 Self-efficacy and problem solving</p> <p>RH25 Coping skills, set 6: techniques for making long-term changes</p> <p>RH26 Making it personal: identifying and addressing your highest risks</p> <p>PC-PF Protective factors (6 lessons)</p> <p style="text-align: right;"><i>approximately 77 program hours</i></p>

Supplemental resources: GG11 - Program Activities; GCM - Gathering/Closing Manual

Behavioral Health Resources	
<p>Individual Treatment Program</p> <p><i>Note: as these materials are introduced, clients may still be in pre-contemplation on a given issue, though more advanced in the change process on other issues.</i></p>	<p><i>(comprehensive treatment resources -each issue includes binder with treatment plan, worksheets, and several workbooks using MI/MET, cognitive-behavioral - CBT, and social learning approaches)</i></p> <p>Aggression and violence (includes workbooks GG4,5,7,8 and Di5, 12)</p> <p>Anger</p> <p>Anxiety</p> <p>Abandonment/neglect</p> <p>Codependency</p> <p>Depression</p> <p>Grief/loss</p> <p>Conduct Disorder/ADD</p> <p>PTSD/Trauma</p> <p>Low self-esteem and shame</p> <p>Feeling hurt</p> <p>Handling difficult feelings</p> <p>Eating Disorders</p> <p>Sleep Disturbances</p> <p>Body image and self-image</p> <p>Self-injury</p> <p>Special Losses (for clients with HIV/AIDS)</p> <p>Treatment adherence</p> <p>Problem Backpack</p> <p>CM New Freedom Counselors Manual</p> <p>MI/MET Motivational Interviewing Resource linked to selected workbooks</p> <p>MI Toolkit</p> <p>FID worksheets (symptoms management)</p>

Additional resources for consideration:

- GG14 Getting away from the gang (for use with selected individuals)
- DPI You have options! (transition resource)
- MAS Managing Your Anger (36 skills lessons on the T4C and ART model)
- Handling the Tough Times, Making Good Use of Your Leisure Time (21 lessons)
- Pathways to Daily Living (additional life skills lessons: hygiene, nutrition, clothing, money management, etc.)
- Three Gang Intervention DVDs, with accompanying workbooks (Stories from the Streets, Kids at Risk, Gang Issues: Choices and Consequences)
- Vocational Preparation (P3, V1, V2 - 20 sessions)
- What you need to know (basic substance abuse information)
- Identifying and changing your “stinking thinking” (CBT resource - 60 program elements)
- Parents Resource (supplement to the Phoenix Curriculum)