

# **PROGRAM MODEL: DELINQUENCY RISK FACTORS FOR HIGH RISK YOUTH**

**(Modified OPEN TO CHANGE Model)**

## **Features:**

- Open group/open admissions model supports flexible administration. New group members can be added at any time.
- Ideal for community programs, probation-mandated programs, community gang intervention, and alternative schools.
- Three 10-session units include elements of motivational interviewing (MI) and cognitive-behavioral therapy (CBT), as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net. They can be provided in any order.
- Summary/review elements provide easy documentation of participant progress and change, supporting expectations by probation or the courts.
- Supported by competency checklists reflecting behaviorally-stated objectives and expected outcomes.
- An additional DVD-based unit (Unit J) addresses gang involvement/gang desistance.

**The following are tables of contents for 10-session units.**

## DELINQUENCY RISK FACTORS FOR HIGH RISK YOUTH 30-SESSION OPEN GROUP CORE PROGRAM

This resource is designed to be delivered in one-hour sessions and is provided in ten-session units. A key feature of this curriculum is that it allows for open group and open admissions, while still providing a sequential approach to motivation and behavioral change.

- Each unit below includes ten (10) sessions.
- New group members can be added at any time.
- Each unit includes - as core elements - PreContemplation, Preparation, and Situational Confidence resources

**Pre-program resources: 1:1 session prior to participation in core program**



Participants can join the 30-session cycle at any point.

### PROGRAM UNIT F

Change-focused resource includes elements of MI and CBT, as well as analysis of risk factors, the development of key coping and refusal skills, and the development of a safety net

Mid-program 1:1 sessions are supported by a variety of helpful tools.



### PROGRAM UNIT H

Resources in this general delinquency unit increase self-awareness with the specific objective of decreasing discomfort with the old choices.

## NEW FREEDOM PROGRAMS

### PROGRAM UNIT G

Change-focused resource helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change (MI elements).



**Summary and review element (1:1)**

**PROGRAM UNIT F (j)**

Core change-focused program model, based on resource SD12. Comprehensive 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, the development of key coping and refusal skills, and the development of a safety net.

	<b>Resource</b>	<b>Description</b>
F1	Pre10j: A new direction	Examines future choices and the decision to make positive changes or to keep things the same; uses decisional balance model to examine options. Guides movement from precontemplation to contemplation of change.
	Activity	Handling difficult situations #4 (problem solving scenario)
F2	Pre3c: Life goals and life dreams	Life goals and life dreams engagement activity
	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, the development of key coping and refusal skills, and the development of a safety net.
F3	SD12.2 : Key elements of change	As above.
	Activity	A practical question #3 (problem solving scenario)
F4	SD12.3 : Key elements of change	As above.
	Activity	A practical question #5 (problem solving scenario)
F5	SD12.4 : Key elements of change	As above.
	Activity	Handling difficult situations #6a (anger)

F6	SD12.5 : Key elements of change	As above.
	Activity	A practical question #2 (problem solving scenario)
F7	SD12.6 : Key elements of change	As above.
	Activity	Handling difficult situations #7 (problem solving scenario)
F8	SD12.7 : Key elements of change	As above.
	Activity	A practical question #5 (problem solving scenario)
F9	SD12.8 : Key elements of change	As above.
	Activity	A practical question #11 (problem solving scenario)
F10	Worksheet: Confidence assessment	Comprehensive worksheet assesses personal self-confidence in recovery. ( <i>important</i> )
	Activity ( <i>optional</i> )	A practical question #4 (problem solving scenario, optional - if time permits)
	Unit Summary	Summarizes the preceding unit of 10 sessions. ( <i>important</i> )
Checkpoint after Unit F		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

## PROGRAM UNIT G (j)

Core change-focused program model. Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.

	Resource	Description
G1	Pre9j: A Starting Point	MI-based precontemplation engagement activity, focusing on importance and confidence in thinking about change and exploring options.
	FFT: A tough choice for Luis	Short activity helps evaluate the impact of life experiences on past and present choices.
G2	FFT: Benny's summer	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.1: "What's going on in my life?"	Introductory workbook helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G3	FFT: Tony's cousin	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.2: "What's going on in my life?"	Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G4	FFT: Tough choices	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.3: "What's going on in my life?"	Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G5	FFT: Tom's experience	Short activity helps evaluate the impact of life experiences on past and present choices.
	CC3: What does your future look like?	This MI resource assists in developing discrepancy, and increasing confidence in making changes.
G6	FFT: Mike's pain	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.
G7	FFT: Marvin's dilemma	Short activity helps evaluate future choices.
	CC9: Denial	Helps identify denial issues and develop an action plan for change.
G8	RHI5c: Setting yourself up	Helps evaluate risks and "set ups" in making future choices.
	CC10: Who is making your choices?	Includes elements of peer pressure and external locus of control (allowing others to make or influence your choices).
G9	FFT: The curfew	Short activity helps evaluate future choices.
	CC11: Why am I thinking about changing?	Helps identify and clarify some of the issues involved in the decision to make changes. Examines specific reasons and obstacles.
G10	FFT: Shawn's choices	Short activity helps evaluate future choices.
	TP4: Then and now - external protective factors and barriers	Examines past experiences to clarify what went wrong. Focuses on development of new - better - external protective factors, and summarizes specific action steps as well as steps to overcome barriers to effective change.
	Unit Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit G		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.

Also provided with this unit is a set of eight (8) resources which may be used flexibly:

WYNTK	What you need to know	Basic information about effects of specific substances and consequences of abuse, providing accurate information to counter "street" information.
-------	-----------------------	---

**PROGRAM UNIT H (j)**

Resources in this general delinquency unit increase self-awareness with the specific objective of decreasing discomfort with the old choices. 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).

	<b>Resource</b>	<b>Description</b>
H1	WDYT: 6	Short group discussion activity
	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.
	Activity:	Problem behavior activity #1
H2	WDYT: 21	Short group discussion activity
	Pre11: 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.
	Activity:	Problem behavior activity #2
H3	WDYT: 23	Short group discussion activity
	CC1: 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.
	Activity:	Problem behavior activity #3
H4	WDYT: 27	Short group discussion activity
	CC2: Impact!	Victim empathy resource guides participants to consider what victims feel, and various consequences for victims.
	Activity:	Problem behavior activity #4
H5	WDYT: 108	Short group discussion activity
	CC4: Trust and distrust	Guides participants in evaluating the costs and consequences of misplaced trust.

	Activity:	Problem behavior activity #5
H6	WDYT: 94	Short group discussion activity
	CC5j: Friends and peers	Guides participants in evaluating their choice of pro-social or anti-social peers as friends. Helps assess the costs and consequences of these choices.
	Activity:	Problem behavior activity #6
H7	WDYT: 52	Short group discussion activity
	CC7j: Who do you think you are?	The way we think about ourselves helps us decide what we would, and wouldn't do. This session Increases emotional awareness and understanding self-talk and self-image.
	Activity:	Problem behavior activity #7
H8	WDYT: 41	Short group discussion activity
	TPI6: I can do this	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.
	Activity:	Problem behavior activity #8
H9	WDYT: 90	Short group discussion activity
	TP20: Burning your bridges	Builds on the decision to make changes, by removing temptations and increasing distance from critical risk factors.
	Activity:	Problem behavior activity #9
H10	WDYT: 152	Short group discussion activity
	RH17: Keeping your focus on what's important	Key MI resource for most programs. Identifies critical goals, high risk choices, and increases importance of making pro-social choices going forward.
	Activity:	Problem behavior activity #10
	Unit Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit H		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-I resource.



Key program resources		
PowerPoint	Open to Change PowerPoint	Overview PowerPoint for introduction and/or in-service use with staff.
Staff resources	Pre-program staff resource	Open to Change orientation and optional staff development resource,
	Getting past pre-contemplation	Staff suggestions for addressing specific precontemplation issues - substance abuse specific,
	Skills practice model	Suggestions for group management, using curriculum elements
PEM	Progress evaluation model	Helpful tool for use in 1:1 to assess and document participant progress.
MI rulers (ICR rulers)	Importance, Confidence, and Readiness rulers	Includes all three rulers on one sheet for use in 1:1 sessions. AODA-specific.
FMC	Fidelity monitoring checklist	Useful checksheet for clinical supervisors and program administrators.
Pre-program resources: for use in 1:1 session prior to participation in core program		
MI toolkit	MI toolkit	Includes key resources for assessment of motivation (MI rulers), symptoms management, and development of MI “change talk.” Helpful as an on-desk reference for all program staff.
	toolkit explanation	guides the use of the MI toolkit
PCA	PCA Change Talk Tool (PCA+ longer version)	MI assessments. Brief assessments of participant motivation (scores reflect stage of change).  <i>These resources are generally comparable to the University of Rhode Island Individual Change Assessment (URICA). The URICA is a widely-used and standardized instrument, available in the public domain on the internet. The PCA+ and PCA- tools are basically shorter and more readily scored.</i>
	PCA Change Talk Tool (PCA- shorter version)	
Worksheet	Pre-program motivation assessment	Short assessment worksheet helps identify specific types of precontemplators.

**PROGRAM OPTION:**

**UNIT J: DVD-BASED YOUTH GANG INTERVENTION RESOURCE MODEL (12 sessions)**

DVD Title	Description
Choices	This DVD and accompanying workbook identify critical high risk situations and illustrate critical choices faced by at-risk youth.
Stories from the Streets	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented by group activities.
Kids at Risk	Features gang members describing 14 individual risk factors in their own words. Group activities address each risk factor and lead to action plans to minimize those risks.
Gang issues: Choices and Consequences	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration. Interviews with youthful incarcerated gang members provide a powerful starting point for group discussion and the use of supplemental group elements.

	Resource	Description
J-1	WDYT: 43	Short group discussion activity
	FFT: The revolving door	Self-awareness resource, addressing patterns of criminal behavior and incarceration.
	Choices (DVD)	DVD and worksheets help identify critical high risk situations and illustrate critical choices faced by at-risk youth.
	FFT: Too late for George	Short activity helps evaluate the impact of life experiences on past and present choices.
J-2	WDYT: 37	Short group discussion activity
	Stories from the streets DVD -- film #1 Romeo's Story	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented workbook activities.
	FFT Choices	Short activity helps evaluate the impact of life experiences on past and present choices.
J-3	WDYT: 27	Short group discussion activity
	DVD - Stories from the Streets - film #2 Daniel's Story	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented workbook activities.
	FFT: Being locked up	Short activity helps evaluate the impact of life experiences on past and present choices.

J-4	WDYT: 26	Short group discussion activity
	DVD - Kids at Risk Risk Factors 1: intro, school, friends/peers	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.
	FFT: Conflict resolution	Short activity helps evaluate the impact of life experiences on past and present choices.
J-5	WDYT: 22	Short group discussion activity
	DVD - Kids at Risk Risk Factors 2: community	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.
	FFT: Jamal's story	Short activity helps evaluate the impact of life experiences on past and present choices.
J-6	FFT Risk factors	Short group discussion activity- family risk factors.
	DVD - Kids at Risk Risk Factors 3: family	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks
	FFT Caught in the middle	Short activity helps evaluate the impact of family experiences on past and present choices.
J-7	WDYT: 6 WDYT: 9	Short group discussion activity
	DVD - Kids at Risk Risk Factors 4: Personal 1	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.
	FFT: The curfew	Short activity helps evaluate future choices.
J-8	FFT Friendship - Skin deep	Short activity helps evaluate the impact of family experiences on past and present choices.
	DVD - Kids at Risk Risk Factors 5: Personal 2	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.
	FFT: The identity activity	Short self-awareness activity.

J-9	FFT Hopelessness	Short self-awareness activity.
	DVD Stories from the Streets - film #3 Terion's Story	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented workbook activities.
	FFT Desperation Carlos/Cassie	Short activity helps evaluate the impact of life experiences on past and present choices.
J-10	WDYT: 4	Short group discussion activity
	Gang issues: Choices and Consequences (Gang Issues 1- Gang association and activity)	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration. Interviews with youthful incarcerated gang members provide a powerful starting point.
	FFT: Survival	Short self-assessment activity helps evaluate future choices.
J-11	WDYT: 2	Short group discussion activity
	Gang issues: Choices and Consequences (Gang Issues 2 - Consequences)	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration. Interviews with youthful incarcerated gang members provide a powerful starting point.
	FFT: Walk and talk	Short activity helps evaluate future choices (high risk factors).
J-12	WDYT: 8	Short group discussion activity
	Gang issues: Choices and Consequences (Gang Issues 3 - Options)	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration.
	FFT: Happily ever after	Short self-assessment activity (change-of-pace activity).
	Unit Summary (competency checklist)	Summarizes the preceding unit of 12 sessions.
Checkpoint after Unit		Assess participation, motivation, understanding, insight. Evaluate competency checklists