
Our comprehensive substance abuse curriculum and resources build on a powerful base of cognitive-behavioral therapy (CBT), motivational viewing (MI), and Stages Of Change theory. These resources address the whole cycle of dependency and the elements needed to create change, including: self-awareness, cognitive restructuring, and skills for relapse prevention and self-efficacy.

Our program:

- Addresses the **underlying thinking and feelings** that contribute to abuse
- Increase awareness of **pattern or cycle of thoughts, feeling and behaviors** that have led to relapse in the past
- Prepare participants for treatment, **reduce resistance**, move them past the stage of Pre- or Anti- Contemplation and **build motivation** for lifestyle change
- Explore **discrepancies** between current behaviors and life goals
- Provide **extensive practice** of coping skills while developing strong **situational confidence**

**Find out
more!**

Paris

859.707.3864

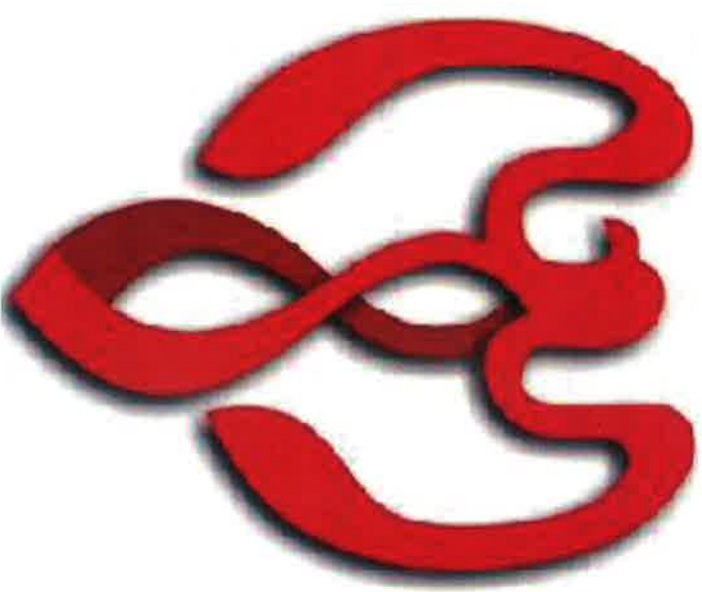


Lexington

859.904.3944



**OPEN TO
CHANGE**



**Substance
Abuse
Curriculum**

For illustration, here is a typical 30 session cycle (3 units).

This resource is designed to be delivered in **one-hour sessions** and **is provided in ten-session units**. A typical program may consist of three to six units (30–60 program hours).

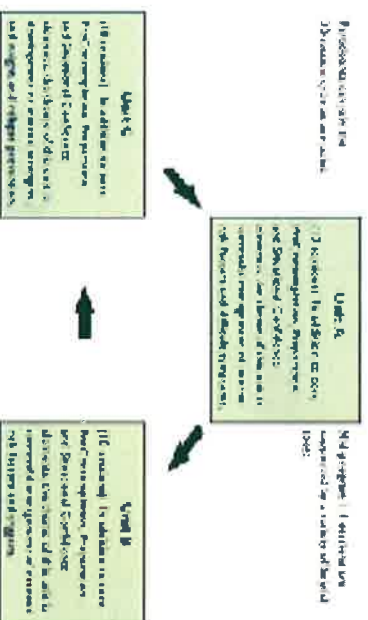
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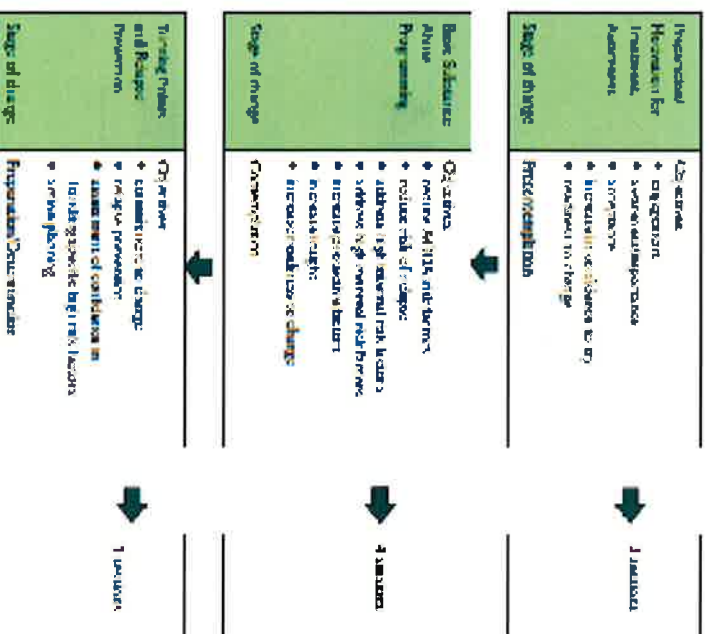
Each unit begins with **Pre-Contemplation** material and proceeds

through **Contemplation** material to **Preparation/Determination**

Here's How It Works:



Each individual unit features 10 sessions in a mini-journey through the **Stages of Change:**



An Outcomes-Based Focus On Change

Rather than focus on “This is what drinking or drug use will do to you”, the critical goal is change - a commitment to making significant changes in their substance use/abuse. The key outcome of this change is **increased and realistic self confidence** in their ability to handle their highest risk factors.

- Unit A targets successful management of internal risk factors and difficult symptoms.
- Unit B focuses on successful management of external risk factors and triggers.
- Unit C addresses the development of internal strengths and insight, and relapse prevention.
- Unit D is shaped to identify, and respond successfully, to warning signs of potential relapse.
- Unit E is specifically focused on relapse prevention.
- Unit F provides a comprehensive approach to personal change from substance abuse and similar issues.

This resource is available for Adults and Juveniles