The Courage to Change: Session Plans

Getting Started

Individual Application for Low and High Contact Time (<30 to 60 minutes)

In this structure, separate sessions into three parts. During the first part, review the behavioral assignment from the previous session. During the second part, review the completed Journal pages using the recommended facilitation strategies from the Facilitator Guide (FG). Typically, these will be skill practice and behavioral exercises such as role-plays, problem-solving and some discussion-based exploration. During the third part, introduce the next topic or subject in the Journal and assign journaling and behavioral homework. With low contact time, it is important that participants complete Journal pages out of session, then review them with the recommended facilitation activities. Additional behavioral homework should be assigned based on participants’ needs. Facilitators will need to determine how to allocate their time in each of the three session parts.

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Moderate and High Intensity (Six Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session Objectives</th>
<th>Out-of-session Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1. Introduce <em>Getting Started</em> and process page 3. 2. Give assignment for next session.</td>
<td>Complete Journal pages 4-7.</td>
</tr>
</tbody>
</table>
The Courage to Change: Session Plans

Social Values

Individual Application for Low and High Contact Time (<30 to 60 minutes)

In this structure, separate sessions into three parts. During the first part, review the behavioral assignment from the previous session. During the second part, review the completed Journal pages using the recommended facilitation strategies from the Facilitator Guide (FG). Typically, these will be skill practice and behavioral exercises such as role-plays, problem-solving and some discussion-based exploration. During the third part, introduce the next topic or subject in the Journal and assign journaling and behavioral homework. With low contact time, it is important that participants complete Journal pages out of session, then review them with the recommended facilitation activities. Additional behavioral homework should be assigned based on participants’ needs. Facilitators will need to determine how to allocate their time in each of the three session parts.

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Moderate Intensity (Six Sessions)

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<tr>
<th>Session</th>
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</table>
| 1       | 1. Introduce Social Values and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  
# Social Values

## Individual Application for Low and High Contact Time (<30 to 60 minutes)

### High Intensity (Eight Sessions)

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<th>Session</th>
<th>In-session Objectives</th>
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</table>
| 1       | 1. Introduce *Social Values* and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  
| 7       | 1. Review behavioral assignment.  
| 8       | 1. Review behavioral assignment.  
**Social Values**

**Group Application (60 to 90 minutes)**

**Moderate and High Intensity (Six Sessions)**

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<th>Session</th>
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| 1       | 1. Introduce *Social Values* and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  
**Responsible Thinking**

**Individual Application for Low and High Contact Time (<30 to 60 minutes)**

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### Moderate Intensity (Six Sessions)

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<tr>
<th>Session</th>
<th>In-session Objectives</th>
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</tr>
</thead>
</table>
| 1       | 1. Introduce *Responsible Thinking* and process page 3 using Facilitation Guide page 23.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  
## Responsible Thinking

**Individual Application for Low and High Contact Time (<30 to 60 minutes)**

### High Intensity (Eight Sessions)

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| 2       | 1. Review behavioral assignment.  
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| 8       | 1. Review behavioral assignment.  
## Responsible Thinking

### Group Application (60 to 90 minutes)

**Moderate and High Intensity (Six Sessions)**

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<tr>
<th>Session</th>
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| 1       | 1. Introduce *Responsible Thinking* and process page 3 using Facilitation Guide page 23.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
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| 6       | 1. Review behavioral assignment.  
## Self-control

### Individual Application for Low and High Contact Time (<30 to 60 minutes)

In this structure, separate sessions into three parts. During the first part, review the behavioral assignment from the previous session. During the second part, review the completed Journal pages using the recommended facilitation strategies from the Facilitator Guide (FG). Typically, these will be skill practice and behavioral exercises such as role-plays, problem-solving and some discussion-based exploration. During the third part, introduce the next topic or subject in the Journal and assign journaling and behavioral homework. With low contact time, it is important that participants complete Journal pages out of session, then review them with the recommended facilitation activities. Additional behavioral homework should be assigned based on participants’ needs. Facilitators will need to determine how to allocate their time in each of the three session parts. 

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### Moderate Intensity (Six Sessions)

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<th>Session</th>
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</tr>
</thead>
</table>
| 1       | 1. Introduce **Self-control** and process page 3 using Facilitation Guide page 23.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  
## Self-control

### Individual Application for Low and High Contact Time (<30 to 60 minutes)

#### High Intensity (Eight Sessions)

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<th>Session</th>
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</table>
| 1       | 1. Introduce *Self-control* and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  
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| 8       | 1. Review behavioral assignment.  
# Self-control

## Group Application (60 to 90 minutes)

### Moderate and High Intensity (Six Sessions)

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The Courage to Change: Session Plans

Peer Relationships

Individual Application for Low and High Contact Time (<30 to 60 minutes)

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Moderate Intensity (Six Sessions)

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<th>Session</th>
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</table>
| 1       | 1. Introduce Peer Relationships and process page 3 using Facilitation Guide page 23.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
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Peer Relationships

Individual Application for Low and High Contact Time (<30 to 60 minutes)

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| 1       | 1. Introduce *Peer Relationships* and process page 3.  
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## Peer Relationships

### Group Application (60 to 90 minutes)

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# The Courage to Change: Session Plans

## Family Ties

### Individual Application for Low and High Contact Time (<30 to 60 minutes)

In this structure, separate sessions into three parts. During the first part, review the behavioral assignment from the previous session. During the second part, review the completed Journal pages using the recommended facilitation strategies from the Facilitator Guide (FG). Typically, these will be skill practice and behavioral exercises such as role-plays, problem-solving and some discussion-based exploration. During the third part, introduce the next topic or subject in the Journal and assign journaling and behavioral homework. With low contact time, it is important that participants complete Journal pages out of session, then review them with the recommended facilitation activities. Additional behavioral homework should be assigned based on participants’ needs. Facilitators will need to determine how to allocate their time in each of the three session parts.

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### Moderate Intensity (Six Sessions)

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</table>
| 1       | 1. Introduce *Family Ties* and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  
# Family Ties

## Individual Application for Low and High Contact Time (<30 to 60 minutes)

**High Intensity (Eight Sessions)**

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| 1       | 1. Introduce *Family Ties* and process page 3.  
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# The Courage to Change: Session Plans

## Family Ties

**Group Application (60 to 90 minutes)**

**Moderate and High Intensity (Six Sessions)**

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The Courage to Change: Session Plans

Substance Use

Individual Application for Low and High Contact Time (<30 to 60 minutes)

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Moderate Intensity (Six Sessions)

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</table>
| 1       | 1. Introduce Substance Use and process page 3.  
         | 2. Give assignment for next session. | Complete Journal pages 4-9. Assign one of the two behavioral activities on FG pgs. 27, 28. |
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
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### The Courage to Change: Session Plans

#### Substance Use

**Individual Application for Low and High Contact Time (<30 to 60 minutes)**

**High Intensity (Eight Sessions)**

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| 1       | 1. Introduce *Substance Use* and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
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## The Courage to Change: Session Plans

### Substance Use

**Group Application (60 to 90 minutes)**

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| 1       | 1. Introduce *Substance Use* and process page 3.  
2. Give assignment for next session. | Complete Journal pages 4-9. Assign one of the two behavioral activities on FG pgs. 27, 28. |
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | Review behavioral assignment.  
Give assignment. | Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 41, 43, 44. |
| 5       | Review behavioral assignment.  
| 6       | Review behavioral assignment.  
The Courage to Change: Session Plans

Seeking Employment

Individual Application for Low and High Contact Time (<30 to 60 minutes)

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| 1       | 1. Introduce *Seeking Employment* and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
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**Substance Use**

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| 2       | 1. Review behavioral assignment.  
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# The Courage to Change: Session Plans

## Seeking Employment

**Group Application (60 to 90 minutes)**

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| 1       | 1. Introduce *Seeking Employment* and process page 3.  
| 2       | 1. Review behavioral assignment.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
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Recreation & Leisure

Individual Application for Low and High Contact Time (<30 to 60 minutes)

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Recreation & Leisure

Group Application (60 to 90 minutes)

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</table>
| 1       | 1. Introduce *Recreation & Leisure* and process page 3.  
| 3       | 1. Review behavioral assignment.  
| 4       | 1. Review behavioral assignment.  
| 5       | 1. Review behavioral assignment.  
| 6       | 1. Review behavioral assignment.  