

Forward Thinking

Individual Application for High Contact Time (60-90 minutes)

What Got Me Here? (12 Sessions)

NOTE: The individual application session design for the *What Got Me Here?* Interactive Journal is structured to support participant assessment and case planning. It is recommended that participants complete this Journal prior to working in additional Forward Thinking Series Journals.

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-7</i> using facilitated activities. 2) Introduce <i>pages 8-9</i> .	Assign behavioral homework on page 7.
2	1) Review behavioral homework. 2) Complete <i>pages 8-9</i> using facilitated activities. 3) Introduce <i>pages 10-13</i> .	Assign behavioral homework on page 9.
3	1) Review behavioral homework. 2) Complete <i>pages 10-13</i> using facilitated activities. 3) Introduce <i>pages 14-17</i> .	Assign behavioral homework on pages 11 and 13.
4	1) Review behavioral homework. 2) Complete <i>pages 14-17</i> using facilitated activities. 3) Introduce <i>pages 18-21</i> .	Assign behavioral homework on page 17.
5	1) Review behavioral homework. 2) Complete <i>pages 18-21</i> using facilitated activities. 3) Introduce <i>pages 22-25</i> .	Assign behavioral homework on pages 19-21.
6	1) Review behavioral homework. 2) Complete <i>pages 22-25</i> using facilitated activities. 3) Introduce <i>pages 26-30</i> .	Assign behavioral homework on pages 22-25.
7	1) Review behavioral homework. 2) Complete <i>pages 26-30</i> using facilitated activities. 3) Introduce <i>pages 31-36</i> .	Assign behavioral homework on pages 27-30.
8	1) Review behavioral homework. 2) Complete <i>pages 31-36</i> using facilitated activities. 3) Introduce <i>pages 37-39</i> .	Assign behavioral homework on pages 32-36.

Forward Thinking
Individual Application for High Contact Time (60-90 minutes)

What Got Me Here? - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
9	1) Review behavioral homework. 2) Complete <i>pages 37-39</i> using facilitated activities. 3) Introduce <i>pages 40-41</i> .	Assign behavioral homework on page 38.
10	1) Review behavioral homework. 2) Complete <i>pages 40-41</i> using facilitated activities. 3) Introduce <i>pages 42-47</i> .	Assign behavioral homework on page 41.
11 & 12	Readiness Statement 1) Review behavioral homework. 2) Complete <i>pages 42-47</i> using facilitated activities. Note: Two sessions allow participants to complete multiple drafts of their Readiness Statements.	Assign behavioral homework on page 45.

Forward Thinking

Individual Application for Low Contact Time (30 minutes or less)

What Got Me Here? (12 Sessions)

NOTE: The individual application session design for the *What Got Me Here?* Interactive Journal is structured to support participant assessment and case planning. It is recommended that participants complete this Journal prior to working in additional Forward Thinking Series Journals.

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-4</i> using facilitated activities. 2) Introduce and assign homework.	Assign Journal pages 5-7.
2	1) Review <i>pages 5-9</i> using facilitated activities. 2) Introduce and assign homework.	Assign behavioral homework on page 9. Assign Journal pages 10-13.
3	1) Review behavioral homework. 2) Review <i>pages 10-13</i> using facilitated activities. 3) Introduce and assign homework	Assign behavioral homework on pages 11 and 13. Assign Journal pages 14-17.
4	1) Review behavioral homework. 2) Review <i>pages 14-17</i> using facilitated activities. 3) Introduce and assign homework	Assign behavioral homework on page 17. Assign Journal pages 18-21.
5	1) Review behavioral homework. 2) Review <i>pages 18-21</i> using facilitated activities. 3) Introduce and assign homework	Assign behavioral homework on pages 19-21. Assign Journal pages 22-25.
6	1) Review behavioral homework. 2) Complete <i>pages 22-25</i> using facilitated activities. 3) Introduce <i>pages 26-30</i> .	Assign behavioral homework on pages 22-25. Assign Journal pages 26-30.
7	1) Review behavioral homework. 2) Complete <i>pages 26-30</i> using facilitated activities. 3) Introduce <i>pages 31-36</i> .	Assign behavioral homework on pages 27-30. Assign Journal pages 31-36.
8	1) Review behavioral homework. 2) Complete <i>pages 31-36</i> using facilitated activities. 3) Introduce <i>pages 37-39</i> .	Assign behavioral homework on pages 32-36.

Forward Thinking
Individual Application for Low Contact Time (30 minutes or less)

What Got Me Here? - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
9	1) Review behavioral homework. 2) Complete <i>pages 37-39</i> using facilitated activities. 3) Introduce <i>pages 40-41</i> .	Assign behavioral homework on page 38.
10	1) Review behavioral homework. 2) Complete <i>pages 40-41</i> using facilitated activities. 3) Introduce <i>pages 42-47</i> .	Assign behavioral homework on page 41.
11 & 12	Readiness Statement 1) Review behavioral homework. 2) Complete <i>pages 42-47</i> using facilitated activities. Note: Two sessions allow participants to complete multiple drafts of their Readiness Statements.	Assign behavioral homework on page 45.

Forward Thinking

Individual Application for High Contact Time (60-90 minutes)

Individual Change Plan (12+ Sessions)

NOTE: The session design for the Individual Change Plan is structured to support participant assessment, case planning and participant work to address identified "treatment" issues. Sessions are organized to support participants as they progress through the "steps toward change." Timing for completion of "steps" and development of a change plan should be individualized to meet the participant's needs and readiness to change. The final product consists of an Individual Change Plan and process for reviewing progress.

Session	In-session objectives	Out of session (homework)
1 & 2	Assessment Phase (to be completed as a component of the participant assessment process) 1) Complete <i>pages 2-7</i> using facilitated activities. 2) Introduce <i>pages 8-11</i> .	
3	Step 1: Considering Change 1) Complete <i>pages 8-9</i> using facilitated activities. 2) Introduce <i>pages 12-15</i> .	Assign behavioral homework on pages 9 and 10.
4	Step 1: Considering Change 1) Review behavioral homework. 2) Complete <i>pages 12-15</i> using facilitated activities. 3) Introduce <i>pages 16-21</i> .	Assign behavioral homework on pages 13 and 15.
5	Step 2: Committing to Change 1) Review behavioral homework. 2) Complete <i>pages 16-21</i> using facilitated activities. 3) Introduce <i>pages 22-23</i> .	Assign behavioral homework on pages 17, 19 and 20.
6	Step 2: Committing to Change 1) Review behavioral homework. 2) Complete <i>pages 22-23</i> using facilitated activities. 3) Introduce <i>pages 24-27</i> .	Assign behavioral homework on pages 22 and 23.
7	Step 3: Making Change Happen 1) Review behavioral homework. 2) Complete <i>pages 24-27</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 25 and 26.

Forward Thinking
Individual Application for High Contact Time (60-90 minutes)

Individual Change Plan - continued (12+ Sessions)

Session	In-session objectives	Out of session (homework)
8	Step 3: Making Change Happen 1) Review behavioral homework. 2) Complete <i>pages 28-31</i> using facilitated activities. 2) Introduce <i>pages 32-33</i> .	Assign behavioral homework on pages 29 and 31.
9	My Individual Change Plan 1) Review behavioral homework. 2) Complete <i>pages 32-33</i> using facilitated activities. Issue 1 1) Assist participants in setting change goals for Issue 1 on <i>page 34</i> .	
10	Issue 2 1) Assist participants in setting change goals for Issue 2 on <i>page 38</i> .	
11	Issue 3 1) Assist participants in setting change goals for Issue 3 on <i>page 42</i> .	
12+	Reviewing Progress 1) Review progress using <i>pages following each issue</i> . Maintaining Momentum 1) Complete <i>pages 46-47</i> using facilitated activities.	

Forward Thinking

Individual Application for Low Contact Time (30 minutes or less)

Individual Change Plan (12+ Sessions)

NOTE: The session design for the Individual Change Plan is structured to support participant assessment, case planning and participant work to address identified “treatment” issues. Sessions are organized to support participants as they progress through the “steps toward change.” Timing for completion of “steps” and development of a change plan should be individualized to meet the participant’s needs and readiness to change. The final product consists of an Individual Change Plan and process for reviewing progress.

Session	In-session objectives	Out of session (homework)
1	Assessment Phase (to be completed as a component of the participant assessment process) 1) Complete <i>pages 2-3</i> using facilitated activities. 2) Introduce and assign homework.	Assign Journal pages 4-7.
2	1) Review <i>pages 4-7</i> using facilitated activities. 2) Introduce and assign homework.	Assign Journal pages 8-11.
3	Step 1: Considering Change 1) Review <i>pages 8-11</i> using facilitated activities. 2) Introduce and assign homework.	Assign behavioral homework on pages 9 and 10. Assign Journal pages 12-15.
4	Step 1: Considering Change 1) Review behavioral homework. 2) Review <i>pages 12-15</i> using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 13 and 15. Assign Journal pages 16-21.
5	Step 2: Committing to Change 1) Review behavioral homework. 2) Review <i>pages 16-21</i> using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 17, 19 and 20. Assign Journal pages 22-23.
6	Step 2: Committing to Change 1) Review behavioral homework. 2) Review <i>pages 22-23</i> using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 22 and 23. Assign Journal pages 24-27.

Forward Thinking
Individual Application for Low Contact Time (30 minutes or less)

Individual Change Plan - continued (12+ Sessions)

Session	In-session objectives	Out of session (homework)
7	Step 3: Making Change Happen 1) Review behavioral homework. 2) Review <i>pages 24-27</i> using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 25 and 26. Assign Journal pages 28-31.
8	Step 3: Making Change Happen 1) Review behavioral homework. 2) Review <i>pages 28-31</i> using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 29 and 31. Assign Journal pages 32-33.
9	My Individual Change Plan 1) Review behavioral homework. 2) Review <i>pages 32-33</i> using facilitated activities. 3) Introduce and assign homework.	Assign participant to set change goals for Issue 1 on page 34.
10	Issue 1 1) Review Issue 1 change goals on <i>page 34</i> . 2) Introduce and assign homework.	Assign participant to set change goals for Issue 2 on page 38.
11	Issue 2 1) Review Issue 2 change goals on <i>page 38</i> . 2) Introduce and assign homework.	Assign participant to set change goals for Issue 3 on page 42. Assign Journal pages 46-47.
12+	Issue 3 1) Review Issue 3 change goals on <i>page 42</i> . Reviewing Progress 1) Review progress using <i>pages following each issue</i> . Maintaining Momentum 1) Review <i>pages 46-47</i> using facilitated activities.	

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Responsible Behavior (12 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-8</i> .	Assign behavioral homework on pages 4-5.
2	1) Review behavioral homework. 2) Complete <i>pages 6-8</i> using facilitated activities. 3) Introduce <i>pages 9-11</i> .	Assign behavioral homework on pages 6-8. These exercises include logging of situations, self-talk and feelings. Consider combining into one log.
3	1) Review behavioral homework. 2) Complete <i>pages 9-11</i> using facilitated activities. 3) Introduce <i>pages 12-15</i> .	Assign behavioral homework on pages 9 and 11.
4	1) Review behavioral homework. 2) Complete <i>pages 12-15</i> using facilitated activities. 3) Introduce <i>pages 16-17</i> .	Assign behavioral homework on pages 14-15.
5	1) Review behavioral homework. 2) Complete <i>pages 16-17</i> using facilitated activities. 3) Introduce <i>pages 18-21</i> .	Assign behavioral homework on page 17.
6	1) Review behavioral homework. 2) Complete <i>pages 18-21</i> using facilitated activities. 3) Introduce <i>pages 22-27</i> .	Assign behavioral homework on pages 18-21.
7	1) Review behavioral homework. 2) Complete <i>pages 22-27</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 23-27.
8	1) Review behavioral homework. 2) Complete <i>pages 28-31</i> using facilitated activities. 3) Introduce <i>pages 32-34</i> .	Assign behavioral homework on pages 28-31.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Responsible Behavior - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
9	1) Review behavioral homework. 2) Complete <i>pages 32-34</i> using facilitated activities. 3) Introduce <i>pages 35-37</i> .	Assign behavioral homework on pages 33-34.
10	1) Review behavioral homework. 2) Complete <i>pages 35-37</i> using facilitated activities. 3) Introduce <i>pages 38-41</i> .	Assign behavioral homework on pages 36-37.
11	1) Review behavioral homework. 2) Complete <i>pages 38-41</i> using facilitated activities. 3) Introduce <i>pages 44-47</i> .	Assign behavioral homework on pages 41 and 43.
12	1) Review behavioral homework. 2) Complete <i>pages 44-47</i> using facilitated activities.	Assign behavioral homework on page 47. Share with assigned staff person.

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Responsible Behavior (8 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-9</i> using facilitated activities. 2) Introduce <i>pages 10-15</i> .	Assign behavioral homework on pages 4-9. Homework exercises on pages 6-8 include logging of situations, self-talk and feelings. Consider combining into one log.
2	1) Review behavioral homework. 2) Complete <i>pages 10-15</i> using facilitated activities. 3) Introduce <i>pages 16-21</i> .	Assign behavioral homework on pages 10-15.
3	1) Review behavioral homework. 2) Complete <i>pages 16-21</i> using facilitated activities. 3) Introduce <i>pages 22-27</i> .	Assign behavioral homework on pages 16-21.
4	1) Review behavioral homework. 2) Complete <i>pages 22-27</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 22-27.
5	1) Review behavioral homework. 2) Complete <i>page 28-31</i> using facilitated activities. 3) Introduce <i>pages 32-37</i> .	Assign behavioral homework on pages 28-31.
6	1) Review behavioral homework. 2) Complete <i>pages 32-37</i> using facilitated activities. 3) Introduce <i>pages 38-43</i> .	Assign behavioral homework on pages 32-37.
7	1) Review behavioral homework. 2) Complete <i>pages 38-41</i> using facilitated activities. 3) Introduce <i>pages 44-47</i> .	Assign behavioral homework on pages 41 and 43.
8	1) Review behavioral homework. 2) Complete <i>pages 44-47</i> using facilitated activities.	Assign behavioral homework on page 47. Share with assigned staff person.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Handling Difficult Feelings (12 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-8</i> .	
2	1) Complete <i>pages 6-8</i> using facilitated activities. 2) Introduce <i>pages 9-12</i> .	Assign behavioral homework on pages 6-8.
3	1) Review behavioral homework. 2) Complete <i>pages 9-12</i> using facilitated activities. 3) Introduce <i>pages 13-17</i> .	Assign behavioral homework on pages 10-12.
4	1) Review behavioral homework. 2) Complete <i>pages 13-17</i> using facilitated activities. 3) Introduce <i>pages 18-21</i> .	Assign behavioral homework on pages 13-17.
5	1) Review behavioral homework. 2) Complete <i>pages 18-21</i> using facilitated activities. 3) Introduce <i>pages 22-23</i> .	Assign behavioral homework on pages 18-21.
6	1) Review behavioral homework. 2) Complete <i>pages 22-23</i> using facilitated activities. 3) Introduce <i>pages 24-27</i> .	Assign behavioral homework on page 23.
7	1) Review behavioral homework. 2) Complete <i>pages 24-27</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 25-27.
8	1) Review behavioral homework. 2) Complete <i>pages 28-31</i> using facilitated activities. 3) Introduce <i>pages 32-33</i> .	Assign behavioral homework on pages 28-30.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Handling Difficult Feelings - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
9	1) Review behavioral homework. 2) Complete <i>pages 32-33</i> using facilitated activities. 3) Introduce <i>pages 34-35</i> .	Assign behavioral homework on pages 32-33.
10	1) Review behavioral homework. 2) Complete <i>pages 34-35</i> using facilitated activities. 3) Introduce <i>pages 36-37</i> .	Assign behavioral homework on page 34.
11	1) Review behavioral homework. 2) Complete <i>pages 36-37</i> using facilitated activities. 3) Introduce <i>pages 38-39</i> .	Assign behavioral homework on pages 36-37.
12	1) Review behavioral homework. 2) Complete <i>pages 38-39</i> using facilitated activities.	Assign behavioral homework on page 38. Share with staff member.

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Handling Difficult Feelings (8 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-8</i> using facilitated activities. 2) Introduce <i>pages 9-12</i> .	Assign behavioral homework on pages 6-8.
2	1) Review behavioral homework. 2) Complete <i>pages 9-12</i> using facilitated activities. 3) Introduce <i>pages 13-17</i> .	Assign behavioral homework on pages 10-12.
3	1) Review behavioral homework. 2) Complete <i>pages 13-17</i> using facilitated activities. 3) Introduce <i>pages 18-23</i> .	Assign behavioral homework on pages 13-17.
4	1) Review behavioral homework. 2) Complete <i>pages 18-23</i> using facilitated activities. 3) Introduce <i>pages 24-27</i> .	Assign behavioral homework on pages 18-23.
5	1) Review behavioral homework. 2) Complete <i>page 24-27</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 25-27.
6	1) Review behavioral homework. 2) Complete <i>pages 28-31</i> using facilitated activities. 3) Introduce <i>pages 32-35</i> .	Assign behavioral homework on pages 28-30.
7	1) Review behavioral homework. 2) Complete <i>pages 32-35</i> using facilitated activities. 3) Introduce <i>pages 36-39</i> .	Assign behavioral homework on pages 32-35.
8	1) Review behavioral homework. 2) Complete <i>pages 36-39</i> using facilitated activities.	Assign behavioral homework on page 36-38. Share with assigned staff person.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Relationships and Communication (12 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-7</i> .	Assign behavioral homework on pages 4-5. NOTE: Consider having participants begin work on “My Relationship Diagram” (pg. 6) prior to Session 2 – sufficient time should be given to participants for self-evaluation.
2	1) Review behavioral homework. 2) Complete <i>pages 6-7</i> using facilitated activities. 3) Introduce <i>pages 8-10</i> .	Assign behavioral homework on page 7.
3	1) Review behavioral homework. 2) Complete <i>pages 8-10</i> using facilitated activities. 3) Introduce <i>pages 11-14</i> .	Assign behavioral homework on pages 8-10.
4	1) Review behavioral homework. 2) Complete <i>pages 11-14</i> using facilitated activities. 3) Introduce <i>pages 15-17</i> .	Assign behavioral homework on pages 12-14.
5	1) Review behavioral homework. 2) Complete <i>pages 15-17</i> using facilitated activities. 3) Introduce <i>pages 18-20</i> .	Assign behavioral homework on pages 15-17. NOTE: Consider having participants begin work on “Rethinking My Relationship Diagram” (pg. 20) prior to Session 6 – sufficient time should be given to participants for self-evaluation.
6	1) Review behavioral homework. 2) Complete <i>pages 18-20</i> using facilitated activities. 3) Introduce <i>pages 21-22</i> .	Assign behavioral homework on pages 18-19.
7	1) Review behavioral homework. 2) Complete <i>pages 21-22</i> using facilitated activities. 3) Introduce <i>pages 23-27</i> .	Assign behavioral homework on pages 21-22.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Relationships and Communication - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
8	1) Review behavioral homework. 2) Complete <i>pages 23-27 (Relationship #1)</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 23-27.
9	1) Review behavioral homework. 2) Complete <i>pages 28-31 (Relationship #2)</i> using facilitated activities. 3) Introduce <i>pages 32-35</i> .	Assign behavioral homework on pages 28-31.
10	1) Review behavioral homework. 2) Complete <i>pages 32-35 (Relationship #3)</i> using facilitated activities. 3) Introduce <i>pages 36-39</i> .	Assign behavioral homework on pages 32-35.
11 & 12	1) Review behavioral homework. 2) Complete <i>pages 36-39</i> using facilitated activities. NOTE: This is often a very challenging issue for young people. Two sessions are dedicated to this topic to ensure sufficient time for discussion, planning and practice. Role-play is valuable here.	Assign behavioral homework for Session 12: page 31.

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Relationships and Communication (8 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-7</i> .	Assign behavioral homework on pages 4-5. NOTE: Consider having participants begin work on “My Relationship Diagram” (pg. 6) prior to Session 2 – sufficient time should be given to participants for self-evaluation.
2	1) Review behavioral homework. 2) Complete <i>pages 6-7</i> using facilitated activities. 3) Introduce <i>pages 8-10</i> .	Assign behavioral homework on page 7.
3	1) Review behavioral homework. 2) Complete <i>pages 8-10</i> using facilitated activities. 3) Introduce <i>pages 11-17</i> .	Assign behavioral homework on pages 8-10.
4	1) Review behavioral homework. 2) Complete <i>pages 11-17</i> using facilitated activities. 3) Introduce <i>pages 18-21</i> .	Assign behavioral homework on pages 12-17. NOTE: Consider having participants begin work on “Rethinking My Relationship Diagram” (pg. 20) prior to Session 5 – sufficient time should be given to participants for self-evaluation.
5	1) Review behavioral homework. 2) Complete <i>pages 18-21</i> using facilitated activities. 3) Introduce <i>pages 22-31</i> .	Assign behavioral homework on pages 19-21. NOTE: During Session 6 participants will evaluate three relationships. Have participants begin work on pages 22-31 in preparation for in-session activities.
6	1) Review behavioral homework. 2) Complete <i>pages 21-31</i> using facilitated activities. 3) Introduce <i>pages 32-35</i> .	Assign behavioral homework on pages 22-31.

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Relationships and Communication - continued (8 Sessions)

Session	In-session objectives	Out of session (homework)
7 & 8	1) Review behavioral homework. 2) Complete <i>pages 32-35</i> using facilitated activities. NOTE: This is often a very challenging issue for young people. Two sessions are dedicated to this topic to ensure sufficient time for discussion, planning and practice. Role-play is valuable here.	Assign behavioral homework on page 31. Share with a staff member.

Forward Thinking Group Application for High Intensity (60-90 minutes)

Victim Awareness (12 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-11</i> .	Assign behavioral homework on page 5. NOTE: Work in this Journal requires participants to discuss and journal about their committing offense and victimization of others. Facilitators must decide whether certain topics will be discussed and shared openly in sessions or work will be completed in individual sessions.
2	1) Review behavioral homework. 2) Complete <i>pages 6-11</i> using facilitated activities. 3) Introduce <i>pages 12-17</i> .	Assign behavioral homework on pages 6 and 8. NOTE Additional out-of-session time may be necessary for participants to complete their “revised story of my committing offense.”
3	1) Review behavioral homework. 2) Complete <i>pages 12-17</i> using facilitated activities. 3) Introduce <i>page 18</i> .	Assign behavioral homework on pages 13-17.
4	1) Review behavioral homework. 2) Complete <i>page 18</i> using facilitated activities. 3) Introduce <i>pages 19-20</i> .	Assign behavioral homework on page 18.
5	1) Review behavioral homework. 2) Complete <i>pages 19-20</i> using facilitated activities. 3) Introduce <i>pages 21-23</i> .	Assign behavioral homework on page 20.
6	1) Review behavioral homework. 2) Complete <i>pages 21-23</i> using facilitated activities. 3) Introduce <i>pages 24-25</i> .	Assign behavioral homework on pages 22-23.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Victim Awareness - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
7	1) Review behavioral homework. 2) Complete <i>pages 24-25</i> using facilitated activities. 3) Introduce <i>pages 26-28</i> .	Assign behavioral homework on page 25.
8	1) Review behavioral homework. 2) Complete <i>pages 26-28</i> using facilitated activities. 3) Introduce <i>pages 29-30</i> .	Assign behavioral homework on pages 27-28.
9	1) Review behavioral homework. 2) Complete <i>pages 29-30</i> using facilitated activities. 3) Introduce <i>pages 31-33</i> .	Assign behavioral homework on page 30.
10	1) Review behavioral homework. 2) Complete <i>pages 31-33</i> using facilitated activities. 3) Introduce <i>pages 34-36</i> .	Assign behavioral homework on pages 31-33 & page 35 (Behavior Check).
11	1) Review behavioral homework. 2) Complete <i>pages 34-36</i> using facilitated activities. 3) Introduce <i>pages 37-39</i> .	Assign behavioral homework on page 36.
12	1) Review behavioral homework. 2) Complete <i>pages 37-39</i> using facilitated activities.	Assign behavioral homework on page 39. Review with staff member.

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Victim Awareness (8 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-11</i> .	Assign behavioral homework on pages 6-7. NOTE: Work in this Journal requires participants to discuss and journal about their committing offense and victimization of others. Facilitators must decide whether certain topics will be discussed and shared openly in sessions or work will be completed in individual sessions.
2	1) Review behavioral homework. 2) Complete <i>pages 6-11</i> using facilitated activities. 3) Introduce <i>pages 12-17</i> .	Assign behavioral homework on pages 6 and 8. NOTE Additional out-of-session time may be necessary for participants to complete their “revised story of my committing offense.”
3	1) Review behavioral homework. 2) Complete <i>pages 12-17</i> using facilitated activities. 3) Introduce <i>pages 18-25</i> .	Assign behavioral homework on pages 13-17.
4	1) Review behavioral homework. 2) Complete <i>pages 18-25</i> using facilitated activities. 3) Introduce <i>pages 26-30</i> .	Assign behavioral homework on pages 18-25.
5	1) Review behavioral homework. 2) Complete <i>page 26-30</i> using facilitated activities. 3) Introduce <i>pages 31-33</i> .	Assign behavioral homework on pages 27-30.
6	1) Review behavioral homework. 2) Complete <i>pages 31-33</i> using facilitated activities. 3) Introduce <i>pages 34-36</i> .	Assign behavioral homework on pages 31-33 & page 35 (Behavior Check).

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Victim Awareness - continued (8 Sessions)

Session	In-session objectives	Out of session (homework)
7	1) Review behavioral homework. 2) Complete <i>pages 34-36</i> using facilitated activities. 3) Introduce <i>pages 37-39</i> .	Assign behavioral homework on page 36.
8	1) Review behavioral homework. 2) Complete <i>pages 37-39</i> using facilitated activities.	Assign behavioral homework on page 39. Review with staff member.

Forward Thinking

Group Application for High Intensity (60-90 minutes)

Reentry Planning (14 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-12</i> .	Assign behavioral homework on pages 4-5 (ICP Issue #1).
2	1) Review behavioral homework. 2) Complete <i>pages 6-12</i> using facilitated activities. 3) Introduce <i>pages 13-16</i> . NOTE: ICP Issues 2 & 3 can be completed in session or assigned as homework in the first session.	
3	1) Review behavioral homework. 2) Complete <i>pages 13-16</i> using facilitated activities. 3) Introduce <i>pages 17-18</i> .	
4	1) Review behavioral homework. 2) Complete <i>pages 17-18</i> using facilitated activities. 3) Introduce <i>pages 19-21</i> .	Assign behavioral homework on page 18.
5	1) Review behavioral homework. 2) Complete <i>pages 19-21</i> using facilitated activities. 3) Introduce <i>pages 22-27</i> .	Assign behavioral homework on pages 19-21.
6	1) Review behavioral homework. 2) Complete <i>pages 22-27</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 23-26.
7	1) Review behavioral homework. 2) Complete <i>pages 28-31</i> using facilitated activities. 3) Introduce <i>pages 32-37</i> .	Assign behavioral homework on pages 28 and 31.
8	1) Review behavioral homework. 2) Complete <i>pages 32-37</i> using facilitated activities. 3) Introduce <i>pages 38-44</i> .	Assign behavioral homework on pages 32-37.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Reentry Planning - continued (14 Sessions)

Session	In-session objectives	Out of session (homework)
9	1) Review behavioral homework. 2) Complete <i>pages 38-44</i> using facilitated activities. 3) Introduce <i>pages 45-47</i> .	Assign behavioral homework on pages 38-41 & page 44.
10	1) Review behavioral homework. 2) Complete <i>pages 45-47</i> using facilitated activities. 3) Introduce <i>pages 48-53</i> .	Assign behavioral homework on pages 45-46.
11	1) Review behavioral homework. 2) Complete <i>pages 48-53</i> using facilitated activities. 3) Introduce <i>pages 54-56</i> .	Assign behavioral homework on pages 49-53.
12	1) Review behavioral homework. 2) Complete <i>pages 54-56</i> using facilitated activities. 3) Introduce <i>pages 57-60</i> .	Assign behavioral homework on page 55.
13	1) Review behavioral homework. 2) Complete <i>pages 57-60</i> using facilitated activities. 3) Introduce <i>pages 61-63</i> .	Assign behavioral homework on pages 59.
14	1) Review behavioral homework. 2) Complete <i>pages 61-63</i> using facilitated activities.	

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Reentry Planning (10 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-12</i> .	Assign behavioral homework on pages 4-5 (ICP Issue #1).
2	1) Review behavioral homework. 2) Complete <i>pages 6-12</i> using facilitated activities. 3) Introduce <i>pages 13-18</i> . NOTE: ICP Issues 2 & 3 can be completed in session or assigned as homework in the first session.	
3	1) Review behavioral homework. 2) Complete <i>pages 13-18</i> using facilitated activities. 3) Introduce <i>pages 19-24</i> .	Assign behavioral homework on page 18.
4	1) Review behavioral homework. 2) Complete <i>pages 19-24</i> using facilitated activities. 3) Introduce <i>pages 25-31</i> .	Assign behavioral homework on pages 19-24.
5	1) Review behavioral homework. 2) Complete <i>pages 25-31</i> using facilitated activities. 3) Introduce <i>pages 32-37</i> .	Assign behavioral homework on pages 25-31.
6	1) Review behavioral homework. 2) Complete <i>pages 32-37</i> using facilitated activities. 3) Introduce <i>pages 38-47</i> .	Assign behavioral homework on pages 32-37.
7	1) Review behavioral homework. 2) Complete <i>pages 38-47</i> using facilitated activities. 3) Introduce <i>pages 48-53</i> .	Assign behavioral homework on pages 38-47.

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Reentry Planning - continued (10 Sessions)

Session	In-session objectives	Out of session (homework)
8	1) Review behavioral homework. 2) Complete <i>pages 48-53</i> using facilitated activities. 3) Introduce <i>pages 54-56</i> .	Assign behavioral homework on pages 49-53.
9	1) Review behavioral homework. 2) Complete <i>pages 54-56</i> using facilitated activities. 3) Introduce <i>pages 57-63</i> .	Assign behavioral homework on page 55.
10	1) Review behavioral homework. 2) Complete <i>pages 57-63</i> using facilitated activities.	Assign behavioral homework on page 57. Share with a staff member.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Substance Using Behaviors (12 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-9</i> .	
2	1) Complete <i>pages 6-9</i> using facilitated activities. 2) Introduce <i>pages 10-11</i> .	Assign behavioral homework on pages 7-9.
3	1) Review behavioral homework. 2) Complete <i>pages 10-11</i> using facilitated activities. 3) Introduce <i>pages 12-13</i> .	Assign behavioral homework on pages 10-11.
4	1) Review behavioral homework. 2) Complete <i>pages 12-13</i> using facilitated activities. 3) Introduce <i>pages 14-16</i> .	Assign behavioral homework on pages 12-13.
5	1) Review behavioral homework. 2) Complete <i>pages 14-16</i> using facilitated activities. 3) Introduce <i>pages 17-22</i> .	Assign behavioral homework on pages 14-16.
6	1) Review behavioral homework. 2) Complete <i>pages 17-22</i> using facilitated activities. 3) Introduce <i>pages 23-25</i> .	Assign behavioral homework on pages 21-22.
7	1) Review behavioral homework. 2) Complete <i>pages 23-25</i> using facilitated activities. 3) Introduce <i>pages 26-27</i> .	Assign behavioral homework on pages 24-25.
8	1) Review behavioral homework. 2) Complete <i>pages 26-27</i> using facilitated activities. 3) Introduce <i>pages 28-30</i> .	Assign behavioral homework on pages 26-27.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Substance Using Behaviors - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
9	1) Review behavioral homework. 2) Complete <i>pages 28-30</i> using facilitated activities. 3) Introduce <i>pages 31-33</i> .	Assign behavioral homework on page 30.
10	1) Review behavioral homework. 2) Complete <i>pages 31-33</i> using facilitated activities. 3) Introduce <i>pages 34-35</i> .	Assign behavioral homework on pages 32-33.
11	1) Review behavioral homework. 2) Complete <i>pages 34-35</i> using facilitated activities. 3) Introduce <i>pages 36-40</i> .	Assign behavioral homework on pages 34-35.
12	1) Review behavioral homework. 2) Complete <i>pages 36-40</i> using facilitated activities.	Assign behavioral homework on pages 36-40. Share with assigned staff person.

Forward Thinking
Group Application for Medium Intensity (60-90 minutes)

Substance Using Behaviors (8 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-7</i> using facilitated activities. 2) Introduce <i>pages 8-11</i> .	Assign behavioral homework on pages 6-7.
2	1) Review behavioral homework. 2) Complete <i>pages 8-11</i> using facilitated activities. 3) Introduce <i>pages 12-16</i> .	Assign behavioral homework on pages 8-11.
3	1) Review behavioral homework. 2) Complete <i>pages 12-16</i> using facilitated activities. 3) Introduce <i>pages 17-23</i> .	Assign behavioral homework on pages 12-16.
4	1) Review behavioral homework. 2) Complete <i>pages 17-23</i> using facilitated activities. 3) Introduce <i>pages 24-27</i> .	Assign behavioral homework on pages 17-22.
5	1) Review behavioral homework. 2) Complete <i>page 24-27</i> using facilitated activities. 3) Introduce <i>pages 28-31</i> .	Assign behavioral homework on pages 24-27.
6	1) Review behavioral homework. 2) Complete <i>pages 28-31</i> using facilitated activities. 3) Introduce <i>pages 32-35</i> .	Assign behavioral homework on page 30.
7	1) Review behavioral homework. 2) Complete <i>pages 32-35</i> using facilitated activities. 3) Introduce <i>pages 36-40</i> .	Assign behavioral homework on pages 32-35.
8	1) Review behavioral homework. 2) Complete <i>pages 36-40</i> using facilitated activities.	Assign behavioral homework on pages 36-40. Share with assigned staff person.

Forward Thinking

Group Application for High Intensity (60-90 minutes)

Family (12 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-7</i> .	Assign behavioral homework on pages 4-5.
2	1) Complete <i>pages 6-7</i> using facilitated activities. 2) Introduce <i>pages 8-9</i> .	Assign behavioral homework on pages 6-7.
3	1) Review behavioral homework. 2) Complete <i>pages 8-9</i> using facilitated activities. 3) Introduce <i>pages 10-11</i> .	Assign behavioral homework on page 9.
4	1) Review behavioral homework. 2) Complete <i>pages 10-11</i> using facilitated activities. 3) Introduce <i>pages 12-14</i> .	Assign behavioral homework on pages 10-11.
5	1) Review behavioral homework. 2) Complete <i>pages 12-14</i> using facilitated activities. 3) Introduce <i>pages 15-17</i> .	Assign behavioral homework on pages 12-14.
6	1) Review behavioral homework. 2) Complete <i>pages 15-17</i> using facilitated activities. 3) Introduce <i>pages 18-19</i> .	Assign behavioral homework on pages 15-17.
7	1) Review behavioral homework. 2) Complete <i>pages 18-19</i> using facilitated activities. 3) Introduce <i>pages 20-21</i> .	Assign behavioral homework on pages 18-19.
8	1) Review behavioral homework. 2) Complete <i>pages 20-21</i> using facilitated activities. 3) Introduce <i>pages 22-25</i> .	Assign behavioral homework on pages 20-21.

Forward Thinking
Group Application for High Intensity (60-90 minutes)

Family - continued (12 Sessions)

Session	In-session objectives	Out of session (homework)
9	1) Review behavioral homework. 2) Complete <i>pages 22-25</i> using facilitated activities. 3) Introduce <i>pages 26-27</i> .	Assign behavioral homework on pages 22-25.
10	1) Review behavioral homework. 2) Complete <i>pages 26-27</i> using facilitated activities. 3) Introduce <i>pages 28-29</i> .	Assign behavioral homework on pages 26-27.
11	1) Review behavioral homework. 2) Complete <i>pages 28-29</i> using facilitated activities. 3) Introduce <i>pages 30-32</i> .	Assign behavioral homework on pages 28-29.
12	1) Review behavioral homework. 2) Complete <i>pages 30-32</i> using facilitated activities.	Assign behavioral homework on pages 30-32. Share with assigned staff person.

Forward Thinking

Group Application for Medium Intensity (60-90 minutes)

Family (8 Sessions)

Session	In-session objectives	Out of session (homework)
1	1) Complete <i>pages 2-5</i> using facilitated activities. 2) Introduce <i>pages 6-9</i> .	Assign behavioral homework on pages 4-5.
2	1) Review behavioral homework. 2) Complete <i>pages 6-9</i> using facilitated activities. 3) Introduce <i>pages 10-13</i> .	Assign behavioral homework on pages 6-9.
3	1) Review behavioral homework. 2) Complete <i>pages 10-13</i> using facilitated activities. 3) Introduce <i>pages 14-17</i> .	Assign behavioral homework on pages 10-11.
4	1) Review behavioral homework. 2) Complete <i>pages 14-17</i> using facilitated activities. 3) Introduce <i>pages 18-21</i> .	Assign behavioral homework on pages 14-17.
5	1) Review behavioral homework. 2) Complete <i>page 18-21</i> using facilitated activities. 3) Introduce <i>pages 22-25</i> .	Assign behavioral homework on pages 18-19.
6	1) Review behavioral homework. 2) Complete <i>pages 22-25</i> using facilitated activities. 3) Introduce <i>pages 26-28</i> .	Assign behavioral homework on pages 22-25.
7	1) Review behavioral homework. 2) Complete <i>pages 26-28</i> using facilitated activities. 3) Introduce <i>pages 29-32</i> .	Assign behavioral homework on pages 26-28.
8	1) Review behavioral homework. 2) Complete <i>pages 29-32</i> using facilitated activities.	Assign behavioral homework on pages 29-32. Share with assigned staff person.