



Key Learning Objectives

Residential Drug Abuse Program (RDAP)



About RDAP

In 1999, The Change Companies® was selected by the U.S. Department of Justice, Federal Bureau of Prisons, to collaborate in the development of a substance use treatment program.

Through ongoing collaboration, this initial series of Journals has been continually refined for implementation within the Residential Drug Abuse Program (RDAP). The program uses a gender-responsive approach, featuring separate versions for men and women. The use of *Interactive Journaling*® is an integral component of the program and is used in all Bureau of Prisons institutions.

The Change Companies® has introduced many components of the Bureau of Prisons program to state prisons, probation and parole offices, drug courts and jails. Currently, more than 600 sites are using various versions of this research-based program for both drug use and criminal thinking.



The **Community** Journal introduces participants to the concept of the modified therapeutic community. It engages new members and familiarizes them with the concepts and practices of the community.



Key Learning Objectives:

- Participants will learn how to participate in the group environment of the modified therapeutic community.
- Participants will discover how interactions within the community are connected to their change efforts.
- Participants will explore how community meetings are structured and how these support their recovery efforts.
- Participants will learn about the parts of a healthy community.

The **Opportunity to Change** Journal gives participants a broad overview of RDAP and introduces them to different opportunities as members of the community. The Journal focuses on essential skills to help participants as they work through the behavior change process.



Key Learning Objectives:

- Participants will learn skills to help them be successful and consider obstacles that may get in the way of their success.
- Participants will learn the five parts of RDAP and focus on the first part, 8 Positive Attitudes for Change.
- Participants will set SMART goals related to their change efforts.
- Participants will develop a Readiness Statement as the starting point for life changes.

The ABCs of Thinking explores the connections between perceptions, thoughts, decisions and behavior. It introduces participants to 8 Common Thinking Errors and provides strategies for effectively managing feelings.



Key Learning Objectives:

- Participants will learn why it is important to examine their thinking style.
- Participants will explore 8 Common Thinking Errors that can result in negative consequences.
- Participants will learn about feelings and how they affect their thinking and actions.
- Participants will be introduced to the three goals of Rational Self-Counseling.

Rational Self-Counseling helps participants explore their thoughts and examine how high-risk feelings and events can be managed to achieve more desirable outcomes. The Rational Self-Analysis is also introduced in this Journal.



Key Learning Objectives:

- Participants will explore how Rational Self-Counseling and The Five Rules of Rational Thinking can help them check their thinking.
- Participants will apply the thinking skills and strategies they have learned using a Rational Self-Analysis.
- Participants will consider other good habits to develop for managing their emotional, physical and behavioral consequences.

The **Challenging Thinking** Journal introduces participants to 8 Criminal Thinking Errors and helps them challenge these types of thinking as they work to build a prosocial lifestyle.



Key Learning Objectives:

- Participants will examine the costs and payoffs of their criminal behaviors.
- Participants will identify each criminal thinking error and how it can be challenged.

The **Connecting with Others** Journal helps participants improve communication skills. Participants look at how family traits impact relationships and how different roles and communication styles can change their relationships.



Key Learning Objectives:

- Participants will learn different ways that people communicate.
- Participants will explore how to build, strengthen and maintain healthy relationships.

The **Prosocial Lifestyle** Journal introduces participants to the concept of a prosocial lifestyle and the impact of criminal behavior on victims, families and society. Participants will set goals and commitments to help them continue to change.



Key Learning Objectives:

- Participants will explore four hurdles to a prosocial lifestyle and learn how to overcome them.
- Participants will learn about the ripple effect of crime and the different victims it impacts.
- Participants will develop a Statement of Commitment and check in on their goals.

The **Strategies for Success** Journal allows participants to reflect on their progress so far in RDAP and look at strategies they can apply moving forward.



Key Learning Objectives:

- Participants will reflect on how the different parts of RDAP have benefited them and assess the progress they have made.
- Participants will explore strategies and characteristics that will lead them to success.
- Participants will create a Success Statement summarizing what they have gained so far in RDAP.

The **Moving Forward** Journal allows participants to consider the expectations, potential obstacles and components of a balanced lifestyle that will help them make a successful transition out of RDAP.



Key Learning Objectives:

- Participants will learn about and address the potential obstacles to their continued recovery.
- Participants will learn the components of a balanced lifestyle.
- Participants will create a plan for their successful transition out of RDAP.

Check Pads

Check pads are for participants to practice and apply the principles they are learning in the program outside of group sessions.



The Attitude Check helps participants examine the attitudes they currently demonstrate in relation to the 8 Positive Attitudes for successful treatment.



The Rational Self-Analysis (RSA) Check Pad is a tool that assists participants in challenging their thinking. RSAs offer opportunities for individuals to check their thinking and make sure it's rational.

RDAP Facilitator Guides

Facilitator Guides are designed to help facilitators engage participants and maintain program fidelity.

Features include:

- Discussion questions for group, triad and dyad interactions
- Role-play exercises
- Relevant research references
- Key concept definitions
- Facilitator tips and “tune-in” moments
- Guidance in the women’s version for trauma-informed, gender-responsive programming



Give us a call so we can assist you in planning your implementation of this newly-enhanced, state-of-the-art treatment program in your facility.