## 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. Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session		In-session Objectives	Out-of-session Objectives
1	1.	Introduce <i>Getting Started</i> and process page 3.	Complete Journal pages 4-7.
	2.	Give assignment for next session.	
2	1.	Review pages 4-7 using Facilitator Guide pages 24-27 for strategies.	Complete Journal pages 8-12. Assign two of the three behavioral activities on FG
	2.	Give assignment.	pgs. 28-30, 32.
	1.	Review behavioral assignment.	Complete Journal pages 13-17. Assign the
3	2.	Review pages 8-12 using Facilitator Guide pages 28.	two behavioral activities FG pgs. 34, 36.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 18-21. Assign tw
4	2.	Review pages 13-17 using Facilitator Guide pages 33-37 for strategies.	behavioral activities FG pgs. 39-41.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 22-24. Assign
5	2.	Review pages 18-21 using Facilitator Guide pages 38-41. Share PCRA scores and compare top 3 areas.	behavioral activity FG pg. 42.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Readiness Statement will give an
6	2.	Review pages 22-24 using Facilitator Guide pages 42-44.	indication of the individual's readiness to change.

## 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. Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce Social Values and process page 3.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-8. Assign two of four behavioral activities on FG pgs. 24-27.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign two of the three behavioral activities on FG pgs. 30-32.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the three behavioral activities on FG pgs. 35, 37, 39.
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign two of the three behavioral activities on FG pgs. 41, 43, 45.
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign two of the three behavioral activities on FG pgs. 46, 47, 50.
6	<ol> <li>Review behavioral assignment.</li> <li>Review pages 26-32 using Facilitator Guide pages 46-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

## Social Values

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

Session		In-session Objectives	Out-of-session Objectives
1		Introduce <i>Social Values</i> and process page 3. Give assignment for next session.	Complete Journal pages 4-7. Assign three of four behavioral activities on FG pgs. 24-27.
	+	Review behavioral assignment.	Complete Journal pages 8-11. Assign the
2		Review pages 4-7 using Facilitator Guide pages 24-27.	two behavioral activities on FG pgs. 30-31.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 12-15. Assign the
3	2.	Review pages 8-11 using Facilitator Guide pages 28-31.	two behavioral activities on FG pgs. 32, 35.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 16-19. Assign the
4	2.	Review pages 12-15 using Facilitator Guide pages 32-35.	two behavioral activities on FG pgs. 37, 39.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 20-23. Assign the
5	2.	Review pages 16-19 using Facilitator Guide pages 36-39.	two behavioral activities on FG pgs. 41, 43.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 24-27. Assign
6	2.	Review pages 20-23 using Facilitator Guide pages 40-43.	three behavioral activities on FG pgs. 45-47.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 28-32. Assign
7	2.	Review pages 24-27 using Facilitator Guide pages 44-47.	behavioral activity on FG. pg. 50.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Encourage commitment to actions and
8	2.	Review pages 28-32 using Facilitator Guide pages 48-52.	goals on page 31 "My Future."

## Social Values

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

Session		In-session Objectives	Out-of-session Objectives
1		Introduce <i>Social Values</i> and process page 3. Give assignment for next session.	Complete Journal pages 4-7. Assign two of four behavioral activities on FG pgs. 24-27.
	_		
2		Review behavioral assignment. Review pages 4-8 using Facilitator Guide pages 24-28.	Complete Journal pages 9-13. Assign two of the three behavioral activities on FG pgs. 30-32.
	3.	Give assignment.	
3	1. 2.	Review behavioral assignment. Review pages 9-13 using Facilitator Guide pages 29-33.	Complete Journal pages 14-19. Assign two of the three behavioral activities on FG pgs. 35, 37, 39.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 20-25. Assign two
4	2.	Review pages 14-19 using Facilitator Guide pages 34-39.	of the three behavioral activities on FG pgs. 41, 43, 45.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 26-32. Assign two
5	2.	Review pages 20-25 using Facilitator Guide pages 40-45.	of the three behavioral activities on FG pgs. 46, 47, 50.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Encourage commitment to actions and
6	2.	Review pages 26-32 using Facilitator Guide pages 46-52.	goals on page 31 "My Future."

approved peer.

## Responsible Thinking

### 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. Note: For all assignments, participants read, write and share with a support person, staff member or

Session	In-session Objectives	Out-of-session Objectives
1	1. Introduce <i>Responsible Thinking</i> and process page 3 using Facilitation Guide page 23.	Complete Journal pages 4-8. Assign two of three behavioral activities on FG pgs. 24, 27, 28.
	2. Give assignment for next session.	
	1. Review behavioral assignment.	Complete Journal pages 9-13. Assign the
2	2. Review pages 4-8 using Facilitator Guide pages 24-28.	two behavioral activities on FG pgs. 31, 34.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 14-19. Assign
3	2. Review pages 9-13 using Facilitator Guide pages 29-33.	three of the six behavioral activities on FG pgs. 34-39.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 20-25. Assign two
4	2. Review pages 14-19 using Facilitator Guide pages 34-39.	of the four behavioral activities on FG pgs. 40, 41, 43, 45.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 26-32. Assign the
5	2. Review pages 20-25 using Facilitator Guide pages 40-45.	behavioral activity on FG pg. 47.
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
6	2. Review pages 26-32 using Facilitator Guide pages 46-52.	goals on page 31 "My Future."

## Responsible Thinking

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

Session	In-session Objectives	Out-of-session Objectives
1	Introduce Responsible Thinking and process page 3.      Cive assignment for payt session.	Complete Journal pages 4-7. Assign three of four behavioral activities on FG pgs. 24, 27.
	2. Give assignment for next session.	
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-7 using Facilitator Guide pages 24-27.</li> </ol>	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 28, 31.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 12-15. Assign the
3	2. Review pages 8-11 using Facilitator Guide pages 28-31.	two behavioral activities on FG pgs. 34, 35.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 16-19. Assign
4	2. Review pages 12-15 using Facilitator Guide pages 32-35.	three of four behavioral activities on FG pgs. 36-39.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 20-23. Assign the
5	2. Review pages 16-19 using Facilitator Guide pages 36-39.	three behavioral activities on FG pgs. 40, 41, 43.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 24-27. Assign the
6	2. Review pages 20-23 using Facilitator Guide pages 40-43.	two behavioral activities on FG pgs. 45, 47.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 28-32.
7	2. Review pages 24-27 using Facilitator Guide pages 44-47.	
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
8	2. Review pages 28-32 using Facilitator Guide pages 48-52.	goals on page 31 "My Future."

# Responsible Thinking

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

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce Responsible Thinking a process page 3 using Facilitatio Guide page 23.</li> </ol>	
	2. Give assignment for next sessio	n.
	1. Review behavioral assignment.	Complete Journal pages 9-13. Assign the
2	2. Review pages 4-8 using Facilita Guide pages 24-28.	tor two behavioral activities on FG pgs. 31, 34.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 14-19. Assign
3	2. Review pages 9-13 using Facilit Guide pages 29-33.	ator three of the six behavioral activities on FG pgs. 34-39.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 20-25. Assign two
4	2. Review pages 14-19 using Facil Guide pages 34-39.	of the four behavioral activities on FG pgs. 40, 41, 43, 45.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 26-32. Assign the
5	2. Review pages 20-25 using Facil Guide pages 40-45.	behavioral activities on FG pg. 47.
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
6	2. Review pages 26-32 using Facil Guide pages 46-52.	itator goals on page 31 "My Future."

## 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. Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session	In-session Objectives	Out-of-session Objectives
1	1. Introduce <i>Self-control</i> and process page 3 using Facilitation Guide page 23.	Complete Journal pages 4-8. Assign two of the four behavioral activities on FG pgs. 25-28.
	2. Give assignment for next session.	
	1. Review behavioral assignment.	Complete Journal pages 9-13. Assign the
2	2. Review pages 4-8 using Facilitator Guide pages 24-28.	two behavioral activities on FG pgs. 30, 33.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 14-17. Assign two
3	2. Review pages 9-13 using Facilitator	of the four behavioral activities on FG pgs.
3	Guide pages 29-33.	34-37.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 18-20. Assign two
4	2. Review pages 14-19 using Facilitator Guide pages 34-37.	behavioral activities on FG pgs. 39, 40.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 21-24. Assign the
5	2. Review pages 18-20 using Facilitator Guide pages 38-40.	behavioral activities on FG pg. 42.
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
6	2. Review pages 21-24 using Facilitator Guide pages 41-44.	goals on page 23 "My Future."

# Self-control

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

Session		In-session Objectives	Out-of-session Objectives
1		Introduce <i>Self-control</i> and process page 3.	Complete Journal pages 4-5. Assign the behavioral activity on FG pg. 25.
	2. (	Give assignment for next session.	
	1. F	Review behavioral assignment.	Complete Journal pages 6-8. Assign two of
2		Review pages 4-5 using Facilitator Guide pages 24-25.	the three behavioral activities on FG pgs. 26-28.
	3. (	Give assignment.	
	1. F	Review behavioral assignment.	Complete Journal pages 9-11. Assign the
3	1	Review pages 6-8 using Facilitator Guide pages 26-28.	two behavioral activities on FG pgs. 29, 30.
	3. (	Give assignment.	
	1. F	Review behavioral assignment.	Complete Journal pages 12-14. Assign the
4		Review pages 9-11 using Facilitator Guide pages 29-31.	two behavioral activities on FG pgs. 33, 34.
	3. (	Give assignment.	
	1. F	Review behavioral assignment.	Complete Journal pages 15-17. Assign two
5	1	Review pages 12-14 using Facilitator Guide pages 32-34.	of the three behavioral activities on FG pgs. 35-37.
	3. (	Give assignment.	
	1. F	Review behavioral assignment.	Complete Journal pages 18-20. Assign the
6		Review pages 15-17 using Facilitator Guide pages 35-37.	two behavioral activities on FG pgs. 39, 40.
	3. (	Give assignment.	
	1. F	Review behavioral assignment.	Complete Journal pages 21-24.
7		Review pages 18-20 using Facilitator Guide pages 38-40.	Assign the behavioral activity on FG pg. 42.
	3. (	Give assignment.	
	1. F	Review behavioral assignment.	Encourage commitment to actions and
8		Review pages 21-24 using Facilitator Guide pages 41-44.	goals on page 23 "My Future."

# Self-control

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

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce Self-control and process page 3 using Facilitation Guide page 23.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-8. Assign two of the four behavioral activities on FG pgs. 25-28.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign the two behavioral activities on FG pgs. 30, 33.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 14-17. Assign two of the four behavioral activities on FG pgs. 34-37.
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 14-19 using Facilitator Guide pages 34-37.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 18-20. Assign the two behavioral activities on FG pgs. 39, 40.
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 18-20 using Facilitator Guide pages 38-40.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 21-24. Assign the behavioral activities on FG pg. 42.
6	<ol> <li>Review behavioral assignment.</li> <li>Review pages 21-24 using Facilitator Guide pages 41-44.</li> </ol>	Encourage commitment to actions and goals on page 23 "My Future."

## Peer Relationships

#### 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. Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session	In-session Objectives	Out-of-session Objectives
1	1. Introduce <i>Peer Relationships</i> and process page 3 using Facilitation Guide page 23.	Complete Journal pages 4-7. Assign two of the four behavioral activities on FG pgs. 24-27.
	2. Give assignment for next session.	Constitute to contract 2.42 A
	1. Review behavioral assignment.	Complete Journal pages 8-12. Assign two of the four behavioral activities on FG pgs.
2	2. Review pages 4-7 using Facilitator Guide pages 24-27.	28-30, 32.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 13-16. Assign two
3	2. Review pages 8-12 using Facilitator Guide pages 28-32.	of the four behavioral activities on FG pgs. 33-36.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 17-21. Assign one
4	2. Review pages 13-16 using Facilitator Guide pages 33-36.	of the three behavioral activities on FG pgs. 37, 39, 41.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 22-28. Assign one
5	2. Review pages 17-21 using Facilitator Guide pages 37-41.	of the three behavioral activities on FG pgs. 42, 44, 45.
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
6	2. Review pages 22-28 using Facilitator Guide pages 42-48.	goals on page 27 "My Future."

## Peer Relationships

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

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce <i>Peer Relationships</i> and process page 3.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-5. Assign the two behavioral activities on FG pgs. 24, 25.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-5 using Facilitator Guide pages 24-25.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 6-8. Assign two of the three behavioral activities on FG pgs. 26-28.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 6-8 using Facilitator Guide pages 26-28.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 9-12. Assign two of the three behavioral activities on FG pgs. 29, 30, 32.
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 9-12 using Facilitator Guide pages 29-32.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 13-16. Assign three of the four behavioral activities on FG pgs. 33-36.
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 13-16 using Facilitator Guide pages 33-36.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 17-19. Assign the two behavioral activities on FG pgs. 37, 39.
6	<ol> <li>Review behavioral assignment.</li> <li>Review pages 17-19 using Facilitator Guide pages 37-39.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 20-24. Assign two of the three behavioral activities on FG pgs. 41, 42, 44.
7	<ol> <li>Review behavioral assignment.</li> <li>Review pages 20-24 using Facilitator Guide pages 40-44.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 25-28. Assign behavioral activity on FG. pg. 45.
8	<ol> <li>Review behavioral assignment.</li> <li>Review pages 25-28 using Facilitator Guide pages 45-48.</li> </ol>	Encourage commitment to actions and goals on page 27 "My Future."

# Peer Relationships

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

Session	In-ses	sion Objectives	Out-of-session Objectives
1		<i>r Relationships</i> and 3 using Facilitation 3.	Complete Journal pages 4-7. Assign two of the four behavioral activities on FG pgs. 24-27.
	2. Give assignme	ent for next session.	
	1. Review behav	ioral assignment.	Complete Journal pages 8-12. Assign two
2	2. Review pages Guide pages 2	4-7 using Facilitator 24-27.	of the four behavioral activities on FG pgs 28-30, 32.
	3. Give assignme	ent.	
	1. Review behav	ioral assignment.	Complete Journal pages 13-16. Assign two
3	2. Review pages Guide pages 2	8-12 using Facilitator 28-32.	of the four behavioral activities on FG pgs. 33-36.
	3. Give assignme	ent.	
	1. Review behav	ioral assignment.	Complete Journal pages 17-21. Assign one
4	2. Review pages Guide pages 3	13-16 using Facilitator 33-36.	of the three behavioral activities on FG pgs. 37, 39, 41.
	3. Give assignme	ent.	
	1. Review behav	ioral assignment.	Complete Journal pages 22-28. Assign one
5	2. Review pages Guide pages 3	17-21 using Facilitator 37-41.	of the three behavioral activities on FG pgs. 42, 44, 45.
	3. Give assignme	ent.	
	1. Review behav	ioral assignment.	Encourage commitment to actions and
6	2. Review pages Guide pages 4	22-28 using Facilitator 12-48.	goals on page 27 "My Future."

## 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. Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce <i>Family Ties</i> and process page 3.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-8. Assign two of the five behavioral activities on FG pgs. 24-28.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign one of the three behavioral activities on FG pgs. 31-33.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign one of the two behavioral activities on FG pgs. 37, 39.
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign two of the five behavioral activities on FG pgs. 40, 41, 43-45.
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign two of the four behavioral activities on FG pgs. 46, 47, 49, 50.
6	<ol> <li>Review behavioral assignment.</li> <li>Review pages 26-32 using Facilitator Guide pages 46-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

# Family Ties

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

Session		In-session Objectives	Out-of-session Objectives
1		Introduce <i>Family Ties</i> and process page 3.  Cive assignment for payt session	Complete Journal pages 4-7. Assign three of the four behavioral activities on FG pgs. 24-27.
	_	Give assignment for next session.	
2		Review behavioral assignment. Review pages 4-7 using Facilitator Guide pages 24-27.	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 28, 31.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 12-15. Assign the
3	2.	Review pages 8-11 using Facilitator Guide pages 28-31.	two behavioral activities on FG pgs. 32, 33.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 16-19. Assign the
4	2.	Review pages 12-15 using Facilitator Guide pages 32-35.	two behavioral activities on FG pgs. 37, 39.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 20-23. Assign the
5	2.	Review pages 16-19 using Facilitator Guide pages 36-39.	three behavioral activities on FG pgs. 40, 41, 43.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 24-27. Assign
6	2.	Review pages 20-23 using Facilitator Guide pages 40-43.	three of the four behavioral activities on FG pgs. 44-47.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 28-32. Assign the
7	2.	Review pages 24-27 using Facilitator Guide pages 44-47.	two behavioral activities on FG. pgs. 49, 50.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Encourage commitment to actions and
8	2.	Review pages 28-32 using Facilitator Guide pages 48-52.	goals on page 31 "My Future."

# Family Ties

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

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce <i>Family Ties</i> and process page 3.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-8. Assign two of the five behavioral activities on FG pgs. 24-28.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign one of the three behavioral activities on FG pgs. 31-33.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign one of the two behavioral activities on FG pgs. 37, 39.
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign two of the five behavioral activities on FG pgs. 40, 41, 43-45.
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign two of the four behavioral activities on FG pgs. 46, 47, 49, 50.
6	<ol> <li>Review behavioral assignment.</li> <li>Review pages 26-32 using Facilitator Guide pages 46-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

## Substance Use

#### 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. Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session	In-session Objectives	Out-of-session Objectives
1	1. Introduce <i>Substance Use</i> and process page 3.	Complete Journal pages 4-9. Assign one of the two behavioral activities on FG pgs. 27, 28.
	2. Give assignment for next session.	· ·
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-9 using Facilitator Guide pages 24-29.</li> </ol>	Complete Journal pages 10-13. Assign one of the two behavioral activities on FG pgs. 31, 33.
	3. Give assignment.	
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 10-13 using Facilitator Guide pages 29-33.</li> </ol>	Complete Journal pages 14-19. Assign two of the four behavioral activities on FG pgs. 34, 36, 37, 39.
	3. Give assignment.	
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 14-19 using Facilitator Guide pages 34-39.</li> </ol>	Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 41, 43, 44.
	3. Give assignment.	Complete Journal pages 36-72 Assign two
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 20-25 using Facilitator Guide pages 40-45.</li> </ol>	Complete Journal pages 26-32. Assign two of the four behavioral activities on FG pgs. 46, 48-50.
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
6	2. Review pages 26-32 using Facilitator Guide pages 46-52.	goals on page 31 "My Future."

## Substance Use

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

Session	In-session Objectives	Out-of-session Objectives
1	1. Introduce <i>Substance Use</i> and process page 3.	Complete Journal pages 4-7. Assign the behavioral activity on FG pg. 27.
_	2. Give assignment for next session.	, , , ,
	1. Review behavioral assignment.	Complete Journal pages 8-11. Assign the
2	2. Review pages 4-7 using Facilitator Guide pages 24-27.	two behavioral activities on FG pgs. 28, 31.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 12-15. Assign the
3	2. Review pages 8-11 using Facilitator Guide pages 28-31.	two behavioral activities on FG pgs. 33, 34.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 16-19. Assign two
4	2. Review pages 12-15 using Facilitator Guide pages 32-35.	of the three behavioral activities on FG pgs. 36, 37, 39.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 20-23. Assign the
5	2. Review pages 16-19 using Facilitator Guide pages 36-39.	two behavioral activities on FG pgs. 41, 43.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 24-27. Assign
6	2. Review pages 20-23 using Facilitator Guide pages 40-43.	three of the four behavioral activities on FG pgs. 44, 46.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 28-32. Assign two
7	2. Review pages 24-27 using Facilitator Guide pages 44-47.	of the three behavioral activities on FG. pgs. 48-50.
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
8	2. Review pages 28-32 using Facilitator Guide pages 48-52.	goals on page 31 "My Future."

## Substance Use

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

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce Substance Use and process page 3.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-9. Assign one of the two behavioral activities on FG pgs. 27, 28.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-9 using Facilitator Guide pages 24-29.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 10-13. Assign one of the two behavioral activities on FG pgs. 31, 33.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 10-13 using Facilitator Guide pages 29-33.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the four behavioral activities on FG pgs. 34, 36, 37, 39.
4	Review behavioral assignment. Review pages 14-19 using Facilitator Guide pages 34-39. Give assignment.	Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 41, 43, 44.
5	Review behavioral assignment. Review pages 20-25 using Facilitator Guide pages 40-45. Give assignment.	Complete Journal pages 26-32. Assign two of the four behavioral activities on FG pgs. 46, 48-50.
6	Review behavioral assignment. Review pages 26-32 using Facilitator Guide pages 46-52.	Encourage commitment to actions and goals on page 31 "My Future."

## Seeking Employment

#### 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.

Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce Seeking Employment and process page 3.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-8. Assign two of the four behavioral activities on FG pgs. 24-26, 28.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign one of the three behavioral activities on FG pgs. 29, 32, 33.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the five behavioral activities on FG pgs. 34-37, 39.
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 42, 43, 45.
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign the behavioral activity on FG pgs. 46.
6	<ol> <li>Review behavioral assignment.</li> <li>Review pages 26-32 using Facilitator Guide pages 46-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

# Seeking Employment

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

Session	In-session Objectives	Out-of-session Objectives
1	<ol> <li>Introduce Seeking Employment and process page 3.</li> <li>Give assignment for next session.</li> </ol>	Complete Journal pages 4-7. Assign two of the three behavioral activities on FG pg. 24, 25, 26.
2	<ol> <li>Review behavioral assignment.</li> <li>Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 28, 29.
3	<ol> <li>Review behavioral assignment.</li> <li>Review pages 8-11 using Facilitator Guide pages 28-31.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 12-15. Assign three of the four behavioral activities on FG pgs. 32-35.
4	<ol> <li>Review behavioral assignment.</li> <li>Review pages 12-15 using Facilitator Guide pages 32-35.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 16-19. Assign two of the three behavioral activities on FG pgs. 36, 37, 39.
5	<ol> <li>Review behavioral assignment.</li> <li>Review pages 16-19 using Facilitator Guide pages 36-39.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 20-23. Assign the two behavioral activities on FG pgs. 42, 43.
6	<ol> <li>Review behavioral assignment.</li> <li>Review pages 20-23 using Facilitator Guide pages 40-43.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 24-27. Assign the two behavioral activities on FG pgs. 45, 46.
7	<ol> <li>Review behavioral assignment.</li> <li>Review pages 24-27 using Facilitator Guide pages 44-47.</li> <li>Give assignment.</li> </ol>	Complete Journal pages 28-32.
8	<ol> <li>Review behavioral assignment.</li> <li>Review pages 28-32 using Facilitator Guide pages 48-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

# Seeking Employment

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

Session		In-session Objectives	Out-of-session Objectives
1	1.	Introduce <i>Seeking Employment</i> and process page 3.	Complete Journal pages 4-8. Assign two of the four behavioral activities on FG pgs.
	2.	Give assignment for next session.	24-26, 28.
	1.	Review behavioral assignment.	Complete Journal pages 9-13. Assign one
2	2.	Review pages 4-8 using Facilitator Guide pages 24-28.	of the three behavioral activities on FG pgs. 29, 32, 33.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 14-19. Assign two
3	2.	Review pages 9-13 using Facilitator Guide pages 29-33.	of the five behavioral activities on FG pgs. 34-37, 39.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 20-25. Assign one
4	2.	Review pages 14-19 using Facilitator Guide pages 34-39.	of the three behavioral activities on FG pgs. 42, 43, 45.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 26-32. Assign the
5	2.	Review pages 20-25 using Facilitator Guide pages 40-45.	behavioral activity on FG pgs. 46.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Encourage commitment to actions and
6	2.	Review pages 26-32 using Facilitator Guide pages 46-52.	goals on page 31 "My Future."

## Recreation & Leisure

#### 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. Note: For all assignments, participants read, write and share with a support person, staff member or approved peer.

Session	In-session Objectives	Out-of-session Objectives
1	1. Introduce <i>Recreation &amp; Leisure</i> and process page 3.	Complete Journal pages 4-5. Assign the behavioral activity on FG pg. 24.
	2. Give assignment for next session.	
2	1. Review pages 4-5 using Facilitator Guide pages 24-25 for strategies.	Complete Journal pages 6-9. Assign two of the four behavioral activities on FG pgs.
	2. Give assignment.	26-29.
	1. Review behavioral assignment.	Complete Journal pages 10-11. Assign the
3	2. Review pages 6-9 using Facilitator Guide pages 26-29.	two behavioral activities FG pgs. 30, 31.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 12-15. Assign two
4	2. Review pages 10-11 using Facilitato Guide pages 30-31 for strategies.	of the four behavioral activities FG pgs. 32-35.
	3. Give assignment.	
	1. Review behavioral assignment.	Complete Journal pages 16-20. Assign the
5	2. Review pages 12-15 using Facilitato Guide pages 32-35.	behavioral activity FG pg. 38.
	3. Give assignment.	
	1. Review behavioral assignment.	Encourage commitment to actions and
6	2. Review pages 16-20 using Facilitato Guide pages 36-40.	goals on page 19 "My Future."

## Recreation & Leisure

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

Session		In-session Objectives	Out-of-session Objectives
1	1.	Introduce <i>Recreation &amp; Leisure</i> and process page 3.	Complete Journal pages 4-5. Assign the behavioral activity on FG pg. 24.
	2.	Give assignment for next session.	
2	1.	Review pages 4-5 using Facilitator Guide pages 24-25 for strategies.	Complete Journal pages 6-9. Assign two of the four behavioral activities on FG pgs.
	2.	Give assignment.	26-29.
	1.	Review behavioral assignment.	Complete Journal pages 10-11. Assign the
3	2.	Review pages 6-9 using Facilitator Guide pages 26-29.	two behavioral activities FG pgs. 30, 31.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 12-15. Assign two
4	2.	Review pages 10-11 using Facilitator Guide pages 30-31 for strategies.	of the four behavioral activities FG pgs. 32-35.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Complete Journal pages 16-20. Assign the
5	2.	Review pages 12-15 using Facilitator Guide pages 32-35.	behavioral activity FG pg. 38.
	3.	Give assignment.	
	1.	Review behavioral assignment.	Encourage commitment to actions and
6	2.	Review pages 16-20 using Facilitator Guide pages 36-40.	goals on page 19 "My Future."