



Relapse Prevention

9 weeks

Hazelden evidence-based course that helps residents identify high-risk situations, work on responses and coping skills, and explore lifestyle factors that may increase vulnerability. By following this model, we can customize a program based on each resident's unique needs and minimize the risk of relapse. Focuses on the following high risk situations:

- Negative Feelings
- Cravings
- Pleasant Emotions
- Physical Discomfort and Illness
- Testing Personal Control
- Social Pressure
- Having Fun with Others
- Conflict with Others

Anger Management

12 weeks

SAMHSA cognitive behavior approach that employs relaxation, cognitive, and communication skills interventions. This combined approach presents the participants with options that draw on these different interventions and then encourages them to develop individualized anger control plans using as many of the techniques as possible. Covers the follow topics:

- Events and Cues
- The Anger Control Plan
- Cognitive Restructuring
- Anger in the Family
- Assertiveness and the Conflict Resolution Model
- The Aggression Cycle

Living Skills

12 weeks

The Hazelden Living Skills program is designed to provide basic education and application of key living skills that all people need to live healthy lives. Personal growth skills focus on those internal skills that shape how one responds to the world, such as values and responsibilities, decision making, etc. Practical guidance skills focus on those external skills that help people live fulfilling lives, such as education, money management, etc. Topics include:

- Hygiene & Self Care
- Nutrition & Exercise
- Physical Wellness
- Values & Responsibilities
- Interpersonal Skills
- Refusal Skills
- Making Decisions
- Setting & Attaining Goals
- Managing Money
- Money Management
- Education
- Looking for Work



Dialectical Behavior & Twelve Steps

6 months

Hazelden program that incorporates dialectical behavior therapy with Twelve Step facilitation. It works by teaching participants to use a variety of skills in times of distress and to recognize the usefulness of those skills in recovery. Twenty-one sessions grouped into four modules:

- Mindfulness Skills
- Distress Tolerance Skills
- Interpersonal Effectiveness Skills
- Emotion Regulation Skills

Sexual Health

3 weeks

This Hazelden class introduces the definition of sexual health, and explains what sexually transmitted diseases (STDs) are, how to guard against STDs, and describes the different methods of birth control. It also defines what is and is not a healthy sexual relationship, defines what abuse is, and teaches participants how to seek help if they or someone they know is in an abusive relationship.

- Taking Care of Your Sexual Health
- Addressing Common Sexual Concerns
- Establishing Healthy Sexual Relationships
- Sex, Alcohol, & Other Drugs

Parenting & Child Development

5 weeks

This Hazelden class provides information about the five stages of human development and describes the emotional, intellectual, and social tasks associated with them. It also provides ideas and techniques for good parenting, including ways to improve communication with children and help them learn to solve problems. It is especially useful for parents and individuals who intend to become parents; however, many people will benefit from this session by looking more closely at their own development and how their parents raised them

- Child Development
- Human Needs & Social Relationships
- Parenting Skills part 1
- Parenting Skills part 2

Job Readiness

5 weeks

Currently in planning stages; topics may include:

- Exploring Educational Goals
- Exploring Vocational Goals
- Resume & Cover Letter Workshop
- Successful Interview Skills
- Interview Practice/Roleplay

