

The Phoenix/New Freedom 100 At A Glance

- ◆ 100 one-hour lessons organized into five 20-lesson books to be done **sequentially** in a **closed group**
- ◆ Designed to **reduce resistance** to behavioral change and decrease antisocial behaviors, including gang activity, while increasing linkage to protective factors and pro-social elements
- ◆ Participants will:
 - develop **emotional intelligence** and **empathy**
 - identify their **risk factors** (people, places, things, situations) for violence, criminal behavior, and gang activity
 - identify specific **protective factors** to immunize them from their risk factors, including a safety net of supportive people who can help
 - develop **coping skills** and **impulse control**
 - manage **aggression and violence**
 - master new **problem-solving skills**
 - prepare to re-enter their old lives, including **specific action plans** to avoid trouble
- ◆ The program is **stage-based**– each book focuses on an element of Prochaska and DiClemente’s **Stages of Change Model**. The lessons and activities in each book are designed to move the participants along the Stages of Change and reinforce that progress with appropriate material:
 - Book 1: Pre-Contemplation to Contemplation
 - Book 2: Contemplation
 - Book 3: Contemplation, Preparation, Determination
 - Book 4: Contemplation, Preparation, Determination, Action
 - Book 5: Contemplation, Preparation, Determination, Action

Each book features activities and programming only appropriate for the identified Stage of Change.

- ◆ Specific **anti-gang materials** can be found throughout, particularly in Book 4. These sessions include DVD-based lessons where young people speak directly to risk factors for gang involvement and other gang issues.

- ◆ This is designed to be a **closed group**. Once a group is started in Book 1, they must continue together as a group through Book 5 with no new members being introduced.
- ◆ The books include frequent **MI assessments and tools**. At the end of every fifth lesson, you will find:
 - Importance Ruler
 - Confidence Ruler
 - Readiness Ruler
 - Change Talk Tool
 - Leader’s evaluation of accuracy of participants’ self-report
 - Leader’s evaluation of current stage of change

These tools must be collected every fifth lesson and the data recorded.

- ◆ At the end of each book, there are two additional tools to be collected and recorded:
 - **Book Review**, a competency check for the whole book
 - **Go/No Go Decision Form** to authorize movement to the next book.

NOTE: **Social Promotion is not allowed!** Each participant must be in the correct stage of change before proceeding from one book to another.

- ◆ Each lesson begins with a discussion starter called **What Do YOU Think?** These carefully crafted scenarios with questions will allow you to begin each session by getting the participants awake and talking.
- ◆ Lessons also include behavior rehearsal (role plays) and ample opportunity to **practice new skills**, a key element in successful skill development.
- ◆ Some best practices:
 - Use the curriculum – **be manual-bound**.
 - Facilitate lessons **in the order provided** (starting at Lesson 1 and running each lesson through Lesson 20 in each book - for each group of youth).
 - Ideal number of youth in each group (**7-10**)
 - Youth may participate in **the same lesson more than once** (if readmitted to facility, or re-cycled)
 - Maintain **group format** (program is designed for closed group model)

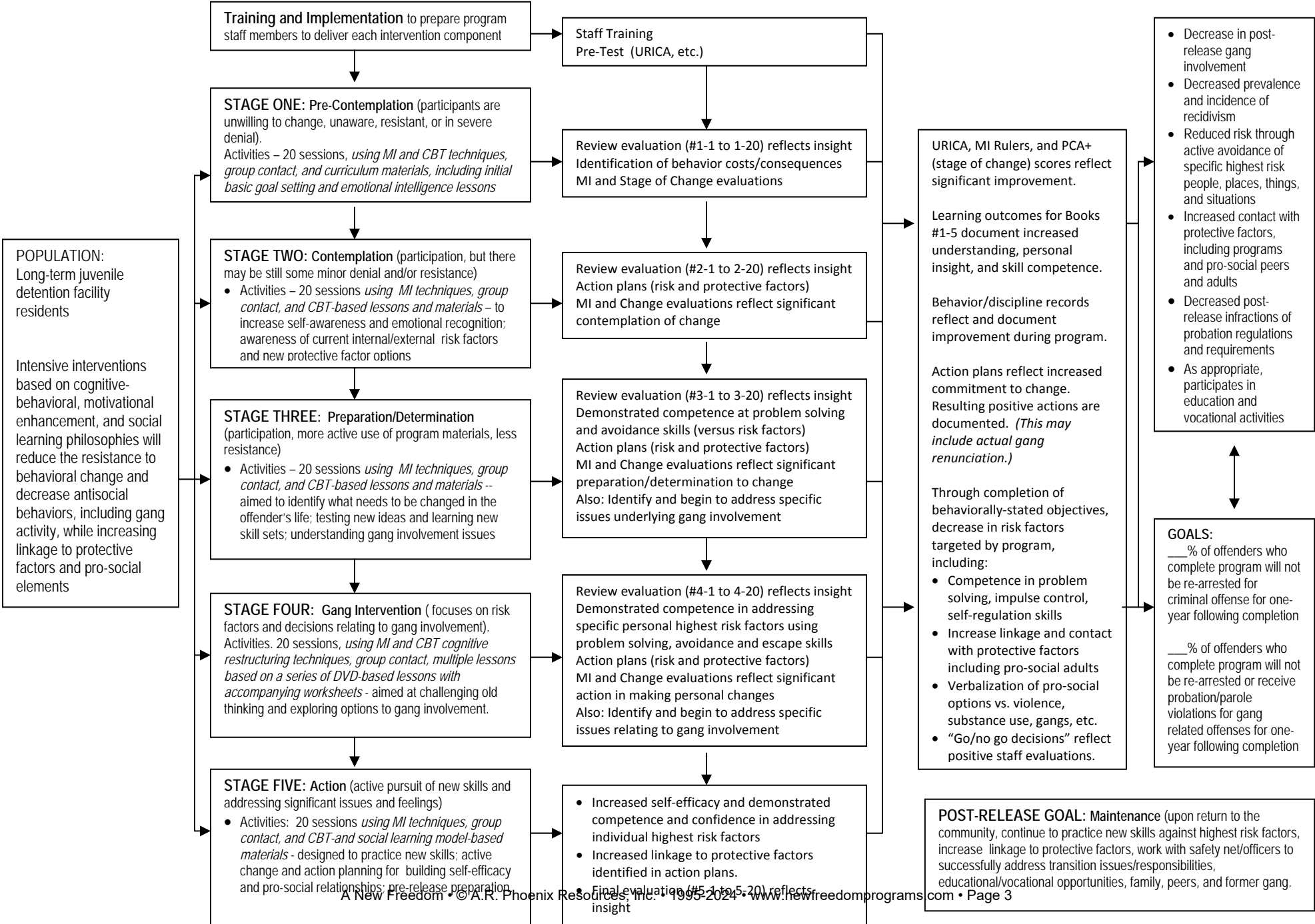
TARGET POPULATIONS/
THEORY

STRATEGIES/
ACTIVITIES

IMMEDIATE
OUTCOMES

INTERMEDIATE
OUTCOMES

FINAL
OUTCOMES



THE PHOENIX-NEW FREEDOM 100 CURRICULUM

Book One

PHASE I: Orientation & Preparation for Treatment - *Pre-contemplation to contemplation*

Lesson	Core Resource	Evaluation tools
Pre-evaluation:		URICA
1	Introduction to the program	Change Talk Tool Change rulers (Importance, Readiness, Confidence)
2	Introduction to self-discovery	
3	Self-disclosure	
4	How important is it to you?	
5	What am I doing here?	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
6	Introduction to Risk Factors	
7	What does your future look like?	
8	Life goals and life dreams	
9	Reasons to change	
10	Alcohol and drugs	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
11	Costs and consequences	
12	Friends and Peers	
13	How it all fits together: Sam's story	
14	Why am I thinking about changing?	
15	Strengths	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
16	Empathy	
17	Introduction to CBT	
18	How you feel affects what you do	
19	Understanding your feelings: anger and anxiety	
20	Understanding your feelings: sadness/depression	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Content Review (Lessons 1-1 to 1-20) Leader's Evaluations

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Book Two

PHASE 2: CBT, Emotional Intelligence - Contemplation of Change

Lesson	Core Resource	Evaluation tools
1	Who Do You Think You Are 1	
2	Who Do You Think You Are 2	
3	Symptoms and early warning signs 1	
4	Symptoms and early warning signs 2	
5	Triggers 1	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
6	Triggers 2	
7	Functional thinking 1	
8	Functional thinking 2	
9	Functional thinking 3	
10	I have my reasons	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
11	Functional thinking 4	
12	Functional thinking 5 - Thoughts that work; Thoughts and feelings	
13	Coping skills: thought stopping	
14	Coping skills: thought stopping	
15	Coping skills: thought stopping	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
16	Coping skills: thought switching/creative visualization	
17	STOP Model, part 1	
18	STOP Model, part 2	
19	Problem Recognition	
20	Think your way out of problems	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Content Review (Lessons 2-1 to 2-20) Leader's Evaluations

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Book Three

PHASE 3: Coping Skills, Problem Solving, Risk Factors - Contemplation, Preparation/Determination

Lesson	Core Resource	Evaluation tools
1	Avoidance Skills	Confidence Ruler
2	Escape skills	
3	Refusal skills 1	
4	Refusal skills 2	
5	Avoidance/escape review	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
6	Risk Factors 1	
7	Risk Factors 2	
8	Risk Factors 3	
9	Respect 1	
10	Respect 2	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
11	What do you need? 1	
12	What do you need? 2	
13	What do you need? 3	
14	What do you need? 4	
15	What's been getting you in trouble? 1	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
16	What's been getting you in trouble? 2	
17	Disrespect 1	
18	Disrespect 2	
19	Avoiding the negative 1	
20	Avoiding the negative 2	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Content Review (Lessons 3-1 to 3-20) Leader's Evaluations

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Book Four

Phase 4 Gang Intervention - Contemplation, Preparation/ Determination, Action

Lesson	Core Resource	Evaluation Tools
1	Romeo's Story	
2	Your Story	
3	How Did Things Work Out?	
4	Problem Behaviors	
5	Retaliation	Change Talk Tool Change Rulers (Importance, Readiness, Confidence) Leader's Evaluations
6	Daniel's Story	
7	A Practical Question	
8	Risk Factors 1: intro, school, friends/peers	
9	Risk Factors 2: community	
10	Risk Factors 3: family	Change Talk Tool Change Rulers (Importance, Readiness, Confidence) Leader's Evaluations
11	Risk Factors 4: Personal 1	
12	Risk Factors 5: Personal 2	
13	Choices/Changes	
14	Terion's Story	
15	Gang Issues 1	Change Talk Tool Change Rulers (Importance, Readiness, Confidence) Leader's Evaluations
16	Gang Issues 2	
17	Gang Issues 3	
18	Trust and Distrust	
19	It's Your Decision 1	
20	It's Your Decision 2	Change Talk Tool Change Rulers (Importance, Readiness, Confidence) Content Review (Lessons 4-1 to 4-20) Leader's Evaluations

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Book Five

PHASE 5: Risk Factors and Protective Factors - Contemplation, Preparation/ Determination, Action

Lesson	Core Resource	Evaluation tools
1	Getting close to getting out 1	
2	Getting close to getting out 2	
3	Do the math 1	
4	Do the math 2	
5	Facing your responsibilities 1	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations Trigger summary activity I:I resource (Staying in the gang)
6	Facing your responsibilities 2	
7	Facing your responsibilities 3	
8	You have options	
9	You have options	
10	Importance	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
11	Confidence 1	
12	Confidence 2	
13	Safety net 1	
14	Safety net 2	
15	Dealing with old people in new ways 1	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Leader's Evaluations
16	Dealing with old people in new ways 2	
17	Your first few days 1	
18	Your first few days 2	
19	Jake's lesson	
20	Program conclusion; Triggers summary activity	Change Talk Tool Change rulers (Importance, Readiness, Confidence) Content Review (Lessons 5-1 to 5-20) Leader's Evaluations

Post evaluation:

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