

# 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.*

## Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Getting Started</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-7.
2	<ol style="list-style-type: none"> <li>1. Review pages 4-7 using Facilitator Guide pages 24-27 for strategies.</li> <li>2. Give assignment.</li> </ol>	Complete Journal pages 8-12. Assign two of the three behavioral activities on FG pgs. 28-30, 32.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-12 using Facilitator Guide pages 28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 13-17. Assign the two behavioral activities FG pgs. 34, 36.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 13-17 using Facilitator Guide pages 33-37 for strategies.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 18-21. Assign two behavioral activities FG pgs. 39-41.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 18-21 using Facilitator Guide pages 38-41. Share PCRA scores and compare top 3 areas.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 22-24. Assign behavioral activity FG pg. 42.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 22-24 using Facilitator Guide pages 42-44.</li> </ol>	Readiness Statement will give an 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.*

### Moderate Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Social Values</i> and process page 3.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign two of the three behavioral activities on FG pgs. 30-32.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the three behavioral activities on FG pgs. 35, 37, 39.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign two of the three behavioral activities on FG pgs. 41, 43, 45.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign two of the three behavioral activities on FG pgs. 46, 47, 50.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. 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)

### High Intensity (Eight Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Social Values</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-7. Assign three of four behavioral activities on FG pgs. 24-27.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 30-31.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-11 using Facilitator Guide pages 28-31.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 12-15. Assign the two behavioral activities on FG pgs. 32, 35.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 12-15 using Facilitator Guide pages 32-35.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 16-19. Assign the two behavioral activities on FG pgs. 37, 39.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 16-19 using Facilitator Guide pages 36-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-23. Assign the two behavioral activities on FG pgs. 41, 43.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-23 using Facilitator Guide pages 40-43.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 24-27. Assign three behavioral activities on FG pgs. 45-47.
7	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 24-27 using Facilitator Guide pages 44-47.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 28-32. Assign behavioral activity on FG. pg. 50.
8	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 28-32 using Facilitator Guide pages 48-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

# Social Values

## Group Application (60 to 90 minutes)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"><li>1. Introduce <i>Social Values</i> and process page 3.</li><li>2. Give assignment for next session.</li></ol>	Complete Journal pages 4-7. Assign two of four behavioral activities on FG pgs. 24-27.
2	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 9-13. Assign two of the three behavioral activities on FG pgs. 30-32.
3	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 14-19. Assign two of the three behavioral activities on FG pgs. 35, 37, 39.
4	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 20-25. Assign two of the three behavioral activities on FG pgs. 41, 43, 45.
5	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 26-32. Assign two of the three behavioral activities on FG pgs. 46, 47, 50.
6	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 26-32 using Facilitator Guide pages 46-52.</li></ol>	Encourage commitment to actions and goals on page 31 "My Future."

# 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 approved peer.*

### Moderate Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Responsible Thinking</i> and process page 3 using Facilitation Guide page 23.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-8. Assign two of three behavioral activities on FG pgs. 24, 27, 28.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign the two behavioral activities on FG pgs. 31, 34.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign three of the six behavioral activities on FG pgs. 34-39.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign two of the four behavioral activities on FG pgs. 40, 41, 43, 45.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign the behavioral activity on FG pg. 47.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 26-32 using Facilitator Guide pages 46-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

# Responsible Thinking

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

### High Intensity (Eight Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Responsible Thinking</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-7. Assign three of four behavioral activities on FG pgs. 24, 27.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 28, 31.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-11 using Facilitator Guide pages 28-31.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 12-15. Assign the two behavioral activities on FG pgs. 34, 35.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 12-15 using Facilitator Guide pages 32-35.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 16-19. Assign three of four behavioral activities on FG pgs. 36-39.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 16-19 using Facilitator Guide pages 36-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-23. Assign the three behavioral activities on FG pgs. 40, 41, 43.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-23 using Facilitator Guide pages 40-43.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 24-27. Assign the two behavioral activities on FG pgs. 45, 47.
7	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 24-27 using Facilitator Guide pages 44-47.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 28-32.
8	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 28-32 using Facilitator Guide pages 48-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

# Responsible Thinking

## Group Application (60 to 90 minutes)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"><li>1. Introduce <i>Responsible Thinking</i> and process page 3 using Facilitation Guide page 23.</li><li>2. Give assignment for next session.</li></ol>	Complete Journal pages 4-8. Assign two of the three behavioral activities on FG pgs. 24, 27, 28.
2	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 9-13. Assign the two behavioral activities on FG pgs. 31, 34.
3	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 14-19. Assign three of the six behavioral activities on FG pgs. 34-39.
4	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 20-25. Assign two of the four behavioral activities on FG pgs. 40, 41, 43, 45.
5	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 26-32. Assign the behavioral activities on FG pg. 47.
6	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 26-32 using Facilitator Guide pages 46-52.</li></ol>	Encourage commitment to actions and 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.*

### Moderate Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Self-control</i> and process page 3 using Facilitation Guide page 23.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign the two behavioral activities on FG pgs. 30, 33.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-17. Assign two of the four behavioral activities on FG pgs. 34-37.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-37.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 18-20. Assign two behavioral activities on FG pgs. 39, 40.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 18-20 using Facilitator Guide pages 38-40.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 21-24. Assign the behavioral activities on FG pg. 42.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 21-24 using Facilitator Guide pages 41-44.</li> </ol>	Encourage commitment to actions and goals on page 23 "My Future."



# Self-control

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

### High Intensity (Eight Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Self-control</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-5. Assign the behavioral activity on FG pg. 25.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-5 using Facilitator Guide pages 24-25.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 6-8. Assign two of the three behavioral activities on FG pgs. 26-28.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 6-8 using Facilitator Guide pages 26-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-11. Assign the two behavioral activities on FG pgs. 29, 30.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-11 using Facilitator Guide pages 29-31.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 12-14. Assign the two behavioral activities on FG pgs. 33, 34.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 12-14 using Facilitator Guide pages 32-34.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 15-17. Assign two of the three behavioral activities on FG pgs. 35-37.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 15-17 using Facilitator Guide pages 35-37.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 18-20. Assign the two behavioral activities on FG pgs. 39, 40.
7	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 18-20 using Facilitator Guide pages 38-40.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 21-24. Assign the behavioral activity on FG pg. 42.
8	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 21-24 using Facilitator Guide pages 41-44.</li> </ol>	Encourage commitment to actions and goals on page 23 "My Future."

# Self-control

## Group Application (60 to 90 minutes)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Self-control</i> and process page 3 using Facilitation Guide page 23.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign the two behavioral activities on FG pgs. 30, 33.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-17. Assign two of the four behavioral activities on FG pgs. 34-37.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-37.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 18-20. Assign the two behavioral activities on FG pgs. 39, 40.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 18-20 using Facilitator Guide pages 38-40.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 21-24. Assign the behavioral activities on FG pg. 42.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. 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.*

### Moderate Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Peer Relationships</i> and process page 3 using Facilitation Guide page 23.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-7. Assign two of the four behavioral activities on FG pgs. 24-27.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 8-12. Assign two of the four behavioral activities on FG pgs. 28-30, 32.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-12 using Facilitator Guide pages 28-32.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 13-16. Assign two of the four behavioral activities on FG pgs. 33-36.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 13-16 using Facilitator Guide pages 33-36.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 17-21. Assign one of the three behavioral activities on FG pgs. 37, 39, 41.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 17-21 using Facilitator Guide pages 37-41.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 22-28. Assign one of the three behavioral activities on FG pgs. 42, 44, 45.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 22-28 using Facilitator Guide pages 42-48.</li> </ol>	Encourage commitment to actions and goals on page 27 "My Future."

# Peer Relationships

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

### High Intensity (Eight Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Peer Relationships</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-5. Assign the two behavioral activities on FG pgs. 24, 25.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-5 using Facilitator Guide pages 24-25.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 6-8. Assign two of the three behavioral activities on FG pgs. 26-28.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 6-8 using Facilitator Guide pages 26-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-12. Assign two of the three behavioral activities on FG pgs. 29, 30, 32.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-12 using Facilitator Guide pages 29-32.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 13-16. Assign three of the four behavioral activities on FG pgs. 33-36.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 13-16 using Facilitator Guide pages 33-36.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 17-19. Assign the two behavioral activities on FG pgs. 37, 39.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 17-19 using Facilitator Guide pages 37-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-24. Assign two of the three behavioral activities on FG pgs. 41, 42, 44.
7	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-24 using Facilitator Guide pages 40-44.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 25-28. Assign behavioral activity on FG. pg. 45.
8	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. 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)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Peer Relationships</i> and process page 3 using Facilitation Guide page 23.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-7. Assign two of the four behavioral activities on FG pgs. 24-27.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 8-12. Assign two of the four behavioral activities on FG pgs. 28-30, 32.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-12 using Facilitator Guide pages 28-32.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 13-16. Assign two of the four behavioral activities on FG pgs. 33-36.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 13-16 using Facilitator Guide pages 33-36.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 17-21. Assign one of the three behavioral activities on FG pgs. 37, 39, 41.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 17-21 using Facilitator Guide pages 37-41.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 22-28. Assign one of the three behavioral activities on FG pgs. 42, 44, 45.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 22-28 using Facilitator Guide pages 42-48.</li> </ol>	Encourage commitment to actions and 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.*

### Moderate Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Family Ties</i> and process page 3.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign one of the three behavioral activities on FG pgs. 31-33.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign one of the two behavioral activities on FG pgs. 37, 39.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>3. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>3. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. 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)

### High Intensity (Eight Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Family Ties</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-7. Assign three of the four behavioral activities on FG pgs. 24-27.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 28, 31.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-11 using Facilitator Guide pages 28-31.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 12-15. Assign the two behavioral activities on FG pgs. 32, 33.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 12-15 using Facilitator Guide pages 32-35.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 16-19. Assign the two behavioral activities on FG pgs. 37, 39.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 16-19 using Facilitator Guide pages 36-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-23. Assign the three behavioral activities on FG pgs. 40, 41, 43.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-23 using Facilitator Guide pages 40-43.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 24-27. Assign three of the four behavioral activities on FG pgs. 44-47.
7	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 24-27 using Facilitator Guide pages 44-47.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 28-32. Assign the two behavioral activities on FG. pgs. 49, 50.
8	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 28-32 using Facilitator Guide pages 48-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."



# Family Ties

## Group Application (60 to 90 minutes)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"><li>1. Introduce <i>Family Ties</i> and process page 3.</li><li>2. 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 style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 9-13. Assign one of the three behavioral activities on FG pgs. 31-33.
3	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 14-19. Assign one of the two behavioral activities on FG pgs. 37, 39.
4	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li><li>3. 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 style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li><li>3. 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 style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. 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.*

### Moderate Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Substance Use</i> and process page 3.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-9 using Facilitator Guide pages 24-29.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 10-13. Assign one of the two behavioral activities on FG pgs. 31, 33.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 10-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the four behavioral activities on FG pgs. 34, 36, 37, 39.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 41, 43, 44.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign two of the four behavioral activities on FG pgs. 46, 48-50.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. 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)

### High Intensity (Eight Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Substance Use</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-7. Assign the behavioral activity on FG pg. 27.
2	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 28, 31.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-11 using Facilitator Guide pages 28-31.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 12-15. Assign the two behavioral activities on FG pgs. 33, 34.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 12-15 using Facilitator Guide pages 32-35.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 16-19. Assign two of the three behavioral activities on FG pgs. 36, 37, 39.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 16-19 using Facilitator Guide pages 36-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-23. Assign the two behavioral activities on FG pgs. 41, 43.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-23 using Facilitator Guide pages 40-43.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 24-27. Assign three of the four behavioral activities on FG pgs. 44, 46.
7	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 24-27 using Facilitator Guide pages 44-47.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 28-32. Assign two of the three behavioral activities on FG. pgs. 48-50.
8	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 28-32 using Facilitator Guide pages 48-52.</li> </ol>	Encourage commitment to actions and goals on page 31 "My Future."

# Substance Use

## Group Application (60 to 90 minutes)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Substance Use</i> and process page 3.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-9 using Facilitator Guide pages 24-29.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 10-13. Assign one of the two behavioral activities on FG pgs. 31, 33.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 10-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the four behavioral activities on FG pgs. 34, 36, 37, 39.
4	<p>Review behavioral assignment. Review pages 14-19 using Facilitator Guide pages 34-39. Give assignment.</p>	Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 41, 43, 44.
5	<p>Review behavioral assignment. Review pages 20-25 using Facilitator Guide pages 40-45. Give assignment.</p>	Complete Journal pages 26-32. Assign two of the four behavioral activities on FG pgs. 46, 48-50.
6	<p>Review behavioral assignment. Review pages 26-32 using Facilitator Guide pages 46-52.</p>	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.*

### Moderate Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Seeking Employment</i> and process page 3.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign one of the three behavioral activities on FG pgs. 29, 32, 33.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the five behavioral activities on FG pgs. 34-37, 39.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 42, 43, 45.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign the behavioral activity on FG pgs. 46.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. 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)

### High Intensity (Eight Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Seeking Employment</i> and process page 3.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-7 using Facilitator Guide pages 24-27.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 8-11. Assign the two behavioral activities on FG pgs. 28, 29.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 8-11 using Facilitator Guide pages 28-31.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 12-15. Assign three of the four behavioral activities on FG pgs. 32-35.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 12-15 using Facilitator Guide pages 32-35.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 16-19. Assign two of the three behavioral activities on FG pgs. 36, 37, 39.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 16-19 using Facilitator Guide pages 36-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-23. Assign the two behavioral activities on FG pgs. 42, 43.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-23 using Facilitator Guide pages 40-43.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 24-27. Assign the two behavioral activities on FG pgs. 45, 46.
7	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 24-27 using Facilitator Guide pages 44-47.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 28-32.
8	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. 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)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Seeking Employment</i> and process page 3.</li> <li>2. 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 style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 4-8 using Facilitator Guide pages 24-28.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 9-13. Assign one of the three behavioral activities on FG pgs. 29, 32, 33.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 9-13 using Facilitator Guide pages 29-33.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 14-19. Assign two of the five behavioral activities on FG pgs. 34-37, 39.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 14-19 using Facilitator Guide pages 34-39.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 20-25. Assign one of the three behavioral activities on FG pgs. 42, 43, 45.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 20-25 using Facilitator Guide pages 40-45.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 26-32. Assign the behavioral activity on FG pgs. 46.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 26-32 using Facilitator Guide pages 46-52.</li> </ol>	Encourage commitment to actions and 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.*

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"> <li>1. Introduce <i>Recreation &amp; Leisure</i> and process page 3.</li> <li>2. Give assignment for next session.</li> </ol>	Complete Journal pages 4-5. Assign the behavioral activity on FG pg. 24.
2	<ol style="list-style-type: none"> <li>1. Review pages 4-5 using Facilitator Guide pages 24-25 for strategies.</li> <li>2. Give assignment.</li> </ol>	Complete Journal pages 6-9. Assign two of the four behavioral activities on FG pgs. 26-29.
3	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 6-9 using Facilitator Guide pages 26-29.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 10-11. Assign the two behavioral activities FG pgs. 30, 31.
4	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 10-11 using Facilitator Guide pages 30-31 for strategies.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 12-15. Assign two of the four behavioral activities FG pgs. 32-35.
5	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 12-15 using Facilitator Guide pages 32-35.</li> <li>3. Give assignment.</li> </ol>	Complete Journal pages 16-20. Assign the behavioral activity FG pg. 38.
6	<ol style="list-style-type: none"> <li>1. Review behavioral assignment.</li> <li>2. Review pages 16-20 using Facilitator Guide pages 36-40.</li> </ol>	Encourage commitment to actions and goals on page 19 "My Future."

# Recreation & Leisure

## Group Application (60 to 90 minutes)

### Moderate and High Intensity (Six Sessions)

Session	In-session Objectives	Out-of-session Objectives
1	<ol style="list-style-type: none"><li>1. Introduce <i>Recreation &amp; Leisure</i> and process page 3.</li><li>2. Give assignment for next session.</li></ol>	Complete Journal pages 4-5. Assign the behavioral activity on FG pg. 24.
2	<ol style="list-style-type: none"><li>1. Review pages 4-5 using Facilitator Guide pages 24-25 for strategies.</li><li>2. Give assignment.</li></ol>	Complete Journal pages 6-9. Assign two of the four behavioral activities on FG pgs. 26-29.
3	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 6-9 using Facilitator Guide pages 26-29.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 10-11. Assign the two behavioral activities FG pgs. 30, 31.
4	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 10-11 using Facilitator Guide pages 30-31 for strategies.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 12-15. Assign two of the four behavioral activities FG pgs. 32-35.
5	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 12-15 using Facilitator Guide pages 32-35.</li><li>3. Give assignment.</li></ol>	Complete Journal pages 16-20. Assign the behavioral activity FG pg. 38.
6	<ol style="list-style-type: none"><li>1. Review behavioral assignment.</li><li>2. Review pages 16-20 using Facilitator Guide pages 36-40.</li></ol>	Encourage commitment to actions and goals on page 19 "My Future."