

Session Plans

*Forward Thinking
Interactive Journaling® Series*





Forward Thinking What Got Me Here?

12 Sessions

Individual Application – High Risk (60-90 minutes)

NOTE: The individual application session design for the *What Got Me Here?* Interactive Journal is structured to support participant assessment and case planning. It is recommended that participants complete this Journal prior to working in additional Forward Thinking Series Journals.

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-7 using facilitated activities. 2) Introduce pages 8-9. 	Assign behavioral homework on page 7.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 8-9 using facilitated activities. 3) Introduce pages 10-13. 	Assign behavioral homework on page 9.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 10-13 using facilitated activities. 3) Introduce pages 14-17. 	Assign behavioral homework on pages 11 and 13.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 14-17 using facilitated activities. 3) Introduce pages 18-21. 	Assign behavioral homework on page 17.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-21 using facilitated activities. 3) Introduce pages 22-25. 	Assign behavioral homework on pages 19-21.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-25 using facilitated activities. 3) Introduce pages 26-30. 	Assign behavioral homework on pages 22-25.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 26-30 using facilitated activities. 3) Introduce pages 31-36. 	Assign behavioral homework on pages 27-30.



Forward Thinking What Got Me Here? (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
8	1) Review behavioral homework. 2) Complete pages 31-36 using facilitated activities. 3) Introduce pages 37-39 .	Assign behavioral homework on pages 32-36.
9	1) Review behavioral homework. 2) Complete pages 37-39 using facilitated activities. 3) Introduce pages 40-41 .	Assign behavioral homework on page 38.
10	1) Review behavioral homework. 2) Complete pages 40-41 using facilitated activities. 3) Introduce pages 42-47 .	Assign behavioral homework on page 41.
11 and 12	Readiness Statement 1) Review behavioral homework. 2) Complete pages 42-47 using facilitated activities. Note: Two sessions allow participants to complete multiple drafts of their Readiness Statements.	Assign behavioral homework on page 45.



Forward Thinking What Got Me Here?

12 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

NOTE: The individual application session design for the *What Got Me Here?* Interactive Journal is structured to support participant assessment and case planning. It is recommended that participants complete this Journal prior to working in additional Forward Thinking Series Journals.

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-4 using facilitated activities. 2) Introduce and assign homework. 	Assign Journal pages 5-7.
2	<ol style="list-style-type: none"> 1) Review pages 5-9 using facilitated activities. 2) Introduce and assign homework. 	Assign behavioral homework on page 9. Assign Journal pages 10-13.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Review pages 10-13 using facilitated activities. 3) Introduce and assign homework 	Assign behavioral homework on pages 11 and 13. Assign Journal pages 14-17.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Review pages 14-17 using facilitated activities. 3) Introduce and assign homework 	Assign behavioral homework on page 17. Assign Journal pages 18-21.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Review pages 18-21 using facilitated activities. 3) Introduce and assign homework 	Assign behavioral homework on pages 19-21. Assign Journal pages 22-25.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-25 using facilitated activities. 3) Introduce pages 26-30. 	Assign behavioral homework on pages 22-25. Assign Journal pages 26-30.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 26-30 using facilitated activities. 3) Introduce pages 31-36. 	Assign behavioral homework on pages 27-30. Assign Journal pages 31-36.



Forward Thinking What Got Me Here? (continued)

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 31-36 using facilitated activities. 3) Introduce pages 37-39. 	Assign behavioral homework on pages 32-36.
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 37-39 using facilitated activities. 3) Introduce pages 40-41. 	Assign behavioral homework on page 38.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 40-41 using facilitated activities. 3) Introduce pages 42-47. 	Assign behavioral homework on page 41.
11 and 12	<p>Readiness Statement</p> <ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 42-47 using facilitated activities. <p>Note: Two sessions allow participants to complete multiple drafts of their Readiness Statements.</p>	Assign behavioral homework on page 45.



Forward Thinking Individual Change Plan

12+ Sessions

Individual Application – High Risk (60-90 minutes)

NOTE: The session design for the Individual Change Plan is structured to support participant assessment, case planning and participant work to address identified “treatment” issues. Sessions are organized to support participants as they progress through the “steps toward change.” Timing for completion of “steps” and development of a change plan should be individualized to meet the participant’s needs and readiness to change. The final product consists of an Individual Change Plan and process for reviewing progress.

Session	In-session Objectives	Out of Session (homework)
1 & 2	<p>Assessment Phase (to be completed as a component of the participant assessment process)</p> <ol style="list-style-type: none"> 1) Complete pages 2-7 using facilitated activities. 2) Introduce pages 8-11. 	
3	<p>Step 1: Considering Change</p> <ol style="list-style-type: none"> 1) Complete pages 8-9 using facilitated activities. 2) Introduce pages 12-15. 	Assign behavioral homework on pages 9 and 10.
4	<p>Step 1: Considering Change</p> <ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-15 using facilitated activities. 3) Introduce pages 16-21. 	Assign behavioral homework on pages 13 and 15.
5	<p>Step 2: Committing to Change</p> <ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 16-21 using facilitated activities. 3) Introduce pages 22-23. 	Assign behavioral homework on pages 17, 19 and 20.
6	<p>Step 2: Committing to Change</p> <ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-23 using facilitated activities. 3) Introduce pages 24-27. 	Assign behavioral homework on pages 22 and 23.



Forward Thinking Individual Change Plan (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
7	Step 3: Making Change Happen 1) Review behavioral homework. 2) Complete pages 24-27 using facilitated activities. 3) Introduce pages 28-31 .	Assign behavioral homework on pages 25 and 26.
8	Step 3: Making Change Happen 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 2) Introduce pages 32-33 .	Assign behavioral homework on pages 29 and 31.
9	My Individual Change Plan 1) Review behavioral homework. 2) Complete pages 32-33 using facilitated activities. Issue 1 1) Assist participants in setting change goals for Issue 1 on page 34 .	
10	Issue 2 1) Assist participants in setting change goals for Issue 2 on page 38 .	
11	Issue 3 1) Assist participants in setting change goals for Issue 3 on page 42 .	
12+	Reviewing Progress 1) Review progress using pages following each issue . Maintaining Momentum 1) Complete pages 46-47 using facilitated activities.	



Forward Thinking Individual Change Plan

12+ Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

NOTE: The session design for the Individual Change Plan is structured to support participant assessment, case planning and participant work to address identified “treatment” issues. Sessions are organized to support participants as they progress through the “steps toward change.” Timing for completion of “steps” and development of a change plan should be individualized to meet the participant’s needs and readiness to change. The final product consists of an Individual Change Plan and process for reviewing progress.

Session	In-session Objectives	Out of Session (homework)
1	Assessment Phase (to be completed as a component of the participant assessment process) 1) Complete pages 2-3 using facilitated activities. 2) Introduce and assign homework.	Assign Journal pages 4-7.
2	1) Review pages 4-7 using facilitated activities. 2) Introduce and assign homework.	Assign Journal pages 8-11.
3	Step 1: Considering Change 1) Review pages 8-11 using facilitated activities. 2) Introduce and assign homework.	Assign behavioral homework on pages 9 and 10. Assign Journal pages 12-15.
4	Step 1: Considering Change 1) Review behavioral homework. 2) Review pages 12-15 using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 13 and 15. Assign Journal pages 16-21.
5	Step 2: Committing to Change 1) Review behavioral homework. 2) Review pages 16-21 using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 17, 19 and 20. Assign Journal pages 22-23.
6	Step 2: Committing to Change 1) Review behavioral homework. 2) Review pages 22-23 using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 22 and 23. Assign Journal pages 24-27.



Forward Thinking Individual Change Plan (continued)

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
7	Step 3: Making Change Happen 1) Review behavioral homework. 2) Review pages 24-27 using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 25 and 26. Assign Journal pages 28-31.
8	Step 3: Making Change Happen 1) Review behavioral homework. 2) Review pages 28-31 using facilitated activities. 3) Introduce and assign homework.	Assign behavioral homework on pages 29 and 31. Assign Journal pages 32-33.
9	My Individual Change Plan 1) Review behavioral homework. 2) Review pages 32-33 using facilitated activities. 3) Introduce and assign homework.	Assign participant to set change goals for Issue 1 on page 34.
10	Issue 1 1) Review Issue 1 change goals on page 34 . 2) Introduce and assign homework.	Assign participant to set change goals for Issue 2 on page 38.
11	Issue 2 1) Review Issue 2 change goals on page 38 . 2) Introduce and assign homework.	Assign participant to set change goals for Issue 3 on page 42. Assign Journal pages 46-47.
12+	Issue 3 1) Review Issue 3 change goals on page 42 . Reviewing Progress 1) Review progress using pages following each issue . Maintaining Momentum 1) Review pages 46-47 using facilitated activities.	



Forward Thinking Responsible Behavior

12 Sessions

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-8. 	Assign behavioral homework on pages 4-5.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-8 using facilitated activities. 3) Introduce pages 9-11. 	Assign behavioral homework on pages 6-8. These exercises include logging of situations, self-talk and feelings. Consider combining into one log.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 9-11 using facilitated activities. 3) Introduce pages 12-15. 	Assign behavioral homework on pages 9 and 11.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-15 using facilitated activities. 3) Introduce pages 16-17. 	Assign behavioral homework on pages 14-15.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 16-17 using facilitated activities. 3) Introduce pages 18-21. 	Assign behavioral homework on page 17.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-21 using facilitated activities. 3) Introduce pages 22-27. 	Assign behavioral homework on pages 18-21.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 23-27.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 3) Introduce pages 32-34. 	Assign behavioral homework on pages 28-31.



Forward Thinking Responsible Behavior (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-34 using facilitated activities. 3) Introduce pages 35-37. 	Assign behavioral homework on pages 33-34.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 35-37 using facilitated activities. 3) Introduce pages 38-41. 	Assign behavioral homework on pages 36-37.
11	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 38-41 using facilitated activities. 3) Introduce pages 44-47. 	Assign behavioral homework on pages 41 and 43.
12	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 44-47 using facilitated activities. 	Assign behavioral homework on page 47. Share with assigned staff person.



Forward Thinking Responsible Behavior

8 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-9 using facilitated activities. 2) Introduce pages 10-15. 	<p>Assign behavioral homework on pages 4-9.</p> <p>Homework exercises on pages 6-8 include logging of situations, self-talk and feelings. Consider combining into one log.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 10-15 using facilitated activities. 3) Introduce pages 16-21. 	Assign behavioral homework on pages 10-15.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 16-21 using facilitated activities. 3) Introduce pages 22-27. 	Assign behavioral homework on pages 16-21.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 22-27.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 28-31 using facilitated activities. 3) Introduce pages 32-37. 	Assign behavioral homework on pages 28-31.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-37 using facilitated activities. 3) Introduce pages 38-43. 	Assign behavioral homework on pages 32-37.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 38-41 using facilitated activities. 3) Introduce pages 44-47. 	Assign behavioral homework on pages 41 and 43.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 44-47 using facilitated activities. 	Assign behavioral homework on page 47. Share with assigned staff person.



Forward Thinking Responsible Behavior

8 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-9 using facilitated activities. 2) Introduce pages 10-15. 	<p>Assign behavioral homework on pages 4-9.</p> <p>Homework exercises on pages 6-8 include logging of situations, self-talk and feelings. Consider combining into one log.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 10-15 using facilitated activities. 3) Introduce pages 16-21. 	Assign behavioral homework on pages 10-15.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 16-21 using facilitated activities. 3) Introduce pages 22-27. 	Assign behavioral homework on pages 16-21.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 22-27.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 28-31 using facilitated activities. 3) Introduce pages 32-37. 	Assign behavioral homework on pages 28-31.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-37 using facilitated activities. 3) Introduce pages 38-43. 	Assign behavioral homework on pages 32-37.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 38-41 using facilitated activities. 3) Introduce pages 44-47. 	Assign behavioral homework on pages 41 and 43.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 44-47 using facilitated activities. 	Assign behavioral homework on page 47. Share with assigned staff person.



Forward Thinking Handling Difficult Feelings

12 Sessions

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-8. 	
2	<ol style="list-style-type: none"> 1) Complete pages 6-8 using facilitated activities. 2) Introduce pages 9-12. 	Assign behavioral homework on pages 6-8.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 9-12 using facilitated activities. 3) Introduce pages 13-17. 	Assign behavioral homework on pages 10-12.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 13-17 using facilitated activities. 3) Introduce pages 18-21. 	Assign behavioral homework on pages 13-17.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-21 using facilitated activities. 3) Introduce pages 22-23. 	Assign behavioral homework on pages 18-21.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-23 using facilitated activities. 3) Introduce pages 24-27. 	Assign behavioral homework on page 23.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 24-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 25-27.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 3) Introduce pages 32-33. 	Assign behavioral homework on pages 28-30.



Forward Thinking Handling Difficult Feelings (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
9	1) Review behavioral homework. 2) Complete pages 32-33 using facilitated activities. 3) Introduce pages 34-35 .	Assign behavioral homework on pages 32-33.
10	1) Review behavioral homework. 2) Complete pages 34-35 using facilitated activities. 3) Introduce pages 36-37 .	Assign behavioral homework on page 34.
11	1) Review behavioral homework. 2) Complete pages 36-37 using facilitated activities. 3) Introduce pages 38-39 .	Assign behavioral homework on pages 36-37.
12	1) Review behavioral homework. 2) Complete pages 38-39 using facilitated activities.	Assign behavioral homework on page 38. Share with staff member.



Forward Thinking Handling Difficult Feelings

8 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-8 using facilitated activities. 2) Introduce pages 9-12. 	Assign behavioral homework on pages 6-8.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 9-12 using facilitated activities. 3) Introduce pages 13-17. 	Assign behavioral homework on pages 10-12.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 13-17 using facilitated activities. 3) Introduce pages 18-23. 	Assign behavioral homework on pages 13-17.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-23 using facilitated activities. 3) Introduce pages 24-27. 	Assign behavioral homework on pages 18-23.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 24-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 25-27.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 3) Introduce pages 32-35. 	Assign behavioral homework on pages 28-30.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-35 using facilitated activities. 3) Introduce pages 36-39. 	Assign behavioral homework on pages 32-35.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 36-39 using facilitated activities. 	Assign behavioral homework on page 36-38. Share with assigned staff person.



Forward Thinking Handling Difficult Feelings

8 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-8 using facilitated activities. 2) Introduce pages 9-12. 	Assign behavioral homework on pages 6-8.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 9-12 using facilitated activities. 3) Introduce pages 13-17. 	Assign behavioral homework on pages 10-12.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 13-17 using facilitated activities. 3) Introduce pages 18-23. 	Assign behavioral homework on pages 13-17.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-23 using facilitated activities. 3) Introduce pages 24-27. 	Assign behavioral homework on pages 18-23.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 24-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 25-27.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 3) Introduce pages 32-35. 	Assign behavioral homework on pages 28-30.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-35 using facilitated activities. 3) Introduce pages 36-39. 	Assign behavioral homework on pages 32-35.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 36-39 using facilitated activities. 	Assign behavioral homework on page 36-38. Share with assigned staff person.



Forward Thinking Relationships and Communication

12 Sessions

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-7. 	<p>Assign behavioral homework on pages 4-5.</p> <p>NOTE: Consider having participants begin work on “My Relationship Diagram” (pg. 6) prior to Session 2 – sufficient time should be given to participants for self-evaluation.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-7 using facilitated activities. 3) Introduce pages 8-10. 	<p>Assign behavioral homework on page 7.</p>
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 8-10 using facilitated activities. 3) Introduce pages 11-14. 	<p>Assign behavioral homework on pages 8-10.</p>
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 11-14 using facilitated activities. 3) Introduce pages 15-17. 	<p>Assign behavioral homework on pages 12-14.</p>
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 15-17 using facilitated activities. 3) Introduce pages 18-20. 	<p>Assign behavioral homework on pages 15-17.</p> <p>NOTE: Consider having participants begin work on “Rethinking My Relationship Diagram” (pg. 20) prior to Session 6 – sufficient time should be given to participants for self-evaluation.</p>
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-20 using facilitated activities. 3) Introduce pages 21-22. 	<p>Assign behavioral homework on pages 18-19.</p>



Forward Thinking Relationships and Communication (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 21-22 using facilitated activities. 3) Introduce pages 23-27. 	Assign behavioral homework on pages 21-22.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 23-27 (Relationship #1) using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 23-27.
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 (Relationship #2) using facilitated activities. 3) Introduce pages 32-35. 	Assign behavioral homework on pages 28-31.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-35 (Relationship #3) using facilitated activities. 3) Introduce pages 36-39. 	Assign behavioral homework on pages 32-35.
11 and 12	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 36-39 using facilitated activities. <p>NOTE: This is often a very challenging issue for young people. Two sessions are dedicated to this topic to ensure sufficient time for discussion, planning and practice. Role-play is valuable here.</p>	Assign behavioral homework for Session 12: page 31.



Forward Thinking Relationships and Communication

8 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-7. 	<p>Assign behavioral homework on pages 4-5.</p> <p>NOTE: Consider having participants begin work on “My Relationship Diagram” (pg. 6) prior to Session 2 – sufficient time should be given to participants for self-evaluation.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-7 using facilitated activities. 3) Introduce pages 8-10. 	<p>Assign behavioral homework on page 7.</p>
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 8-10 using facilitated activities. 3) Introduce pages 11-17. 	<p>Assign behavioral homework on pages 8-10.</p>
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 11-17 using facilitated activities. 3) Introduce pages 18-21. 	<p>Assign behavioral homework on pages 12-17.</p> <p>NOTE: Consider having participants begin work on “Rethinking My Relationship Diagram” (pg. 20) prior to Session 5 – sufficient time should be given to participants for self-evaluation.</p>
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-21 using facilitated activities. 3) Introduce pages 22-31. 	<p>Assign behavioral homework on pages 19-21.</p> <p>NOTE: During Session 6 participants will evaluate three relationships. Have participants begin work on pages 22-31 in preparation for in-session activities.</p>



Forward Thinking Relationships and Communication (continued)

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 21-31 using facilitated activities. 3) Introduce pages 32-35. 	Assign behavioral homework on pages 22-31.
7 and 8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-35 using facilitated activities. <p>NOTE: This is often a very challenging issue for young people. Two sessions are dedicated to this topic to ensure sufficient time for discussion, planning and practice. Role-play is valuable here.</p>	Assign behavioral homework on page 31. Share with a staff member.



Forward Thinking Relationships and Communication

8 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-7. 	<p>Assign behavioral homework on pages 4-5.</p> <p>NOTE: Consider having participants begin work on "My Relationship Diagram" (pg. 6) prior to Session 2 – sufficient time should be given to participants for self-evaluation.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-7 using facilitated activities. 3) Introduce pages 8-10. 	<p>Assign behavioral homework on page 7.</p>
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 8-10 using facilitated activities. 3) Introduce pages 11-17. 	<p>Assign behavioral homework on pages 8-10.</p>
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 11-17 using facilitated activities. 3) Introduce pages 18-21. 	<p>Assign behavioral homework on pages 12-17.</p> <p>NOTE: Consider having participants begin work on "Rethinking My Relationship Diagram" (pg. 20) prior to Session 5 – sufficient time should be given to participants for self-evaluation.</p>
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-21 using facilitated activities. 3) Introduce pages 22-31. 	<p>Assign behavioral homework on pages 19-21.</p> <p>NOTE: During Session 6 participants will evaluate three relationships. Have participants begin work on pages 22-31 in preparation for in-session activities.</p>



Forward Thinking Relationships and Communication (continued)

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 21-31 using facilitated activities. 3) Introduce pages 32-35. 	Assign behavioral homework on pages 22-31.
7 and 8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-35 using facilitated activities. <p>NOTE: This is often a very challenging issue for young people. Two sessions are dedicated to this topic to ensure sufficient time for discussion, planning and practice. Role-play is valuable here.</p>	Assign behavioral homework on page 31. Share with a staff member.



Forward Thinking Victim Awareness

12 Sessions

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-11. 	<p>Assign behavioral homework on page 5.</p> <p>NOTE: Work in this Journal requires participants to discuss and journal about their committing offense and victimization of others. Facilitators must decide whether certain topics will be discussed and shared openly in sessions or work will be completed in individual sessions.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-11 using facilitated activities. 3) Introduce pages 12-17. 	<p>Assign behavioral homework on pages 6 and 8.</p> <p>NOTE Additional out-of-session time may be necessary for participants to complete their "revised story of my committing offense."</p>
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-17 using facilitated activities. 3) Introduce page 18. 	<p>Assign behavioral homework on pages 13-17.</p>
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 18 using facilitated activities. 3) Introduce pages 19-20. 	<p>Assign behavioral homework on page 18.</p>
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 19-20 using facilitated activities. 3) Introduce pages 21-23. 	<p>Assign behavioral homework on page 20.</p>
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 21-23 using facilitated activities. 3) Introduce pages 24-25. 	<p>Assign behavioral homework on pages 22-23.</p>



Forward Thinking Victim Awareness (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 24-25 using facilitated activities. 3) Introduce pages 26-28. 	Assign behavioral homework on page 25.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 26-28 using facilitated activities. 3) Introduce pages 29-30. 	Assign behavioral homework on pages 27-28.
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 29-30 using facilitated activities. 3) Introduce pages 31-33. 	Assign behavioral homework on page 30.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 31-33 using facilitated activities. 3) Introduce pages 34-36. 	Assign behavioral homework on pages 31-33 & page 35 (Behavior Check).
11	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 34-36 using facilitated activities. 3) Introduce pages 37-39. 	Assign behavioral homework on page 36.
12	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 37-39 using facilitated activities. 	Assign behavioral homework on page 39. Review with staff member.



Forward Thinking Victim Awareness

8 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-11. 	<p>Assign behavioral homework on pages 6-7.</p> <p>NOTE: Work in this Journal requires participants to discuss and journal about their committing offense and victimization of others. Facilitators must decide whether certain topics will be discussed and shared openly in sessions or work will be completed in individual sessions.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-11 using facilitated activities. 3) Introduce pages 12-17. 	<p>Assign behavioral homework on pages 6 and 8.</p> <p>NOTE Additional out-of-session time may be necessary for participants to complete their "revised story of my committing offense."</p>
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-17 using facilitated activities. 3) Introduce pages 18-25. 	<p>Assign behavioral homework on pages 13-17.</p>
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-25 using facilitated activities. 3) Introduce pages 26-30. 	<p>Assign behavioral homework on pages 18-25.</p>
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 26-30 using facilitated activities. 3) Introduce pages 31-33. 	<p>Assign behavioral homework on pages 27-30.</p>



Forward Thinking Victim Awareness (continued)

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 31-33 using facilitated activities. 3) Introduce pages 34-36. 	Assign behavioral homework on pages 31-33 & page 35 (Behavior Check).
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 34-36 using facilitated activities. 3) Introduce pages 37-39. 	Assign behavioral homework on page 36.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 37-39 using facilitated activities. 	Assign behavioral homework on page 39. Review with staff member.



Forward Thinking Victim Awareness

8 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-11. 	<p>Assign behavioral homework on pages 6-7.</p> <p>NOTE: Work in this Journal requires participants to discuss and journal about their committing offense and victimization of others. Facilitators must decide whether certain topics will be discussed and shared openly in sessions or work will be completed in individual sessions.</p>
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-11 using facilitated activities. 3) Introduce pages 12-17. 	<p>Assign behavioral homework on pages 6 and 8.</p> <p>NOTE Additional out-of-session time may be necessary for participants to complete their "revised story of my committing offense."</p>
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-17 using facilitated activities. 3) Introduce pages 18-25. 	<p>Assign behavioral homework on pages 13-17.</p>
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-25 using facilitated activities. 3) Introduce pages 26-30. 	<p>Assign behavioral homework on pages 18-25.</p>
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 26-30 using facilitated activities. 3) Introduce pages 31-33. 	<p>Assign behavioral homework on pages 27-30.</p>



Forward Thinking Victim Awareness (continued)

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 31-33 using facilitated activities. 3) Introduce pages 34-36. 	Assign behavioral homework on pages 31-33 & page 35 (Behavior Check).
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 34-36 using facilitated activities. 3) Introduce pages 37-39. 	Assign behavioral homework on page 36.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 37-39 using facilitated activities. 	Assign behavioral homework on page 39. Review with staff member.



Forward Thinking Reentry Planning

14 Sessions

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-12. 	Assign behavioral homework on pages 4-5 (ICP Issue #1).
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-12 using facilitated activities. 3) Introduce pages 13-16. <p>NOTE: ICP Issues 2 & 3 can be completed in session or assigned as homework in the first session.</p>	
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 13-16 using facilitated activities. 3) Introduce pages 17-18. 	
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 17-18 using facilitated activities. 3) Introduce pages 19-21. 	Assign behavioral homework on page 18.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 19-21 using facilitated activities. 3) Introduce pages 22-27. 	Assign behavioral homework on pages 19-21.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 23-26.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 3) Introduce pages 32-37. 	Assign behavioral homework on pages 28 and 31.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-37 using facilitated activities. 3) Introduce pages 38-44. 	Assign behavioral homework on pages 32-37.



Forward Thinking Reentry Planning (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 38-44 using facilitated activities. 3) Introduce pages 45-47. 	Assign behavioral homework on pages 38-41 & page 44.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 45-47 using facilitated activities. 3) Introduce pages 48-53. 	Assign behavioral homework on pages 45-46.
11	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 48-53 using facilitated activities. 3) Introduce pages 54-56. 	Assign behavioral homework on pages 49-53.
12	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 54-56 using facilitated activities. 3) Introduce pages 57-60. 	Assign behavioral homework on page 55.
13	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 57-60 using facilitated activities. 3) Introduce pages 61-63. 	Assign behavioral homework on pages 59.
14	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 61-63 using facilitated activities. 	



Forward Thinking Reentry Planning

10 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-12. 	Assign behavioral homework on pages 4-5 (ICP Issue #1).
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-12 using facilitated activities. 3) Introduce pages 13-18. <p>NOTE: ICP Issues 2 & 3 can be completed in session or assigned as homework in the first session.</p>	
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 13-18 using facilitated activities. 3) Introduce pages 19-24. 	Assign behavioral homework on page 18.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 19-24 using facilitated activities. 3) Introduce pages 25-31. 	Assign behavioral homework on pages 19-24.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 25-31 using facilitated activities. 3) Introduce pages 32-37. 	Assign behavioral homework on pages 25-31.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-37 using facilitated activities. 3) Introduce pages 38-47. 	Assign behavioral homework on pages 32-37.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 38-47 using facilitated activities. 3) Introduce pages 48-53. 	Assign behavioral homework on pages 38-47.



Forward Thinking Reentry Planning (continued)

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 48-53 using facilitated activities. 3) Introduce pages 54-56. 	Assign behavioral homework on pages 49-53.
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 54-56 using facilitated activities. 3) Introduce pages 57-63. 	Assign behavioral homework on page 55.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 57-63 using facilitated activities. 	Assign behavioral homework on page 57. Share with a staff member.



Forward Thinking Reentry Planning

10 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-12. 	Assign behavioral homework on pages 4-5 (ICP Issue #1).
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-12 using facilitated activities. 3) Introduce pages 13-18. <p>NOTE: ICP Issues 2 & 3 can be completed in session or assigned as homework in the first session.</p>	
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 13-18 using facilitated activities. 3) Introduce pages 19-24. 	Assign behavioral homework on page 18.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 19-24 using facilitated activities. 3) Introduce pages 25-31. 	Assign behavioral homework on pages 19-24.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 25-31 using facilitated activities. 3) Introduce pages 32-37. 	Assign behavioral homework on pages 25-31.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-37 using facilitated activities. 3) Introduce pages 38-47. 	Assign behavioral homework on pages 32-37.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 38-47 using facilitated activities. 3) Introduce pages 48-53. 	Assign behavioral homework on pages 38-47.



Forward Thinking Reentry Planning (continued)

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 48-53 using facilitated activities. 3) Introduce pages 54-56. 	Assign behavioral homework on pages 49-53.
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 54-56 using facilitated activities. 3) Introduce pages 57-63. 	Assign behavioral homework on page 55.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 57-63 using facilitated activities. 	Assign behavioral homework on page 57. Share with a staff member.



Forward Thinking Substance Using Behaviors

12 Sessions

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-9. 	
2	<ol style="list-style-type: none"> 1) Complete pages 6-9 using facilitated activities. 2) Introduce pages 10-11. 	Assign behavioral homework on pages 7-9.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 10-11 using facilitated activities. 3) Introduce pages 12-13. 	Assign behavioral homework on pages 10-11.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-13 using facilitated activities. 3) Introduce pages 14-16. 	Assign behavioral homework on pages 12-13.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 14-16 using facilitated activities. 3) Introduce pages 17-22. 	Assign behavioral homework on pages 14-16.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 17-22 using facilitated activities. 3) Introduce pages 23-25. 	Assign behavioral homework on pages 21-22.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 23-25 using facilitated activities. 3) Introduce pages 26-27. 	Assign behavioral homework on pages 24-25.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 26-27 using facilitated activities. 3) Introduce pages 28-30. 	Assign behavioral homework on pages 26-27.



Forward Thinking Substance Using Behaviors (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-30 using facilitated activities. 3) Introduce pages 31-33. 	Assign behavioral homework on page 30.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 31-33 using facilitated activities. 3) Introduce pages 34-35. 	Assign behavioral homework on pages 32-33.
11	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 34-35 using facilitated activities. 3) Introduce pages 36-40. 	Assign behavioral homework on pages 34-35.
12	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 36-40 using facilitated activities. 	Assign behavioral homework on pages 36-40. Share with assigned staff person.



Forward Thinking Substance Using Behaviors

8 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-7 using facilitated activities. 2) Introduce pages 8-11. 	Assign behavioral homework on pages 6-7.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 8-11 using facilitated activities. 3) Introduce pages 12-16. 	Assign behavioral homework on pages 8-11.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-16 using facilitated activities. 3) Introduce pages 17-23. 	Assign behavioral homework on pages 12-16.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 17-23 using facilitated activities. 3) Introduce pages 24-27. 	Assign behavioral homework on pages 17-22.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 24-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 24-27.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 3) Introduce pages 32-35. 	Assign behavioral homework on page 30.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-35 using facilitated activities. 3) Introduce pages 36-40. 	Assign behavioral homework on pages 32-35.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 36-40 using facilitated activities. 	Assign behavioral homework on pages 36-40. Share with assigned staff person.



Forward Thinking Substance Using Behaviors

8 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-7 using facilitated activities. 2) Introduce pages 8-11. 	Assign behavioral homework on pages 6-7.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 8-11 using facilitated activities. 3) Introduce pages 12-16. 	Assign behavioral homework on pages 8-11.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-16 using facilitated activities. 3) Introduce pages 17-23. 	Assign behavioral homework on pages 12-16.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 17-23 using facilitated activities. 3) Introduce pages 24-27. 	Assign behavioral homework on pages 17-22.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 24-27 using facilitated activities. 3) Introduce pages 28-31. 	Assign behavioral homework on pages 24-27.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-31 using facilitated activities. 3) Introduce pages 32-35. 	Assign behavioral homework on page 30.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 32-35 using facilitated activities. 3) Introduce pages 36-40. 	Assign behavioral homework on pages 32-35.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 36-40 using facilitated activities. 	Assign behavioral homework on pages 36-40. Share with assigned staff person.



Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-7. 	Assign behavioral homework on pages 4-5.
2	<ol style="list-style-type: none"> 1) Complete pages 6-7 using facilitated activities. 2) Introduce pages 8-9. 	Assign behavioral homework on pages 6-7.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 8-9 using facilitated activities. 3) Introduce pages 10-11. 	Assign behavioral homework on page 9.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 10-11 using facilitated activities. 3) Introduce pages 12-14. 	Assign behavioral homework on pages 10-11.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 12-14 using facilitated activities. 3) Introduce pages 15-17. 	Assign behavioral homework on pages 12-14.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 15-17 using facilitated activities. 3) Introduce pages 18-19. 	Assign behavioral homework on pages 15-17.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 18-19 using facilitated activities. 3) Introduce pages 20-21. 	Assign behavioral homework on pages 18-19.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 20-21 using facilitated activities. 3) Introduce pages 22-25. 	Assign behavioral homework on pages 20-21.



Forward Thinking Family (continued)

Individual Application – High Risk (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
9	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-25 using facilitated activities. 3) Introduce pages 26-27. 	Assign behavioral homework on pages 22-25.
10	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 26-27 using facilitated activities. 3) Introduce pages 28-29. 	Assign behavioral homework on pages 26-27.
11	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 28-29 using facilitated activities. 3) Introduce pages 30-32. 	Assign behavioral homework on pages 28-29.
12	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 30-32 using facilitated activities. 	Assign behavioral homework on pages 30-32. Share with assigned staff person.



Forward Thinking Family

8 Sessions

Individual Application – Moderate Risk (less than 30-60 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-9. 	Assign behavioral homework on pages 4-5.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-9 using facilitated activities. 3) Introduce pages 10-13. 	Assign behavioral homework on pages 6-9.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 10-13 using facilitated activities. 3) Introduce pages 14-17. 	Assign behavioral homework on pages 10-11.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 14-17 using facilitated activities. 3) Introduce pages 18-21. 	Assign behavioral homework on pages 14-17.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 18-21 using facilitated activities. 3) Introduce pages 22-25. 	Assign behavioral homework on pages 18-19.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-25 using facilitated activities. 3) Introduce pages 26-28. 	Assign behavioral homework on pages 22-25.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 26-28 using facilitated activities. 3) Introduce pages 29-32. 	Assign behavioral homework on pages 26-28.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 29-32 using facilitated activities. 	Assign behavioral homework on pages 29-32. Share with assigned staff person.



Forward Thinking Family

8 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<ol style="list-style-type: none"> 1) Complete pages 2-5 using facilitated activities. 2) Introduce pages 6-9. 	Assign behavioral homework on pages 4-5.
2	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 6-9 using facilitated activities. 3) Introduce pages 10-13. 	Assign behavioral homework on pages 6-9.
3	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 10-13 using facilitated activities. 3) Introduce pages 14-17. 	Assign behavioral homework on pages 10-11.
4	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 14-17 using facilitated activities. 3) Introduce pages 18-21. 	Assign behavioral homework on pages 14-17.
5	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete page 18-21 using facilitated activities. 3) Introduce pages 22-25. 	Assign behavioral homework on pages 18-19.
6	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 22-25 using facilitated activities. 3) Introduce pages 26-28. 	Assign behavioral homework on pages 22-25.
7	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 26-28 using facilitated activities. 3) Introduce pages 29-32. 	Assign behavioral homework on pages 26-28.
8	<ol style="list-style-type: none"> 1) Review behavioral homework. 2) Complete pages 29-32 using facilitated activities. 	Assign behavioral homework on pages 29-32. Share with assigned staff person.