



HALI U Curriculum Summer/Fall 2010

Integrated Dual Diagnosis Treatment (IDDT) Recommended Classes

● **Anger Management-** This class will assist you in learning how to identify events and cues that indicate an escalation of anger. You will learn specific strategies to manage and control your anger. You will learn the difference between assertiveness and aggression and skills to resolve conflicts.

Benefits of this class: Relapse prevention, symptom management, better coping skills, increased self-esteem, stress management, increased self-awareness, self-determination and empowerment.

● **Ask Dr. Bob-** In this class you will be able to discuss any questions or concerns that you have about symptoms, medications and your mental health condition with Dr. Bob. It will also cover the characteristics of various mental health conditions.

Benefits of this class: Increased self awareness, symptom management, relapse prevention, self-determination, empowerment and increased well being. Also greater understanding of your psychiatric diagnosis and mental health conditions in general.

● **Changing Your Game Plan: Understanding The Impact of Prison On Your Life:**

This class will explore the impact that prison has had on your life. You will examine thoughts, attitudes, beliefs and habits that were acquired during that time. You will then explore how to identify and then readjust your thoughts, attitudes, beliefs so you can live successfully in the community.

Benefits of this class: Creation of short and long term goals, new coping strategies and skills, increased resources, changing negative habits and associations to positive ones.

● **Daily Tune-Up (For Individuals in Intensive Rehabilitation):** This class is offered Monday through Thursday. It is designed to provide additional support to those individuals who are in the Intensive Rehabilitation service. There is not a structured curriculum to allow for a more individualized approach. The facilitator will adapt the curriculum to the needs of the individuals who attend. There will be an opportunity for discussion and sharing among the participants as well as problem solving, education and relapse prevention topics as needed.

Benefits of this class: Relapse prevention, support, self-esteem, self-determination and empowerment.

● **HALI Newsletter-** This is a fun, interactive class which will enable you to work on skills you need to achieve your goal. The newsletter will be published quarterly. During that time you will select a role which matches the skills you need. You will do this in collaboration with your Rehabilitation Facilitator based on what you have identified in your Individual Recovery Plan (IRP). For example-a reporter needs to be able to interact well with others and clearly communicate. If you need to work on socialization and communication skills this job would be a good fit. If you have difficulties with focus and concentration a job organizing the material that comes in from the reporters, writing the articles or typing them into the computer would help with these skills. This class also gives you the opportunity to work collaboratively with your peers and produce something that everyone at HALI can enjoy. The newsletter will also be posted on the HALI website.

Benefits of this class: Structured skill development and support, increased self-esteem, self-determination, empowerment.

Integrated Dual Diagnosis Treatment (IDDT)

Recommended Classes

●**IDDT Group-** This is a dynamic group process to better understand yourself and increase your knowledge of Dual Diagnosis (mental health conditions and substance use) issues, barriers to wellness and the multiple approaches to maintaining sobriety.

Benefits of this class: Increased self-awareness, coping strategies, relapse prevention, increased feelings of well-being and self-esteem, self-determination, empowerment.

●**I'm OK- And I'm Taking Responsibility (Communication & Co-dependency) -** This class is an in-depth look at dysfunctional family dynamic. This class will help you identify the different roles within the dysfunctional family, types of dysfunctional families and will explore codependency and boundary issues. This class will help you recognize patterns of behavior and will help you build a better foundation so you can begin mending the "child within" for a better and stronger self-identity. This class will also help you recognize that your individual needs and wants are important. You will also learn to develop healthy relationships in all areas of your life. Are you able to be assertive without becoming aggressive? Are you too passive and have difficulty asking for what you want or need? In this class you will also learn positive communication techniques and effective communication strategies.

Benefits of this class: Increased self-esteem, self-awareness, self-determination, more effective communication skills, increased feelings of well being and self-worth, empowerment.

● **New Day, New Life:** This class provides an interactive journaling experience with a new start each class to improve your perspective on life, recovery and wellness. Learn how a journal can be a tool for reflection and the introspective process, an opportunity to "tell your story" and help you identify and change thoughts, feelings and behaviors that don't serve your wellness goals...and strengthen the ones that do!

Benefits of this class: Relapse prevention, self-awareness, self-determination, coping skills and empowerment.

●**Roadmap to Recovery I:** "Packing for the Trip"-This class will help you to "map out" your plan to get on the road to recovery. You will explore where you've been- what you want to leave behind and things you want to have with you, identify roadblocks and hazards, prepare an "emergency toolkit", identify helpful resources along the way, know when it's necessary to pull over and get help and when it's OK to keep going, and, most important, figure out your destination!

Benefits of this class: Better coping skills, self-determination, relapse prevention, better self-esteem.

It is strongly recommended that you take this class before taking Roadmap to Recovery II: On the Road

●**Your Life in Recovery**-How do you identify yourself once you're in recovery? Who are you? What challenges do you face? How do you deal with your new sense of self? How do you take responsibility? These questions and more will be explored in this class. This class will help you to redefine yourself as well as cope with the new circumstances in your life.

Benefits of this class: Improved self-esteem, self-determination, better coping skills, and empowerment.

(IDDT) Bonus Classes

●**Exploring Intimate Relationships For Men:** This class is for those who want to build healthy intimate relationships whether they are friendships or romantic relationships. Some of the topics explored are: the importance of healthy self-esteem, building friendships from casual friends, maintaining friendship, setting limits with friends, conversations with friends, toxic friendships, dating, intimacy, first dates, relationship trouble areas, dating etiquette and dealing with rejection.

Benefits from this class: Increased self esteem, conversational skills, making new friends, sustaining friendships and/or romantic relationships.

●**Exploring Intimate Relationships For Women:** This class is for those who want to build healthy intimate relationships whether they are friendships or romantic relationships. Some of the topics explored are: the importance of healthy self-esteem, building friendships from casual friends, maintaining friendship, setting limits with friends, conversations with friends, toxic friendships, dating, intimacy, first dates, relationship trouble areas, dating etiquette and dealing with rejection.

Benefits from this class: Increased self esteem, conversational skills, making new friends, sustaining friendships and/or romantic relationships.

●**Holistic Approaches To Wellness-** This class explains alternative methods a person can use to stay well. Some of the methods covered are spirituality, meditation, deep breathing, aromatherapy and Reiki. Participants practice these techniques in class & learn how to utilize them to cope with feelings of stress, anxiety and achieve relaxation.

Benefits of this class: Relapse prevention, better coping skills, improves self-esteem & empowerment.

Language of Letting Go- This class is based on the co-dependency meditations book "The Language of Letting Go". In this class participants will share their reflections on the daily meditation and integrate their own life experiences and fundamental recovery principles to better understand the recovery process.

Benefits of this class: Relapse prevention, empowerment, increased self-awareness and self-esteem, self-determination and empowerment.

●**Smart Recovery-** This class is for anyone with any type of addictive behavior (substances or activities). You will learn how to change self-defeating thinking, emotions and actions.

Benefits of this class: Relapse prevention, increased self-esteem and feelings of well-being, empowerment and self-determination.

Wellness Self-Management: Choose 1 Class